

Country: Cook Islands

Part 1: Recent climate

TABLE 1: Monthly Rainfall

Station (include data period)	May-2025	Jun-2025	Jul-2025				
			Total (mm)	33%tile	67%tile	Median	Rank
	Total (mm)	Total (mm)	Rainfall (mm)				
Penrhyn (1937-2025)	127.0	121.4	76.8	74.4	133.9	108.0	31/89
Rarotonga (1899-2025)	168.3	60.0	110.2	58.0	108.0	88.0	82/127

TABLE 2: Three-month Total Rainfall for May to July 2025

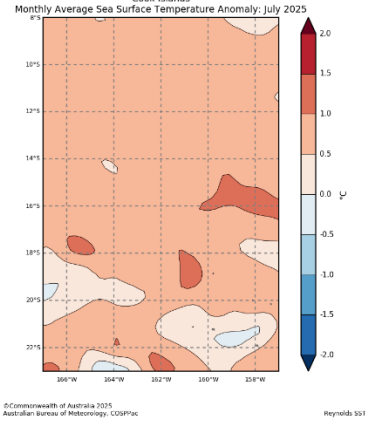
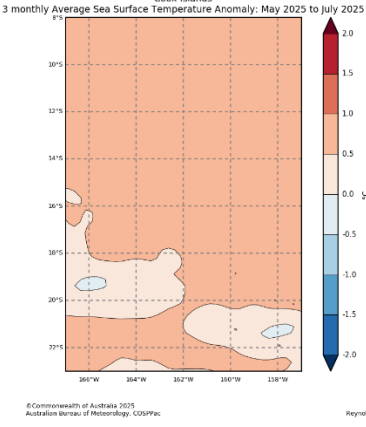
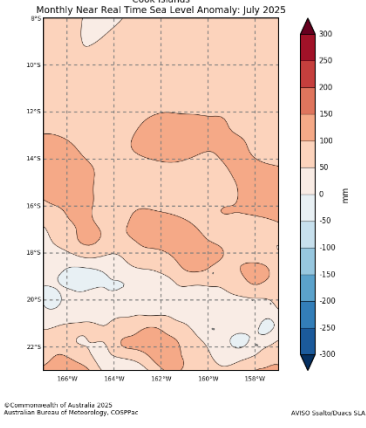
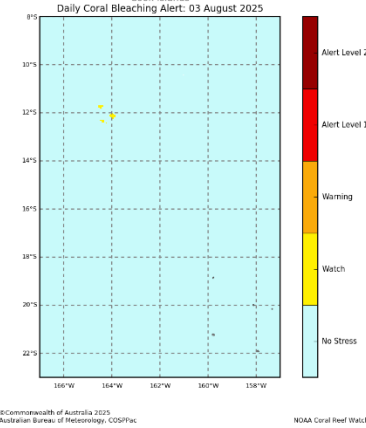
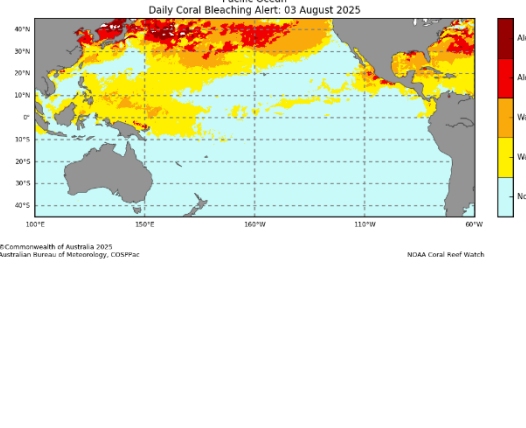
Station	Three-month Total		33%tile	67%tile	Median	Rank
	Rainfall (mm)					
Penrhyn (1937-2025)	325.2	Normal	284.9	472.4	350.4	39/86
Rarotonga (1899-2025)	338.5	Normal	303.0	388.7	340.0	63/127

Part 1i. Monthly and Seasonal Outlooks for September and September to November 2025

Monthly: September	Seasonal: September to November
Rainfall (Image 1)	Rainfall (Image 2)
<p>Tercile rainfall probabilities for September 2025</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>-- EEZ border V11 (Flanders Marine Institute, 2019).</p>	<p>Tercile rainfall probabilities for September to November 2025</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>-- EEZ border V11 (Flanders Marine Institute, 2019).</p>
Monthly Maximum temperature (Image 3):	Seasonal maximum temperature (Image 4):
<p>Tercile maximum temperature probabilities for September 2025</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>-- EEZ border V11 (Flanders Marine Institute, 2019).</p>	<p>Tercile maximum temperature probabilities for September to November 2025</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>-- EEZ border V11 (Flanders Marine Institute, 2019).</p>
Monthly minimum temperature (Image 5):	Seasonal minimum temperature (Image 6):
<p>Tercile minimum temperature probabilities for September 2025</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>-- EEZ border V11 (Flanders Marine Institute, 2019).</p>	<p>Tercile minimum temperature probabilities for September to November 2025</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>-- EEZ border V11 (Flanders Marine Institute, 2019).</p>

