

Panui 1

Nau mai, haere mai

We welcome you all to the New Zealand Post Waka Ama Corporate Challenge, Canterbury Region. This event is organised and hosted by Nga Kaihoe O Aotearoa and two local clubs, Te Waka Ponamu and Waitaha Paddling Club.

Over the past few weeks teams from New Zealand Post Group have been training with the clubs as a build-up to our competition being held on Saturday 14th December 2013.



The Clubs have provided coaches and trainers that jumped at the opportunity to get involved with this event and teach NZ Post staff how to paddle and enjoy Waka Ama. Our region hopes to produce a regional team that will ultimately go on to win the National Competition at the New Zealand Waka Ama Sprint Championships at Karapiro in January.

We wish to take the opportunity to congratulate the team at NZ Post for this initiative we are sure the teams and individuals who are training and racing will benefit from their experience. Waka Ama is not only a great way to keep fit, but it is also a fantastic team building sport.

The key to going fast and achieving a good result is to paddle together as one and work as a team, skills that can be translated to on and off the water.

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

Venue: Lake Pegasus, Pegasus Township, North Canterbury



Time: 09:30am – 14:00pm (followed by prize giving)

What do you need to bring?

- Chairs
- Food & Drink (there is a very nice café within walking distance)
- Sunscreen
- Supporters/cheer leaders!
- Teams are encouraged to bring their own shelter and drinking water.

What you need to know!

① Each team will have 5 paddlers and a minimum of two women paddlers. If you have a 6th member they can be included if they are an experienced steerer. The following rule will still apply:

- The organisers 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 direction)
- Paddles, lifejackets and waka will be supplied on the day. Teams who wish to use their own paddles and lifejackets may do so.

Life Jackets will be Compulsory for all Participants on the day. – No exceptions

- The course will be up to 450m
- Each team will compete in at least 3 races
- **Prizes will be awarded for the best dressed team 'XMAS THEME'**
- Spot Prizes will be awarded at the end of the day

We will have a number of volunteers from local clubs assisting on the day and also would like to provide the opportunity for competitors to try paddling the small canoes as well, it might give some of them an opportunity to cool down.

Please ensure that your teams all bring a change of clothes and something warm to put on. The weather can be unpredictable. But the day will continue through wind and drizzle.

After Match / Prize Giving

After the racing is finished all competitors are invited to the Flat White Café and Bar at the Pegasus Township shopping precinct (4 minute walk from race venue) for the prize giving. An area especially for you has been provided and light snacks are organised.

The winning teams from Auckland, Hamilton, Wellington and Christchurch go to the Waka Ama Sprint Nationals at Lake Karapiro, January 21, 2012 where they 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.

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

Race draws will be available on the day and sent out 5 days prior to the event.

We really want you to enjoy this whole experience, so if you have any questions or concerns please contact peter@lowdowndata.com or 0272020509

Safety Waiver

Organisation Name:
Group/Team Leader Name:
Role in Organisation:
Contact Details:
Postal Address:
Physical Address
Mobile:
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 event 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. All participants must wear a Life Jacket (provided on the day)
3. Participants/team members must comply with any direction given by the person in charge (Steerer or Race Director) during the event.
4. 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.
5. Jeans are not permitted in the waka. Board shorts/thermals are most appropriate.
6. **No** alcohol or drugs are to be consumed 12 hours prior to using the waka.
7. 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

Please complete and hand this form in to Registration on the day (or email to lara@wakaama.co.nz – prior to the day)