



wakaama
Aotearoa New Zealand

Aotearoa NZ

Contingent Handbook

2022 IVF VA'A WORLD ELITE AND CLUB SPRINT
CHAMPIONSHIPS, WINDSOR, UK

A MESSAGE FROM OUR WAKA AMA NZ BOARD CHAIR

E rere atu ana ngā mihi ki a koutou e haere atu ana ki te whakataetae o te ao i te timatanga o Hereturikōkā ki Ingarangi. It has been four years since the last Sprint World Championships took place, so it is with some excitement that we look forward to the 2022 World Championships at Dorney Lake, England. Representing Aotearoa is a huge honour, so I congratulate all of you that have been selected or have qualified to represent Aotearoa in the V1, elite teams, para teams, and the club teams.

On behalf of the board we wish you well in your endeavours on and off the water.

Look after each other and enjoy this experience of a lifetime.


Okea ururoatia!
Zalene Douglas
Board Chair

**WAKA AMA NZ CONTACTS**

Here is a list of key contacts during the United Kingdom trip (please note the best form of communication will be face to face, or through wifi – e.g Whatsapp, or Facebook).



New Zealand Area Coordination Team

- Amiria Mita
- Debbie Sellar
- Tara Ikinofu

Contact worlds@wakaama.co.nz 

Waka Ama NZ Board Chair, Zalene Douglas will also be travelling with the contingent. Waka Ama New Zealand Chief Executive Lara Collins will be operating in her official role of President, International Va'a Federation.

For Aotearoa NZ Updates


- Follow the NZ Team Facebook Page: <https://www.facebook.com/NZwakaamateam/> 
- Join the Waka Ama NZ - World Sprints LONDON:
<https://www.facebook.com/groups/2058586844398547>
- World Sprints information: <https://wakaama.co.nz/pages/view/1005997> 



EVENT WAIVER

Every participant will need to sign the electronic Athlete Declaration form that includes amongst other things the IVF anti-doping declaration component. The waiver is to be completed electronically by individuals. **This is due by the 1st August**

Participants who are under 18 will require a parent or guardian to complete the form:

<https://waiver.smartwaiver.com/w/cgqvlut4vhx67xxgnignwp/web/> 

COVID-19 AND TRAVEL

While you are overseas please follow any local COVID-19 restrictions for that country. Check the official website of the country you wish to enter for information about any COVID-19 restrictions. Rules and restrictions can change quickly, so make sure you regularly check local health advice for the country you are traveling to.

Airport:

1. Allow more time than usual for the check-in process. Potential for more screening measures at international airports.
2. Wear your mask at all times except when eating or drinking.
3. Carry replacement masks in case your mask becomes compromised or broken. Dispose of used masks in the rubbish. Do not store used mask bags or clothing pockets.
4. Try and maintain 2 meters of physical distance with people who are not in your bubble. Limit your interaction where you can. Avoid confined or crowded spaces where possible.
5. When accessing airport bathrooms or other public facilities, regularly wash and sanitize your hands.
6. Sanitize your hands before and after customs and security screening.

In-flight:

1. Limit any physical contact with the common touch points when boarding the aircraft. These touch points can include overhead lockers, and holding onto seats when walking down the aisle.
2. During check-in try to organize to be seated together and where possible, with empty seats between people to encourage physical distancing.
3. When at your allocated seat, use your antibacterial wipes to clean your seat and common touch points around your seat with your antibacterial wipes; tray table and back of the seat in front of you, screens, armrests, seat belt buckle, light switch and air vent.
4. Sanitize hands before and after bathroom use, eating, and drinking.




In-transit:

1. Keep your N95/P2 mask on. Carry replacement masks in case your mask becomes compromised or broken. Dispose of used masks in the rubbish. Do not store used masks loose in bags or clothing pockets.
2. Limit contact with common touch points when moving through areas.
3. Try and maintain 2 meters physical distancing with people who are not in your bubble. Limit your interaction where you can. Avoid confined or crowded spaces where possible.
4. Seek fresh air or a well-ventilated space (if possible).
5. Wash hands or sanitize hands well before eating and drinking.
6. Wipe down frequent-use items (phone, passport, etc.)
7. Allow plenty of time before boarding for additional screening measures.


