



Nau mai, haere mai

**Panui 1**

Welcome to the New Zealand Post Waka Ama Challenge, Wellington Region. This event is organised by Hoe Tonga Pacifica Waka Ama Association and will be held at Onepoto Domain, Porirua.

Over the past few weeks, **12 teams** from New Zealand Post Group have been training with clubs in the Wellington region as a build-up to our competition being held on Sunday 2 December 2012. It is our pleasure to hold this event coordinated by Hoe Tonga Pacifica Waka Ama Association the regional body for Waka Ama in the Lower North Island.

With assistance from our coaches and trainers our region hopes to produce another winning regional team that will ultimately go on to win the National Competition at the New Zealand Waka Ama Sprint Championships at Karapiro in January 2013. Bring it on.....

I wish to take the opportunity to congratulate the team at NZ Post for this initiative and I am sure the teams and individuals who are training in the early hours of the day will benefit from their experience.

The following is some information to enable your teams to prepare for race day☺

**Venue:** Onepoto Domain, Porirua

**Time:** 9.30 – 1pm (followed by prize giving) BBQ provided by Hoe Tonga.

**Registrations:** 8am

***What do you need to bring?***

- ① Tent/gazebo      ② chairs      ③ Food & Drink      ④ Sunscreen      ⑤ Supporters

***What you need to know!***

- ① Each team will have 5 paddlers and a minimum of two women paddlers. If you have a 6<sup>th</sup> member can be included if they are experienced steerer. The following rule ② will still apply
- Hoe Tonga will supply the steerer (if your team doesn't have an experienced steerer)
  - Steerers must ensure they keep a straight line to prevent collisions and potential damage to waka and people

- The steerer is not to contribute to the forward motion of the waka (poke only to correct)

- 2 All paddlers must wear lifejackets
- 3 Clubs you have been training with will supply paddles, lifejackets and waka
- 4 The course will be up to 500m
- 5 The final will see the top 4 teams of the day compete for the title of regional champions
- 6 Each team will compete in 3 races
- 7 **Heat 1 ' XMAS THEME'**
- 8 There will be a photographer on site to take team & individual photos (including races)

**The winning teams from Auckland, Hamilton, Wellington, Rotorua and Christchurch go to the Waka Ama Sprint Nationals at Lake Karapiro, January, 2013 where the winning regional teams will race off in our own New Zealand Post race. The winning team will be named New Zealand Post Corporate Team Champion and will receive a national trophy and medals.**

The organising committee for this event are mindful of the need to provide a safe but enjoyable experience for all those taking part. It is our expectation that paddlers will wear lifejackets.

All team captains will be required to complete and sign a waiver on behalf of your team that indicates all team members are able to take action should there waka capsize for any reason (**Appendix 1**).

**Please follow the directions of event organisers at all times – we have the experience😊**

Race draws will be available on the day

#### **Requirements and additional information:**

A tent will be set up by event organisers for registration and event management with participant teams also bringing their own shelter. Event organisers will ensure that they are spaced to allow access to other beach users and teams are contained in a specified area.

Waka will be lined up on beach 8 x mahi mahi (loading bay) monitored by volunteers during the day.

Two support boats will be present – one flag boat (to start races) and one start boat to align waka on start line.

Volunteers are provided by Hoe Tonga Waka Ama Association and will be allocated to areas and provided with instructions to ensure safety of competitors, spectators and all those present.

## Appendix 1



### Safety Waiver

Organisation Name:	
Group/Team Leader Name:	
Role in Organisation:	
Contact Details:	
Postal Address:	
Physical Address:	
Mobile:	Work:
Email:	

The terms and conditions of participation for the individuals wishing to take part in this waka ama event listed on the team/crew list below are as follows. Participants will be asked to individually sign this waiver before the training session begins:

1. All participants must be confident in their ability to swim/be comfortable in the water for a prolonged period. Non-swimmers are not permitted in the waka.
2. Participants/team members must comply with any direction given by the person in charge (Steerer or Race Director) during the event.
3. If the waka capsizes during the event participants must stay with the waka as the waka will float. Do not attempt to swim to shore.
4. All teams members must understand the capsize drills and will participate in least one capsizing drill on the water during training as directed.
5. Wearing an approved floatation device or life preserver/life jacket while participating during this event is compulsory. The terms and condition and effect of this waiver are no different whether a life jacket is worn or not.
6. Jeans are not permitted in the waka. Board shorts/thermals are most appropriate.
7. **No** alcohol or drugs are to be consumed 12 hours prior to using the waka.
8. The [person in charge] has the right to refuse an individual to take part in this event if the above guidelines are not met.

#### Important Qualification

All individuals participate at their sole risk. No organiser, sponsor, other person, or organisation associated in any way with this event will be liable in any way or accept any responsibility for any personal injury, loss, damage or expense suffered or incurred by participant during this event.

---

*I have read, understood and agree to the terms and conditions set out as above and in consideration for the above session and participation in this event. I hereby (i) agree to abide by the Rules, (ii) accept and agree to be bound by and observe the terms and conditions set out above and (iii) waive any claim or claims I may otherwise have against any one or more of the persons specified above, in respect of any death, injury, loss, damage or expense suffered or incurred by me during racing or in any other way in connection with my participation in this event.*

**Team/Crew Details**

**Date:** \_\_\_\_\_

Name	Date of Birth	Signature

**NOTE: PLEASE COMPLETE AND HAND THIS FORM IN AT REGISTRATION ON RACE DAY**