



WHANGAMATA SURF LIFE SAVING CLUB

LIFE SAVING SPORT HANDBOOK 2025/2026



WHANGAMATA SURF LIFE SAVING CLUB

Cnr Lowe and Esplanade Streets, Whangamata

Phone: 07 8658401

Website: www.whangamatasurf.co.nz

Facebook: WSLSC Lifesaving Sports

Team Reach:

Seniors - **WSLSC Seniors 2026**

group code: Whanga2026.

Juniors - **WSLSC Oceans'26**

group code: Whangamata49

Haere mai, Welcome to your club!

Lifeguards have been patrolling the waters of Whangamata for over 70 years with many wonderful lifeguard volunteers donating their time to keep the people who recreate at our magnificent beach safe. Many of these guards choose to participate in the Surf Life Saving Sports programme, which hones their skills and strength and grows strong and highly skilled lifesavers.

This handbook holds all the information you will need as the parent or caregiver of a Surf Life Saving Sport athlete.

Why We Do What We Do:

A key factor in the club being able to deliver on its objective, or promise, of promoting, developing and delivering surf lifesaving patrol and education to the public as a charitable service is having a healthy surf lifesaving sports programme, culture and the equipment required to run it. Only then is the club enabled to attract and retain members and grow strong lifeguards – and lifesaving sport athletes are arguably the strongest. A strong surf lifesaving sports programme ensures that we have physically fit, mentally strong, motivated and rescue ready lifeguards to patrol our beach and coastline and keep our waters safe.

WSLSC is proud of all its surf lifesaving athletes whose commitment to the programme has seen the teams build and go from strength to strength winning national awards with members in the NZ development squad, a past Head Coach working with the NZ Black Fins and two clubbies representing New Zealand in the national squad with international world records and titles.

Whangamata Surf Life Saving Club holds a special place for all of us involved, our summers are filled with many memories because of our time spent here. Every member of WSLSC plays a part in making it what it is today.

Thank you!



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KEY CONTACTS

Committee Chair

Nova Robinson	027 5218200	novarobinson75@gmail.com
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Senior Squad Team Manager

Jodi Milne	021 415200	jodimilne@thephysioroom.co.nz
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Oceans Squad Team Manager

Katie Sullivan	027 9369861	katiesullivan01@gmail.com
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Gear Steward

Vacant

Director of Sport

Peter Gilbert	029 2013947	peter.gilbert51@gmail.com
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Head Coach

Moritz Padrutt

Question? Please direct to the following:

- Overall program – Nova Robinson
- Gear storage, performance, damage –
- Events and athlete administrative queries – Jodi (Seniors), Katie (Oceans)
- Technical coaching, training plan queries – Peter Gilbert or Moritz

USEFUL LINKS

- Whangamata Life Saving Sports Facebook [WSLSC Facebook page](#)
- SLSNZ Sport Facebook [page](#)
- Waves [Results](#)
- Results Live Heats: www.liveheats.com
- [Surf Lifesaving NZ - Sport and Lifesaving Calendar](#)



In it for life

SPORTS FEES

Fee Type	Amount	Details
Club membership	\$30 <14 (Junior) \$50 >14 Lifeguard	Membership fee to club, must be paid prior to any events being entered. To pay subs please go to: WSLSC Membership complete the online form and pay required amount to the account detailed within the link. *Parents of members under the age of 16yrs are encouraged to become associate members of the club.
Sport fee	\$200*	Contribution to professional coaching costs. Payable on invoice from the club. *does not include hi viz vest or skull cap – these are an additional \$35 per item
Gear fee	\$150 One Craft \$200 Ski and Board	Covers lease of club board and/or ski. Payable on invoice from the club. Please Note: If club gear is damaged during the season either at training or if using in own time the lessee is responsible for all repairs. Please refer to GEAR AND EQUIPMENT POLICY below. If gear is damaged racing at a carnival, the club will cover this repair cost.
Pool fee	\$165 Seniors \$125 Oceans	Contribution to professional coaching costs and pool entry fee. Payable on invoice from the club. Pool training is optional. Please Note: A season pass already held for pool entry fees is not a substitute for this fee. Peak season pool training will be for primary WSLSC squad members only who have paid full season fees. Unfortunately, due to the size of our squads we are unable to offer this to secondary club members or short-term visitors.
Carnival fees		Subject to the entry fee of the carnival and are payable on invoice from the club, throughout the season. Persistent delays in payment may result in individuals being denied entry to additional events. All coaching/gear fees must be paid in full prior to high-season carnival entries. Please Note: If a competitor has entered an event, cannot attend the event, and did not cancel before the closing date, they will be liable for the entry fee. For any late entries (when applicable) there will be a late entry fee applied as stipulated in the event circular. Entry fees for national events for seniors (including boat crews) will be covered by the club. Any member in a NZ Development squad or the national squad (Black Fins) will have their entry fees to all NZ carnivals paid for.

