

Orewa Rookie Surf Lifeguard News. Jan 2012.

Well, we are mid way through the season and there is so many lifesaving events happening for the Rookies and their parents. They have not got time to get bored and get into mischief.

There was a Junior Surf Carnival at Waipu on Sat Jan 14th with a 2 day camp at Ruakaka before that. On Sat 20th we had a full day at Karioitahi with a C Group / Training Day / West Coast Experience and Rookie Training Day. Interspersed with this has been 2 training sessions a week with Jock, our regular Sunday Trainings and then some weekend patrolling.

Then, in on Feb 4th – 5th there are the Auckland Age Group Champs at Orewa.

And this is only their Surf Club activities.

A Wonderful day at Karioitahi

On Sat Jan 14th 16 C Group (14 Rookies and 2 C12s), parents, and a couple of Rookie Educators headed down to Karioitahi for a 3 hour 'West Coast Experience / Surf Skills session, followed by a 3 hour Rookie Training session organised by Northern Region.

The weather was fine with a little high cloud and a light onshore wind . There was a 1.3 m swell. Ideal conditions to test one's skills and push one beyond one's comfort zone.

The first activity was a climb up a nearby sandhill / cliff to get a 'bird's eye' view of the beach. The various holes and rips were quite obvious from a high view point.

Next, it was into water gear and we split into 2 groups of 22. One group started with an hour of swimming skills (wading, dolphin diving and body surfing) with Maddy Boon, Mairangi Bay and NZ team. The highlight was a swim out to the outer break with Bjorn Bittaerd (Mairangi Bay) supported by 5 water support people (fathers and a sister) from Orewa. The other group was boarding with Travis Mitchell (Mairangi Bay). The 1.5 m waves were a good test for our boarders. It was great to see our boys and girls taking on the with challenge with a lot of skill and enthusiasm. Ironically, it was the kids from the West Coast clubs that I was helping as the water safety in chest deep water.

After a 30 min lunch break, we split into 3 groups of 24 for the Rookie Training Session.

The groups rotated through; a scenario (a pretend patrol of 7, had to deal with a person presenting with a sprained ankle / or dislocated shoulder and someone needing to be rescued from the water). Then, a session on tube – rescue, and dealing with an unconscious rescued patient.

This was followed by a session on how to pull an unconscious patient onto a rescue board and return to shore. The big hole near the stream was an ideal relatively calm patch to practice in.

Overall, we had a long exciting day at Karioitahi. The locals did admit, it probably had been the best day at the beach so far this summer.

The only complaint was that the dry sand got very hot by mid afternoon.

Thanks to the parents, who came and spent yet another full day at the beach. Thanks also to all the parents and family members who helped as Water Safety Helpers. Having so many, meant we did not have to spend the entire time in the water.

UNDER 14 NORTHERN REPS.

Congratulations to Rookies; Kelsey Lewis and Taine Johnston, who joined Ella Drinnan in the Northern Region Under 14 Representative team.

UPCOMING EVENT FOR ROOKIES.

The Rookie Challenge at Omaha Beach is the next formal Rookie event on Sat March 24th.

We will have a few sessions preparing for this over the next 6 weeks

Mark Johnston. (Rookie Coordinator)