Part 2: Recent Ocean Observation

Monthly/Three months: July and May to July 2025

Monthly: July 2025	Last three months: May to July 2025:
Sea Surface Temperature Anomaly (Image 1):	Sea Surface Temperature Anomaly (Image 4):
<div><p>Cook Islands Monthly Average Sea Surface Temperature Anomaly: July 2025</p><p>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</p><p>Reynolds SST</p></div>	<div><p>Cook Islands 3 monthly Average Sea Surface Temperature Anomaly: May 2025 to July 2025</p><p>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</p><p>Reynolds SST</p></div>
Sea level anomaly (Image 2):	
<div><p>Cook Islands Monthly Near Real Time Sea Level Anomaly: July 2025</p><p>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</p><p>AVISO SwathDucks SLA</p></div>	
National daily coral bleaching alert (Image 3):	Pacific daily coral bleaching alert (Image 3):
<div><p>Cook Islands Daily Coral Bleaching Alert: 03 August 2025</p><p>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</p><p>NOAA Coral Reef Watch</p></div>	<div><p>Pacific Ocean Daily Coral Bleaching Alert: 03 August 2025</p><p>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</p><p>NOAA Coral Reef Watch</p></div>

Part 2i. Monthly and Seasonal Outlooks for September and September to November 2025

Monthly: September	Seasonal: September to November
Monthly sea surface temperature anomaly (Image 5):	Seasonal sea surface temperature anomaly (Image 6):
<div><p>Difference from average sea surface temperature forecast for September 2025</p><p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, supported by COSPPac</p><p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p></div>	<div><p>Difference from average sea surface temperature forecast for September to November 2025</p><p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, supported by COSPPac</p><p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p></div>
Monthly sea level anomaly (Image 7):	Seasonal sea level anomaly (Image 8):
<div><p>Difference from average sea surface height forecast for September 2025</p><p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, supported by COSPPac</p><p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p></div>	<div><p>Difference from average sea surface height forecast for September to November 2025</p><p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 04/08/2025 Issued: 06/08/2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, supported by COSPPac</p><p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p></div>
National 4-week Coral Bleaching Outlook (Image 9):	Pacific 4-week Coral Bleaching Outlook (Image 9):
<div><p>Cook Islands 4 Weeks Coral Bleaching Outlook: 31 August 2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</p><p>NOAA Coral Reef Watch</p></div>	<div><p>Pacific Ocean 4 Weeks Coral Bleaching Outlook: 31 August 2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</p><p>NOAA Coral Reef Watch</p></div>

## **Summary Statement**

### **Monthly and last three months: July 2025/May to July 2025 statement**

The rainfall for July was normal for Penrhyn and above normal for Rarotonga. Rainfall recorded for May to July period was normal for both Cook Island stations.

## **Part 1i. Monthly and Seasonal Outlooks for September and September to November 2025**

### **Monthly /Seasonal rainfall and temperature Outlook statements**

The rainfall for both Penrhyn and Rarotonga for September is likely to be below normal for. The outlook for Central Cook Islands is very likely to be above normal rainfall. The three months of September to November rainfall for Penrhyn and the rest of the northern Cook Islands is likely to be below normal, very like to be above normal for central Cook Islands, with Rarotonga and some of the southern Cook Islands likely to be near normal for the same period.

Maximum and minimum temperatures during September and averaged over September to November are very likely to be above normal over the country.

## **Part 2: Recent Ocean summary statement**

### **Monthly and last three months: July 2025/May to July 2025**

July and averaged May to July Sea surface temperatures were above normal for the Cook Islands, with Rarotonga being 0.0 - 0.5°C, meanwhile the northern Cooks including Penrhyn, sea surface temperatures were utmost 1.0°C above normal.

July sea levels around Rarotonga and Penrhyn were above normal, with 0 to 50mm and 50 to 100mm respectively.

A “No Stress” status is currently in effect over the Cook Islands as of 03rd August 2025.

## **Part 2i. Monthly and Seasonal Outlooks for September and September to November 2025**

### **Ocean Variable statement**

September and averaged over September to November Sea surface temperatures around the far northern group including Penrhyn are forecast to be near-normal, with the rest of the Cook Islands including Rarotonga are predicted to be 0.4 to 0.8°C above normal.

September sea levels around majority of Cook Island waters including Rarotonga and Penrhyn are predicted to be below normal with 100 to 200mm and 30 to 60mm, respectively.

Averaged over September to November, sea levels are predicted to be near-normal over Pukapuka and Suvarrow and below normal 30 to 100mm elsewhere.

Coral Bleaching outlook indicates “No Stress” for all Cook Islands for the next 4 weeks.

### In brief for Teleconference

- Rainfall was normal for the past 3-months for the Cook Islands.
- The rainfall outlook generally indicates below normal likely for Penrhyn in September and September to November, with central Cook Islands very likely to be above normal.
- July and averaged over May to July SSTs were above normal. SSTs are predicted to be near-normal to above normal for the next one and three months.
- July sea levels were above normal. Sea Levels outlook shows below normal to near normal most likely for the next one and three months.
- “No Stress” Coral bleaching for the Cook Islands

**TABLE 3: Stakeholder Engagement- Evaluations of how effective NMS engage with stakeholders**

Product	Date: July 2025	Stakeholder	Total Number of Participants	Number of Male	Number of Female	Disability	Age group	Comments (If there are comments from you Stakeholders)
Climate Bulletin								
EAR Watch		Climate Change, Red Cross, Island Council and Executive Officers, To Tatou Vai, etc	53	?	?	?	?	
Monthly Climate Briefing								
Ocean Outlook								
Climate data request		To Tatou Vai, and MMR	5	2	3			
<b>Total</b>								