



AOTEAROA

PUKAPUKA ARATOHU
HANDBOOK

INTERNATIONAL VA'A FEDERATION WORLD DISTANCE CHAMPIONSHIPS
SAMOA 10 - 19 AUGUST 2023

Karakia

| | |
|-------------------------------------|---|
| Rukutia | Bind |
| Rukutia te waka e haere nei | Bind the vessel that traverses the ocean |
| Rukutia te kei matapupuni | Bind the stern lashings |
| Rukutia te ihu matapupuni o Taane | Bind the bow lashings of this vessel |
| Rukutia te koowhao tapu nui o Taane | Bind the sacred lashing perforations of this vessel |
| Rukutia te mata tapu nui o Taane | Bind the sacred surface of this vessel |
| Rukutia te rauawa tapu nui o Taane | Bind the sacred top strakes of this vessel |
| O te waka e haere nei | Of this vessel as it travels |
| Tuumatakokiritia | Yonder is the meteor |
| Rei kura, rei ora | The revered plume, the life-giving plume |
| Rei ora te maahaki ee | The pure plume of tranquility |
| Ka turuturua, ka poupoua | It is established, it is secured |
| Ki tawhito o te rangi | On the distant, ancient horizon |
| E manawa mai ao ee | Greeted by the clouds and the heavens |
| Hoatu waka ki uta | Guiding the vessel to the shore |
| Haumi ee | Bound as one |
| Hui ee | Gathered as one |
| Taaike ee | Onward in unity |

Introduction

This pukapuka aratohu (handbook) is for the Aotearoa team travelling to the IVF World Distance Champs in Samoa, 10-19 August 2023. Within this pukapuka aratohu contains a summary of information for paddlers, coaches, and managers relevant to the event logistics. This also includes general information for any whānau and friends travelling to Samoa to support our contingent. Any updates during the event will be communicated directly to managers from the area coordinators.

General Info

Waka Ama NZ Contacts

| | | |
|--------------|------------------|--------------|
| Amiria Mita | Area Coordinator | 027 360 4880 |
| Tara Ikinofu | Area Coordinator | 021 973 661 |
| Lara Collins | IVF President | 027 548 4612 |

- Please direct all communication to the area coordinators (AC's).
- If you have any questions, contact worlds@wakaama.co.nz
- In Samoa, the best contact method is messenger or call/text to AC's.
- AC's will add managers to a messenger group chat.

Note, Waka Ama NZ Chief Executive Lara Collins will be operating in her official role of President, International Va'a Federation.

Samoa Contacts

Emergency (ambulance, police, fire) 911 or +685 911

More info on other services here: [Medical Centres, Hospitals and Chemists](#)

Social Media

Waka Ama NZ

[Waka Ama NZ Facebook](#)

[Waka Ama NZ Team Facebook](#)

[Waka Ama NZ Instagram](#)

[Waka Ama NZ Team Instagram](#)

Waka Ama NZ videographer, Bronson from Sweetrops, will be travelling with our Aotearoa team and capturing content to be shared on social media.

Event Hosts (Samoa Outrigger Canoe Association)

[Samoa IVF Va'a World Distance Championships Facebook](#)

[Samoa Outrigger Website](#)

International Va'a Federation

[International Va'a Federation Facebook](#)

[International Va'a Federation Website](#)

Athlete Declaration

Every participant will need to complete and 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. Participants who are under 18 will require a parent or guardian to complete the form.

Complete the form here: [Athlete Declaration Form](#)

Non Athlete Declaration

Coaches, managers, officials will need to complete and sign the electronic Non Athlete Declaration Form. The waiver is to be completed electronically by individuals.

Complete the form here: [Non-Athlete Declaration Form](#)

Waka Ama NZ Code of Conduct

All Aotearoa travelling contingent will need to complete and sign the electronic Waka Ama NZ Code of Conduct Agreement. The agreement is to be completed electronically by individuals, including all paddlers, coaches, and managers.

This Code of Conduct takes effect from the time your team departs from Aotearoa to the conclusion of the World Distance Champs event. It is in line with the Waka Ama NZ Code of Conduct. The agreement outlines expected behaviours while traveling and participating as a New Zealand contingent. You are not only representing your Aotearoa and Waka Ama NZ, but your whānau and friends too.

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

Complete the form here: [Waka Ama NZ Code of Conduct Agreement](#)

More info here: [Waka Ama NZ Code of Conduct](#)

Travel Insurance

It is a requirement by the event hosts in Samoa that every paddler competing must have travel insurance that covers them for paddling/competing. Please ensure you have made arrangements for your travel insurance, that covers you whilst paddling.

Paddler Hauora (Well-being)

Please ensure we are all looking after all aspects of our wellbeing - not only physical but also mental and emotional wellbeing - this goes for all paddlers and management.

Nutrition and hydration: Ensure that paddlers are hydrating before travelling to Samoa and throughout the duration in Samoa. Please be mindful that the food in Samoa will be different to what our paddlers have available in Aotearoa. Where possible we would advise to take food that fits within customs requirements, to Samoa. Do not drink the tap water in Samoa - drink boiled or bottled water only.