SECONDARY CLUB MEMBERS OR VISITING CLUBS

Training with WSLSC during peak training times for extended periods during December/January will incur a fee. For those attending our Surf Life Saving Sports Programme for longer than a week, a \$50 weekly donation is required. For 3 weeks or longer, full coaching fees will apply.

Eligibility:

- Verification of 200m badge
- Have own equipment (note the club may not have the space to store personal equipment)
- Abide by the clubs' rules & regulations
- Peak season pool swimming is not included; an invite is at the discretion of the head coach; lane space is premium and reserved for members only.

Please prepay your fee into account 02 1254 0027806 000 with your Surname & Sport Visitor as the reference.

TRAINING INFORMATION

The training programme for the season is split into three parts:

Pre-Season

Training pre-Christmas will be held in Whangamata on the weekends.

Peak Season

Trainings will be held daily (except 1 day off TBC) in Whangamata

Seniors from 1 December through to 1 February 2026

Oceans from 15 December through to 29 January 2026

Whangamata Real Estate Community Pool Sessions are Monday, Tuesday & Thursday mornings.

Seniors 1 Dec 2025 – 29th Jan 2026

- 6.30am to 8.00am

Oceans 15 Dec 2025 to 29 Jan 2026

- 8.00am to 9.00am

NO SWIM Training on 25th December, 1st January, or 26th January

SWIMMERS, please bring your mesh swim bags to trainings include fins, kickboard & pull buoy

Post Peak Season

After the Summer holidays we revert to the early season training program.

ATHLETE EXPECTATIONS

Athletes will attend the appropriate number of training sessions to meet/exceed their goals and

- Will be at training 15 minutes before start time to get organised
- Have all gear ready (on the beach if required)
- Treat gear with respect, carry it properly, wash it down and store it correctly in your allocated space
- Live our WhangaFam values and be a positive role model
- Respect the coach, fellow competitors, parents, team members and officials
- Abide by the rules of the club

GEAR REQUIRED

Please ensure the following gear is brought to all training sessions:

- Swimwear
- Goggles
- Towel
- Hi Viz Vest
- Water Bottle
- Running shoes
- General exercise gear
- Fins required for rescue sessions only

SENIOR SQUAD INFORMATION

Eligibility:

- Be a qualified **and** refreshed lifeguard
- Hold a current financial membership of Whangamata SLSC
- Actively promote and support Whanga Week Activities & the Annual Collection
- Have paid all relevant sport, gear, and pool fees
- Attend regular trainings and work with coach to set season goals and a plan to achieve those goals

Senior Squad Athlete LG Volunteer Hours

- 20 hours minimum voluntary hours
- Senior Sports teams patrol weekends is **20/21 December 2025**. This weekend will be compulsory and will be inclusive of your 20 hours. With our senior numbers, some flexibility will be available regarding who patrols when on this weekend. It is the responsibility of Senior Athletes to obtain the remaining volunteer hours through weekend patrols that suit their schedules. Refer to the emailed lifeguard roster at the start of the season.
- Surf Life Saving athletes also play a crucial role in performing event safety for the WSLSC Classic Harbour Swim which is on 30th December this season.
- Other opportunities to complete voluntary hours during the season at events such as the Coromandel Cup or part of voluntary patrols.