In Competition:

1. Encourage our paddlers and whānau to wear their masks, until they are on the water.
2. Putting your mask in a plastic resealable bag keeps it dry and reusable.
3. Try and maintain 2 metres physical distancing with people who are not in your bubble. Limit your interaction with others outside of the Waka Ama NZ group wherever you can.

<https://covid19.govt.nz/international-travel/travel-from-new-zealand/> 

CODE OF CONDUCT

Each club representative must complete an online waiver on behalf of their club and those participating under the umbrella of their club.

This Code of Conduct takes effect from the time your Club members depart officially from NZ shores to the conclusion of the current World Club campaign. It is in line with the Waka Ama New Zealand general code of conduct <http://www.wakaama.co.nz/pages/read/1004720> 

The agreement outlines expected behaviours while traveling and participating as a New Zealand contingent. This is a reminder that clubs are responsible for the members of your club and need to ensure they are all adhering to expectations. You are not only representing your club but your whānau and friends back in New Zealand.

Please respect your surroundings, including equipment, canoes, facilities, and our hosts in the UK. It is the club's responsibility to ensure that all individuals traveling under the umbrella of your club are aware of and have read the code of conduct and its consequences.


You can find a copy of the code of conduct at the back of this booklet and online here:

<https://wakaama.co.nz/pages/view/1005997> 

TRAVEL INSURANCE

Waka Ama NZ has managed to secure comprehensive Travel Insurance for our Elite Teams and Management which is now also available to those travelling as part of the IVF World Club Championship New Zealand contingent. The insurance is underwritten by Chubb.

The policy includes cover for racing at the world sprints and also extensive cover for Covid-19. You can find all information and the policy wording here:

<https://wakaama.co.nz/pages/view/1006021> 

TRAVELLING TO THE UNITED KINGDOM

All clubs will be responsible for their own travel to and from the UK. It is recommended you check each paddler's passport to ensure it is up to date with minimum of 6 months remaining at the time of departure from the United Kingdom.



Ensure travellers have a backup copy of their travel documentation including a copy of passport stored elsewhere in their luggage in the event of emergency activity.

In the event of a lost passport details of the New Zealand Honorary Consulate in London are as follows

Contact details

Physical address

1 Pall Mall East, SW1Y 5AU


London, United Kingdom

Tel +44(20)79308422

Email: enquiries@nzhc.uk

Office hours: Mon-Fri 0900-1700 (UK-time).

Head of Mission: High Commissioner Bede Corry

<https://www.facebook.com/nzhcuk/> 

TRAVELLER DECLARATION

Anyone travelling to New Zealand by air will need to complete a New Zealand Traveller Declaration.

You can find more information and how to complete that declaration here:

<https://www.travellerdeclaration.govt.nz/how-to-complete-your-declaration/> 




SAFE TRAVEL

We encourage all our New Zealanders travelling to register their details on SafeTravel. This allows us to send you important information following an emergency situation, or to provide consular assistance, while you are overseas.



No matter where you are travelling to overseas, if you take the time now to register, then you can be assured that if an emergency situation develops in the country you are in, safe travel will send you important information including how to access consular services in your location -

<https://www.safetravel.govt.nz/register-your-travel> 

TIPS FOR YOUR FLIGHT

- ✓ Stay hydrated throughout the flight – take empty bottles and fill them once through security
- ✓ Get up and move every hour (if you can)
- ✓ Take snacks for the plane
- ✓ Wear comfortable clothing on the plane – (beware of airplane air con!)
- ✓ Take a change of clothing on the plane
- ✓ Be mindful of your personal hygiene and ensure you are prepared with a comfortable facemask for the journey including your flight, while at the airport, and during transit.




MANAGERS MEETINGS AND COMMUNICATION

Managers' Meetings will be open to designated club managers only and will be advised leading up to the event. All information has been communicated directly to these managers up to three club managers per club have been appointed. Managers' meetings will be face to face and likely take place offsite (not at the race venue). This will be confirmed and communicated closer to the time.

