

ROOKIES ARE...

- 13 years old (or turning 13 during the season).
- able to swim 200 metres in under 4m 30s followed by 1 minute of treading water unaided.
- able to participate in four weekend patrols to accumulate at least 12 hours of lifeguarding experience.



MORE INFORMATION & SIGN UP

www.papamoalifeguards.co.nz/lifeguarding/rookie-junior-lifeguarding

Email: rookies@papamoalifeguards.co.nz

Facebook Page: Papamoa SLSC Rookies

Updates and notices will be posted on our Rookies Facebook group page throughout the season so make sure you sign up

Cost: \$65 *this is the Junior Surf Membership fee so there is no additional cost if you are already a Junior Surf member.*

ROOKIE JUNIOR LIFEGUARD



Make friends, understand more about our beach and ocean environment, and learn practical skills that will help you become a lifeguard and provide service to your community.

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2023/2024 ROOKIES SEASON

Sunday Mornings
10am-12pm or 10am-2pm
5th November 2023 – 7th April 2024

- Rookies is a practical education programme which runs on a Sunday morning at the Pāpāmoa Surf Life Saving Club.
- Rookies learn skills such as first aid, CPR, communication (radio and other) and patrolling requirements, as well as learning about our beach and ocean environments.
- Although there is a Rookies Challenge at the end of the season, the programme is not competitive and previous participation in Junior Surf activities is not required.
- Rookies (who are 13 years old) join a weekend lifeguarding patrol for a minimum of 12 hours over the season (usually 4 patrols).
- Rookies will need to bring a pair of surf fins to each session for water-based activities. A wetsuit is recommended for cooler days.
- Rookie uniforms are provided and need to be returned at the end of the season.

200M SAFETY BADGE

- Rookies must have their 200m safety badge to be able to take part in water-based activities.
- They must be able to swim 200 metres in under 4m 30s followed by 1 minute of treading water unaided (or be committed to reaching that goal over the season).
- Water activities will be restricted until the 200m safety badge is achieved.



200M BADGE TESTING SESSIONS

Dates: 23rd Sept or 29th Oct 2023

Time: 2pm - 3pm

Location: Fulton Swim School,
 15 Market Place, Pāpāmoa

There is no need to book, just turn up during these times.

2023/2024 ROOKIES CALENDAR

2023	
November 5 10am – 12pm	Clubhouse and Equipment Module, Health and SunSmart Module, CPR
November 12 10am – 11.15am	<i>Rookies Lite – Oceans Camp</i>
November 19 10am – 12pm	Role of a Lifeguard and Patrolling Module, Rescue, Releases & Tube Rescue & Board Rescues Module, Burns, CPR
November 26 10am – 12pm	Flags, Signals & Radio Operation Module, CPR & First Aid
December 3 10am – 12pm	Surf and Swimming Skills Module
December 10 10am – 12pm	TBC <i>Santa arriving for Junior Surf</i>
December 17 10am – 11.15am	<i>Rookies Lite – Coastal Challenge</i>
2024	
January 21 10am – 2pm	Rookies help with PSLSC Junior Surf Carnival
January 28 10am – 12pm	First Aid & Emergency Care Module <i>(Note: Auckland Anniversary Weekend)</i>
February 4 10am – 12pm	Primary Survey Module, Team Events, IRB Fun
February 11 10am - 11:15am	<i>Rookies Lite – Eastern Region Junior Carnival</i>
February 18 10am – 12pm	Rookies Challenge Practise, CPR, Radio usage, First Aid, Signals
February 25 10am - 11:15am	<i>Rookies Lite – Oceans 2023</i>
March 3 10am – 12pm	Rookies help with PSLSC Junior Surf Club Champs
March 10 10am – 12pm	TBC
March 17 10am – 12pm	Get your float on! – Raft Challenge
March 24 10am - 12pm	Rookies Challenge Practise, Setting up a Patrol, Exam Practise, Team Events
March 31 10am - 12pm	TBC
April 7 10am – 2pm	Rookies Challenge! Waihi SLSC