







2024/25 SEASON CALENDAR

DATE	EVENT	LOCATION	TIME
NOV '24			
Sun 3	Junior Surf	Kiwi Beach	9.30am
8-10	Rookie Camp	Ocean Beach	TBC
Sun 10	Junior Surf	Kiwi Beach	9.30am
Sat 16	Group Leader Course	TBC	TBC
Sun 17	Junior Surf	Kiwi Beach	9.30am
Sun 24	Open Day	Ocean Beach	9.30am
DEC '24			
Sun 1	Junior Surf	Ocean Beach	9.30am
Sun 8	Junior Surf	Kiwi Beach	9.30am
Sun 15	Junior Carnival #1	Ocean Beach	9.30am
Sun 22	Junior Surf	Kiwi Beach	9.30am
Sun 29	Christmas Break		
JAN '25			
Sun 5	Junior Surf	Ocean Beach	9.30am
Fri 10	Central Region Junior Champs	Waimārama	7.30am
Sun 12	Junior Surf	Kiwi Beach	9.30am
Sun 19	Junior Carnival #2	Waimārama	9.30am
Sun 26	Junior Surf	Kiwi Beach	9.30am
FEB '25			
Sun 2	Junior Surf	Ocean Beach	9.30am
Sun 9	Junior Surf	Kiwi Beach	9.30am
Sun 16	Junior Surf	Ocean Beach	9.30am
20-23	OCEANS '25	Mt Maunganui	
Sun 23	Junior Surf	Kiwi Beach	9.30am
MAR '25			
Sun 2	HB Junior Champs	Westshore	9.30am
9-10	Camp, Junior Surf, Prizegiving	Ocean Beach	5pm, 9.30am





OBJECTIVES

- To learn the skills required to gain the Surf Lifeguard Award.
- To provide a great experience and encourage long-term active participation.
- To provide opportunities in surf sports competition.
- To ensure junior members are safe on any NZ beach.
- To be part of a team developing leadership, teamwork and fun.
- To promote social, emotional, and physical development in a healthy and safe environment.

WHEN:

Sunday mornings from November 3, 2024.

WHERE:

Kiwi Beach, Westshore (opposite James Street) and Ocean Beach Clubhouse.

TIME:

9.15am sign in. Start 9:30am to approximately 11.00am.

WHAT TO BRING:

Togs, goggles, wetsuit, towel, sunscreen, hat, dry/warm clothes, drink bottle. Please ensure items are clearly named.

SAFETY REQUIREMENTS:

Club hi-viz singlet and cap. Parent supervision.

CLUB FEES:

Family \$150, Single \$80, Ocean Athletes additional \$100.

Find out more about our Junior and Senior Surf Programmes

NIPPERS (Under 8 - U10 years approx.)

- · Enjoys the beach.
- Keen to learn basic surf safe messages.
- Not yet competent in the ocean.
- Learning to float, swim, glide onto a wave, wade in knee depth water, dolphin dive under waves & paddle a bodyboard.

KIWIS (U10 - U12 years approx.)

- Keen to learn all 10 surf safe messages and basic role of lifeguard.
- Can tread water for 1 minute and swim 100m.
- Learning to wade, dolphin dive, body surf, catch a wave, negotiate waves in and out, paddle board in shallow surf conditions.
- Enjoys the beach and may enjoy surf lifesaving competition.

GROMS (U12 - U14 years approx.)

- Know surf safety messages, understand rips, conditions and hazards.
- Gaining confidence in ocean/waves.
- Can tread water for 2 minutes, swim 200m, bodysurf, dolphin dive, swim with tube, fins to rescue a patient.
- Groms includes our competitive Ocean Athletes squad.
- Ocean Athletes keen to train multiple times per week.

ROOKIES (13 years at September 30th)

- Learn the role of a Surf Lifeguard and complete the workbook.
- Complete the Rookie Surf Lifeguard Log Book Modules.
- Learn Basic First Aid (DRSABC).
- Complete 4 beach patrols.
- Learn how to perform a tube recue, Run Swim Run in the ocean and a board rescue.
- Can swim 200m.





HOW TO GET INVOLVED

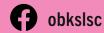
- Come along for a trial session.
- Sign up is a 2-stage process.
 - 1. Register with Surf Life Saving New Zealand: www.surflifesaving.org.nz/join-us/membership
 - 2. Register with Ocean Beach Kiwi https://obkslsc.fmweb.nz
- "Join" our Club Facebook: Ocean Beach Kiwi SLSC (Official). https://www.facebook.com/groups/OBKSLSC
- "Join" our private Junior Surf Facebook page:
 Ocean Beach Kiwi SLSC Junior Surf (Members).

PARENT RESPONSIBILITIES

- Sign children IN on arrival and OUT afterwards.
- Sign equipment OUT for each session, and IN after use.
- Be prepared to get wet! Water activities means a child adult ratio of 1:1 for 7 year olds, 1:5 for 8 years and over.
- Be present at all times.
- Help Out: assist leaders, manage groups, manage equipment, BBQ, clubhouse helpers to tidy up: showers, education room & kitchen.

CONTACTS

Director of Junior Surf Nigel Messervey 021 026 33601 Junior Surf Administrator Rebecca Wright 027 272 6966 Rookie Coach Kate Boerson kate.boersen@gmail.org.nz





juniorsurf@obk.org.nz