If you have any questions please don't hesitate to contact worlds@wakaama.co.nz

WEBSITE LINKS

Official Organising Committee Information:

- <https://www.facebook.com/worldsprintsGB2022>
- <https://www.2022worldsprints.com/> 
- Email: info@2022worldsprints.com

IVF Facebook page and website

- <https://www.facebook.com/InternationalVaaFederation/>
- <http://www.ivfiv.org/> 



OPENING CEREMONY

Details are still to be confirmed but the following opening ceremony is scheduled for Tuesday 9th August in the late afternoon (3.30pm) at the race venue.

We ask that as many of our Aotearoa contingent can attend and everyone is to wear the Waka Ama NZ black off-the-water shirts.

TRANSPORT IN THE UK


Transport is the responsibility of each club. It is important to note that public transport in the UK is great, although it will not be suitable as your main method of transport to Lake Dorney. The event organisers have advised that having a rental car/van is recommended to get to the race venue. Ubers and Taxi's are another option. Refer to the parking section below for more information

Head to the World Sprints Website for more information regarding local transport:

<https://www.2022worldsprints.com/getting-here> 


UK SIM CARD

Best Value Prepaid International Sim Cards for United Kingdom. Buy your British Travel Sim Card with data before you fly! Perfect for NZ Tourists.

<https://nz.simcorner.com/collections/united-kingdom-sim-card> 

RACE VENUE - DORNEY LAKE

Dorney Lake is recognised as one of the finest world rowing and flat-water canoeing venues and hosted the 2012 Olympic and Paralympic Games. Since the Main Lake was completed in 2004 and the Return Lake in 2006, the Lake has hosted International and National Rowing, Canoe/Kayak, Triathlon and soon to be a Va'a Event! The venue was voted top 2012 Olympic Venue and has been acclaimed as a local, national and international asset as a world class centre of sporting excellence and a special venue.

<https://www.dorneylake.co.uk/> 




COVID-19 AT THE EVENT

Should one of your paddlers contract COVID-19, **they are not to come to the venue**. In lieu of a medical certificate, the paddler with their ID card & Positive test (all in the same photo) should be sent to the NZ Area Coordination Team via email at worlds@wakaama.co.nz


Countries may replace that paddler with someone who has not paddled in the specific event(s) this person is being removed from – the same as any other medical substitution. Once removed from the event due to COVID-19 the paddler will not be allowed to re-enter the event or the venue.

CULTURAL EVENING AND BBQ - SATURDAY 13TH AUGUST

Please book a free ticket for the culture evening to ensure you don't miss out on this great event! Aotearoa NZ will be taking part and would love for as many of our contingent to support this evening.

<https://greatbritainoutrigger.ticketspice.com/culture-night> 

Eton Dorney Catering is putting on a special BBQ prior to the commencement of the cultural evening. The BBQ will be available after the medal presentation on Saturday the 13th prior to the commencement of the cultural performances. Tickets for this special BBQ will cost £17.95 per person and can be obtained by going to this link:

<https://greatbritainoutrigger.ticketspice.com/culture-night> 

The menu for the evening is online and includes a Meat Option or a Vege/vegan.

WIFI AT THE EVENT

Limited wifi will be available. If you wish to guarantee good bandwidth we would recommend using a UK mobile data plan (see SIM information above).

FACILITIES AND RULES ONSITE


There are limited showers available for competitors to use after racing inside the Eton Dorney Boathouse.

This is a non-swimming venue. The quality of the water is not suitable for swimming. Anyone found swimming in the lake will be escorted off the venue and not allowed to return.

This is a smokefree venue.


MERCHANDISE AND SHIRT DESIGN

Vaikobi Waka Ama NZ is proud to be partnering with the Vaikobi team for our Racing and Off the Water Shirts - Ngā mihi nui ki a koutou.

2022 Aotearoa NZ World Sprints merchandise is available for purchase to everyone online via our shop [Waka Ama NZ Shop](#). 