Important Notes:

- Participation at Regional and National events require significant planning to ensure our athletes can perform to the best of their ability. Communication about events will be done via Team Reach. **TEAM REACH WSLSC Seniors 2026 group code: Whanga2026.** Please ensure you express your interest to the Team Manager or Coach within the timeframes provided or you might miss out.
- **Trailer Loading** is the athlete's responsibility (not the coach or managers). If you are unable to be there in person to load your gear onto the trailer for a competition, please ensure you organise with a friend to have your gear tied onto the trailer.
- For all **Competitions** you are required to wear your club cap and hi viz vest. When accepting medals SLSNZ requires a club cap and WSLSC uniform.

SENIOR COMPETITION DATES

Date	Event	Location	
29 November	Mount Monster	Mt Maunganui	Independent
December			
6-7	Whangamata Classic	Whangamata	Regional
17-19	Senior Training Camp	Hahei Beach Resort	RSVP
20-21	Senior Surf Sports Patrol Weekend	Whangamata	Club
January			
7	Coro Coastal Clash	Whangamata	Independent
9-10	BOP Champs	Ohope	Regional
23-24	Eastern Regional Champs	Mount Maunganui	Regional
February			
6-8	Shaw & Partners World Ocean Series	Midway, Gisborne	Independent
15-16	Northern Region Champs	Omaha Beach	Regional
March			
5-8	Nationals	Ohope Beach	National

If attending an event, please make sure you book accommodation early as demand will be high. The event calendar can be found at <https://www.surflifesaving.org.nz/calendar>

All event details are posted on the TEAM REACH app.
TEAM REACH WSLSC Seniors 2026 group code: Whanga2026



OCEAN SQUAD INFORMATION

The Ocean Athletes (10 – 14 years) are our next generation of sports stars. Athletes in this programme receive professional coaching in the best possible environment to develop and grow, with the aim of competing at the annual Oceans athlete carnival.

Criteria & Eligibility:

- Hold a current financial membership of Whangamata SLSC
- Attend trainings and work with coach to set season goals and a plan to achieve
- Able to commit to competing at 2 local or Regional Carnivals
- Commit to compete in Oceans '26 held at Mount Maunganui 19-22 Feb 2026
- Have paid all relevant sport coaching, gear, and pool fees
- Aged between 10 and 13 years of age as of 30 September 2025
- Actively promote and support Whanga Week Activities & the Annual Collection
- Successfully completed 200m Safety Badge swim. Note this needs to be passed **each year** and is not a one-off qualification.

Important Notes:

- For Health & Safety and wellbeing of the individual and fellow athletes a coach may refuse entry into Oceans Squad if more water-based skills/board technique is required.
- Participation at Regional and National events require significant planning to ensure our athletes can perform to the best of their ability. All event details will be advised via email and on the Team Reach Page. **TEAM REACH WSLSC Oceans'26 group code: Whangamata49** Please ensure you express your interest to the Team Manager or Coach within the timeframes provided via Facebook or you might miss out.
- **Trailer Loading** is the athlete's responsibility (not the coach or managers). If you are unable to be there in person, please have a friend to make sure your gear is loaded and accounted for.

OCEAN COMPETITION DATES

Date	Event	Location	
December			
13	Papamoa Junior Carnival Team Style Event	Papamoa	Local
January			
7	Coro Cup	Whangamata	Local
11	BOP Junior Champs	Ohope Beach	Regional
February			
31 Jan-1 Feb	Eastern Regional Jnr Champs	Midway, Gisborne	Regional
19-22	Oceans' 26	Mount Maunganui	National

If attending an event, please make sure you book accommodation early as demand will be high. The SLSNZ event calendar can be found at <https://www.surflifesaving.org.nz/calendar>

All event details are posted on the TEAM REACH app.