The Supporter Merch is available to purchase online now until 31 August 2022. This merch will not be available to purchase in London.

Uniform Merch stock will be taken to London and be available to purchase at the event - stock will be limited

[Merchandise pānui](#) 

UNIFORM DESIGN

The main pattern that is across all the uniforms is Puhoro. This pattern speaks to the movement and speed of water. In this case, the ability of our Kaihoe to move and cut across the water rapidly, striving to victory. This particular pattern is often found on the tauihu of traditional waka and also commonly referred to as the main pattern that is tattooed onto the legs of our people - emphasising speed agility and the ability of the wearer to embody those characteristics.

Nā Maia Gibbs me Henare Brooking - Toi Ake

SUPPORTER MERCH



UNIFORM MERCH



KAI AND WATER ONSITE

There will be food and stall vendors onsite. There will also be water onsite for everyone to refill their water bottles. Please remind everyone to keep hydrated!

RECOMMENDED GEAR LIST

Paddling Gear

- Club shirt/singlet
- V1 only NZ issued singlet
- Race shorts/tights
- Drink Bottle
- Paddle / Paddle Bag
- Extra of everything

Other gear

- Off the water clothing
- NZ contingent off-the-water shirt
- Casual wear
- Good pair of running shoes
- Casual shoes - jandals
- Toiletries including sunscreen
- Approved medication – inhalers etc.
- A towel
- A warm jumper and pants
- Rain jacket



Miscellaneous

- Travel adaptor – For the United Kingdom the associated plug type is G, which is the plug with three rectangular pins in a triangular pattern (see pics). [Click here to view](#)
- Money
- **Passport – very important**
- Copy of your travel documents, including your travel insurance policy
- Information about where you are staying in the UK (address etc)

Recommended extra

- Spare mask - check they are good and suitable for travelling long distance
- Ear plugs
- Eye mask
- Hand sanitiser

Please leave anything valuable in New Zealand if they are not necessary e.g. camera gear, laptop, jewellery etc.

LIVE STREAMING


There will be live results on liveresults.co.nz (as per nationals).

There will be some live streaming, not all races will be streamed. Once we have the link we will share it.

CHECKLIST FOR CLUB MANAGERS

- ✓ All medical information of each paddler/ coach and manager
- ✓ All the travel insurance of each paddler/ coach and manager
- ✓ All passports and current with a minimum of 6 months remaining at time of departure
- ✓ Have briefed all members on the expectations around conduct both from Waka Ama New Zealand and club specific
- ✓ Confirmed all accommodation and have relevant details
- ✓ Confirmed all transport and have all relevant details with you
- ✓ Meals and Hydration have been planned

WINDSOR, UNITED KINGDOM

Take the opportunity at the airport to uplift any local area maps and brochures for key information on your local environs to help you navigate your way around during your time in and around Windsor. See also <https://www.windsor.gov.uk/visitor-information>  for lots of good information

Crowned by Windsor Castle and linked by the River Thames, the Royal Borough of Windsor and Maidenhead has a rich mix of history, culture, heritage and fun.


With unrivalled royal heritage, things to do, attractions (including Legoland and Dorney Court), events (such as the world-famous Royal Ascot and Royal Windsor Horse Show), superb shopping, food and drink (including Michelin-starred restaurants and traditional pubs) excellent nightlife and a wide range of quality accommodation (including luxury hotels, boutique bed and breakfasts, self-catering properties and campsites) you can see why Windsor and Maidenhead is one of England's most famous destinations.



WORLD SPRINTS CLOSING PARTY

The 2022 Closing Party is the place where all competitors, volunteers, officials and supporters can join together for fun and celebration! This year's party is held at the prestigious Windsor Race course.

A not-to-be missed wrap-up to the world competition. There are limited tickets available so please ensure you book early to avoid disappointment. Please visit

<https://www.2022worldsprints.com/tickets> and select the competitor's link to access the closing party tickets. 


ACCREDITATION/ ID CARDS

Your team manager will be advised on onsite registration requirements where each paddler will be supplied with the accreditation ID (like an ID card). Accreditation will need to be carried with you at all times and will form the access to the venue and loading areas for the race venue. You will not be able to access the venue without this. Loss of the same will incur a replacement charge of £10 (10 pounds) that will be payable immediately. Accreditation is issued for paddlers only. Managers, coaches, and whānau will need to purchase tickets to the event. ***We do recommend that you do not travel with any valuable items that are not necessary for the duration of the trip.***

PARKING AT THE EVENT

All visitors to Dorney Lake, whether competitors or spectators, will need to pay to park their vehicles at the race site. It is not possible to park along the roads outside the venue. Please be advised that cars will be ticketed or could be towed away should people park in these areas! Parking for the event will need to be paid for online in advance of arriving at the venue.


Parking prices are per car and visitors are encouraged to carpool or join up with friends and family to use as few vehicles as possible. Competitors can park for a reduced price. In addition, there are **Early Bird (up to July 31st)** discounts for parking. We advise that you act quickly to take advantage of these discounts.

- The parking area/ lot is at the 500m start line.
- Please visit <https://www.2022worldsprints.com/tickets> to access parking and entry tickets. 



GETTING TO THE VENUE AND FURTHER PARKING INFO

If you are searching for the venue on google maps – use 'Dorney Lake' as your search.

Full directions are available here <https://www.2022worldsprints.com/getting-here> 

The only entrance to Dorney Lake is from Court Lane. Follow Lake End Road, then turn onto Court lane. This will take you to the Dorney Lake entrance. There is no parking on Court Lane or in the neighborhood around the venue The venue is closed to the public so you will see the large gate. The gate opens at 6:30 am each day. You will need to purchase a parking ticket online prior to entering the venue, they cannot be purchased onsite

At the gate, you must have your parking ticket ready to show the gatekeeper. The gatekeeper will then direct you where to go.

Competitors, spectators, the general public, and volunteers will be directed to the General Parking area. When you arrive at the general parking location a parking attendant will scan your parking ticket then you may park your car.

Drop off and Pick up

There is provision for Taxis, Minicabs, or other vehicles dropping off and picking up. Please note that there is not a special lane for drop-offs and vehicles dropping off will follow the same line of traffic as vehicles waiting to park. All vehicles dropping off passengers will be directed to the general parking area, where there will be a drop-off zone. Once passengers disembark vehicles will follow the circle route back out of the venue.

The same area is used for pick up. Pick-up vehicles will be directed to the drop-off/Pick up area near the car park where passengers will be waiting. Again, please note that all vehicles picking up passengers will follow the same line of traffic as vehicles waiting to park.

CONGESTION

There is one entrance to the Dorney Lake venue:

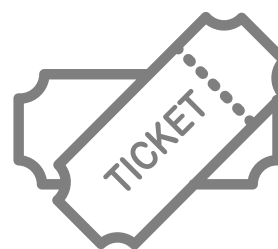
- Expect there to be delays
- Please be patient
- Plan to come early to avoid stress and missing your race.
- If you are not racing first thing in the morning.....please consider not coming too early... So that those who do need to be onsite can get in with less congestion.
- Please be kind to the Parking attendants they are all volunteers and looking forward to meeting you all.



EVENT TICKETS

Athletes, volunteers, and officials can enter the venue for free with their accreditation. Spectators will need to purchase entry tickets online in advance of arriving at the venue. Anyone purchasing an entry ticket receives a 20% discount on parking.

Managers, coaches, spectators and whānau must buy tickets!



Please visit <https://www.2022worldsprints.com/tickets> to access parking and entry tickets.



EVENT CANOES AND LANES

Event Canoes

The race canoes for the event will be

- Are Matahina (V6)
- and Tai Tahi (V1)

Lanes

- The lanes for straight races will be 12.5m wide (41 feet)
- The lanes for turn races will be 25m wide (82 feet)
- Turns races take place on a 250m course



FREQUENTLY ASKED QUESTIONS

What currency is used in the United Kingdom?