TEAM REACH WSLSC Oceans'26 group code: Whangamata49

UNIFORM

Club uniform is required for all carnivals, club cap (skull cap) and Hi Viz vest. These can be purchased from the uniform shop. It is the athlete's responsibility (not managers or coaches) to make sure they have all the appropriate gear required to compete. WSLSC hoodie or t-shirt, and black togs preferred.

For any Ocean or Senior Surf Sports Specific Team Uniform items please see Sarah.

JAYD Swimwear [Jay swimwear](#)

Link for purchasing Club gear [WSLSC merchandise](#)

Jolyn swimwear [Jolyn clothing](#)

WSLSC Pink Vest are limited. Use them for competition only.

THE ROLE OF PARENTS/CAREGIVERS AT TRAINING

Parents are welcome to attend all training sessions, however **please do not** interrupt the sessions or approach the Coach when he is focused on the session unless it is an emergency. If you have any concerns, please contact our Coaching Director Peter Gilbert.

Parents play a huge role in all areas of the club, and we encourage all parents and caregivers to become actively involved in/or at the carnivals where parent help is crucial.

With a ratio of 10:1 for athletes to surf officials provided by the clubs it is imperative that we have a large number of qualified officials to ensure that our athletes can compete and that we share the load amongst a number of people rather than relying on a small group. If you are interested in becoming a qualified surf official, please contact Alistair Luke.

Some of the ways you can help at carnivals are:

- Setting up equipment prior to sessions
- Washing down gear and packing away
- Helping on the beach
- Being involved in the water
- Helping with sausage sizzles
- Being a water/sunscreen go to person
- Helping put up the tent and sort gear

Have a chat with either the Coach, Committee Chair, or Team Managers on the day to see if they need any additional help - every little bit helps lighten the load.

Please help! We are really keen to get help from parents on the following weekends.

This is a fantastic opportunity for us to fundraise for both our Squads. If any parents feel they have the expertise to help organise/run any fundraising activities on the above dates, please let a committee member know. No idea is a silly one!

Surf Officials Level 1 Course: 16th November – to be held in Whangamata

Whangamata Classic: 6-7 December 2025. Junior team & parents-led BBQ also a few runners required

Coro Cup: 8 January 2025. Full Team Support! Senior athletes – water safety/arena supervision, Ocean Parents - Age Group TM, Arena supervisors, officials/starters. A list will be put out by Junior Surf let's help get some more nippers stoked on Surf Sport

GEAR AND EQUIPMENT POLICY

Please read to ensure you have clarity of this policy which has been updated for the 2025 2026 season.

The Whangamata SLSC invests significant amounts of money each year via fundraising to ensure it has the gear required for life saving athletes to train and compete on and it is important that this equipment is treated with respect and care.

- Upon paying your \$200 gear fee you will be allocated skis and or boards by the gear steward.
- Upon receiving this gear, please check for any dings and report these to the gear steward as you will need to return your gear in the same condition you receive it.
- If gear is damaged during training, please:
 - Stop using it immediately.
 - Drain water out.
 - Write your name on repair list in shed and let your coach / the gear steward know ASAP.
 - It is then up to the athlete/parent to get your gear fixed **by an approved repairer.**
- If your gear is damaged in a competition, you still organise the repair however the club will pay for it to be fixed.
- **New rule for U11-U14 Oceans Squad Damage Policy:** If a club board is damaged during training, the club member must use a foamie until the board is either fully repaired or taken in for repair. A known timeframe for the repair must be given. Oceans Squad members are not permitted to take another spare board unless the damaged one is in for repairs and has had the okay from the club and/or coach. The only exception to this rule applies to athletes using their own personal board. If damage occurs to their board and requires repair, a spare club board will be made available during the time it takes to return from repair.

Please contact someone from the Life Saving Sports Committee if you have any questions or concerns.

Repair Providers:

The Illusive Ding – Rapid Ding Repair

Ph: 021 024 87217 (Chris Friel)

Ding King in Auckland

Ph: 021 892 086

E: bryce@dingking.co.nz

Address: 28 Anvil Road, Silverdale, Auckland, New Zealand

Ben Greenleaf: Ocean Beach Rd, Mt Maunganui

Ph: 021 026 20275

CRITERIA FOR TEAM SELECTION

First Half of the Season (Leading up to Regional Competitions) The first half of the season is more experimental, focusing on understanding team dynamics and how members perform in rescues. Selections will be based on the following criteria, in order of importance:

- **Attendance and Attitude at Training**
This includes punctuality and commitment. Valid reasons for absence or lateness will be considered, but consistent issues may result in a lower selection priority.
- **Current Performance in Training**
This will be evaluated by comparing individual performance to potential teammates. Specific assessment sessions will be held, and all participants will be informed ahead of time.
- **Previous Team Compositions**
This applies mainly to rescue teams and may influence selection based on past compatibility and performance.
- **Conditions on Competition Day**
The conditions of the event, such as wave size and course layout, may determine which individuals are better suited for certain roles.
- **Previous Results**
While previous competition results are considered, they are not a significant factor early in the season since many events are at the start of the new season.

Second Half of the Season (Regional Competitions and Beyond) In the second half of the season, the emphasis shifts towards achieving excellence at major competitions. The criteria for selection, in order of importance, are:

- **Current Performance in Training**
This remains the most critical factor for team selection, as ongoing performance reflects readiness for competition.
- **Previous Results**
While paired closely with current training performance, competition results will be considered, taking into account the conditions in which they were achieved.
- **Previous Team Compositions**
Similar to the first half of the season, this applies primarily to rescue teams and may influence selections based on proven success.
- **Conditions on Competition Day**
As in the first half, event day conditions will factor into final selections, with adjustments made based on wave size and course complexity.
- **Attendance and Attitude**
Although this ranks lower in the second half, it is still essential. Consistently poor attendance or attitude may negatively impact selection, regardless of performance.

Key Message

For major competitions, particularly regionals (Northern, Eastern, Nationals), the priority is to assemble teams with the highest chance of success. This will guide final team selection decisions.

It is crucial that if you have any questions or concerns about your eligibility for selection based on the criteria mentioned above, you speak with your coach. This is particularly important if you have issues regarding your availability to attend training for any reason.

FAIRPLAY CODE OF CONDUCT

Members' and Competitors' Code of Conduct

- Show respect and cooperate with teammates, officials, coaches, and opponents.
- Accept the rules and decisions of officials – without them, there would be no competition.
- Refrain from using bad language or insulting opponents, coaches, officials, or spectators. This includes phone calls and social media interactions.
- Be familiar with the rules and play in both the letter and spirit of the game.
- Strive to compete to the best of your ability, enjoy the competition, and work on improving your skills, while accepting your limitations.

Coaches' and Managers' Code of Conduct

- Teach and practice the values of fair play, expecting club members and competitors to uphold these values.
- Respect and treat each club member and competitor as individuals, acknowledging their varying abilities.
- Never ridicule members or competitors; provide constructive feedback, encouraging discipline and honesty.
- Discourage a “win at all costs” mentality.

Spectators' and Parents' Code of Conduct

- Show equal respect to competitors, club members, and officials.
- Avoid ridiculing competitors or members.
- Refrain from criticising the decisions of coaches, managers, or officials, both in person and through phone calls or social media.
- Offer positive support to teams and competitors.

Enforcement of Code of Conduct

Team managers and event organisers have the authority to address any breaches of this code immediately. Selection for future events may be revoked as a consequence. For any questions or concerns, please refer to the designated key contacts.

Please sign this page and return it to your coach/manager:

Agreement

By signing below, I agree to adhere to the conditions outlined in this Code of Conduct and commit that no actions of mine will harm the club.

Additionally, I agree to pay the required fees or make arrangements for payment prior to the start of the competition season. No changes to payment arrangements will be considered after January 1, 2025.

Name of Athlete: _____

Signed Athlete: _____

Date: _____

Name of Parent: _____

Signed Parent: _____

(if participant is under 18yrs)

Date: _____