Britain's national currency is the pound sterling (symbol: £), which is subdivided into 100 pence (symbol: p). You get notes in denominations of £50, £20, £10 and £5, and coins in £2, £1, 50p, 20p, 10p, 5p, 2p and 1p.

£100 pounds = \$195 nz dollars approx.

£50 pounds = \$100 nz dollars approx

£10 = \$20 nz dollars approx.

Should I buy travel insurance?

Travel insurance is compulsory for all competitors, and this is a requirement from the event organisers. The cost of medical treatment is very high so it is very worthwhile to have this in place.

What will the weather be like?

Be prepared for warm weather - it is summer time in the United Kingdom



FREQUENTLY ASKED QUESTIONS CNTD

What is the time difference to New Zealand?

The United Kingdom is 11 hours behind New Zealand (NZ time: Saturday 1:30 pm is 2:30 am in the United Kingdom)

Sunlight Hours

Sunrise will be around 5:00 am

Sunset will be around 9:00 pm

Do we need tickets for the event?

If you are not competing - you will need to purchase tickets. Check out the event ticket information above.

Are there practice times for teams?

Yes, there will be course familiarisation slots allocated to your club teams, elite teams, and V1 paddlers in due course. These will be limited time slots and are for the purpose of familiarising yourselves with the canoes and course.

Is there shade at the event?

Yes there will be a competitors tent onsite - space will be limited and needs to be shared between the Aotearoa Contingent

If I am the team manager, do I need to buy a ticket to enter the venue?

Yes. Athletes, volunteers, and officials can enter the venue for free with their accreditation. Spectators, Managers, Coaches, and whānau will need to purchase entry tickets online in advance of arriving at the venue. Anyone purchasing an entry ticket receives a 20% discount on parking.



WAIATA AND HAKA

Cultural Performance – New Zealand is scheduled to provide a 10-minute cultural performance. As in previous years, the entire New Zealand contingent will participate.

Please take the time to familiarise yourself with these items, we will be scheduling practices as a contingent in Windsor, UK.

[Click here for the NZ Haka Video by Turanga Barclay-Kerr](#) - the words for this haka are on the following page.



Waiata : Toia Mai

Toia mai te waka nei
Kumea mai te waka nei

Ki te takotoranga I takoto ai
Tiriti te Mana Motuhake

Te tangi a te manu nei
Pipiwharauoa

Kui kui kui, whiti whiti ora
Hui e taiki e..
(A kumea kumea to to iwi
(A kumea kumea to to iwi
Hiiiiiii!

Waiata: Pūrea Nei

Purea nei e te hau
Horoia e te ua
Whitiwhitia e te ra
Mahea ake nga pōraruraru
Makere ana nga here.

E rere wairua, e rere
Ki nga ao o te rangi
Whitiwhitia e te ra
Mahea ake nga poraruraru
Makere ana nga here,
Makere ana nga here.



AOTEAROA HAKA - MATAHI TE HOE

**Aotearoa, Purutia ngā hoe Nukenuke hoe
HI!!**

Ngā waka kia rite - hi, haa, hi"

**Tēnā i tōkihi
Tōkihi, Hii x 2**

**Tōkihi ngā waka, Hii Toia ngā waka, Hii Mā wai e tō?
Māku e tō, Mā tātou e tō**

**Haramai tō waka i whea?
Maea te tupua, Maea te tawhito, He wai nā Rehua, he wai nā
Tawhaki, He wai/ nā Kiwa e**

**Tuku atu tō waka
ki tai winiwini, ki tai wanawana
ka rehurehuria
/ia au piki, /ia au heke
/kia tangatanga-nui kia tangatanga-roa**

**he tia, he tia
he ranga, he ranga**

**he tia, he tia
he ranga, he ranga**

he ranga taku hoe ki tahatū o te rangi

**kia Matahi te hoe, kia Horo tahi te hoe, kia Piri, kia tata,
ki te Mita o taku hoe – ki tahatū o te rangi**

Ko Aotearoa engunguru nei, I au, au, aue hā, Hi!!



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