Physical Wellbeing: Ensure paddlers are looking after their bodies off the water in order to perform on the water. This includes stretching, physiotherapy, massage, and rest.

Mental and Emotional Wellbeing: Ensure that the mental wellbeing of our whānau are supported as we get closer to the event. This can include weekly/daily check-ins, creating a buddy system within your team, and ensuring that managers and coaches are supporting paddlers.

If you require any support, please contact your coach/manager (in Samoa) in the first instance, or contact the area coordinators.

Travel Info

Travel Requirements

You must ensure your passport is up to date with a **minimum of 6 months** remaining at the time of departure from Samoa. Ensure you have a backup copy of your travel documentation including a copy of passport stored elsewhere in your luggage in the event of emergency activity. In the event of a lost passport contact the following:

New Zealand Honorary Consulate in Samoa

Address Beach Rd, Apia, Samoa

Tel +685(21)711

Fax +685(30)765

Email nzhcapia@samoa.ws

Office hours Mon-Fri 8.30am-4.30pm

Covid Information

There are currently no Covid travel requirements / restrictions for travel to and from NZ and Samoa. However, Samoa may have their own local protocols in place, please ensure you follow these. Rules and restrictions can change quickly, so make sure you regularly check local health advice and keep up to date with local information. We do recommend that you keep yourself safe by wearing a mask, using hand sanitizer frequently, and keeping your distance from others where possible.

Travel Safe NZ

We recommend all travelling contingent to register with Travel Safe NZ. This allows you to receive important information following an emergency situation, or to provide consular assistance, while you are overseas. More info here: [Travel Safe NZ](#). Register here: [Safe Travel Registration](#)

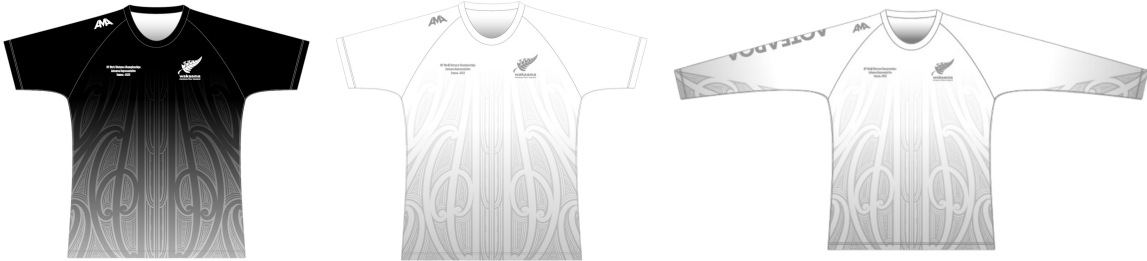
Travel Tips

Airport & in flight

- Allow more time than usual for parking, meeting your team, and the check-in process
- Try-in with your team and organise to be seated together where possible
- Wear your face mask if you want to; dispose used masks in the rubbish
- Regularly wash and sanitize your hands
- Socially distance yourself where possible
- Be respectful of other travellers
- 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 (aircon on the plane can be cold!)
- Take a change of clothing on the plane / be mindful of your personal hygiene

Uniforms

Please ensure you wear our Aotearoa uniform respectfully and with pride for the duration of travel and at the event. Each paddler has been provided with an Aotearoa Uniform; one white tee, one white long sleeve, one black tee, one black ie faitaga (lavalava), a hat, and a bag.



Uniform Design

The central haehae pattern represents *Mai Ana*, the current that our tūpuna had to paddle on to bring us from Hawaiki to Aotearoa, this is a deep connection between Aotearoa and the rest of the world. The patterns connect the wearer to their ancestors as they too, navigate the waters of the world. The mirrored pattern on both sides of *Mai Ana* is the kaihoe journey to take their place as part of the world's team. *Puhoro* patterns have been used to show the swiftness each kaihoe has to display on their journey. The *Mangopare* designs show the strength of each kaihoe and the *koru* are used to show the wider support each kaihoe has had to get them to the world stage. Designer: Ben Thomason, Ara Auaha

Race Uniform

It is recommended that one of the Aotearoa white options is to be worn as your race uniform. However, should your team choose to wear a different option, it must be from the Aotearoa Uniform options and each paddler must wear the exact same race top - you cannot mix and match colours or shirt type.

Opening Ceremony Uniform

Please wear the Aotearoa Uniform black tee and black ie faitaga (lavalava).

Cultural Night Uniform

Please wear the Aotearoa Uniform black tee and any black bottom half. Women, please ensure bottom half is below your knees. You are welcome to wear the Aotearoa Uniform ie faitaga (lavalava) if you wish.

Airport Uniform

We recommend that you dress comfortably and appropriately for the duration of your travel. However, please wear your Aotearoa Uniform black tee upon arrival at the airport in Samoa.

Prizegivings

Please wear the Aotearoa Uniform black tee.

Samoa - General Info

Travel Safety

- Ensure you are always with buddy for the duration of the trip, do not go out exploring by yourself
- Always ensure you check in with your team management on your whereabouts
- Make sure to keep your belongings safe and secure, we do not recommend you take valuables that you do not need
- Be respectful of local protocols and tikanga

Emergency Info

Emergency (ambulance, police, fire) 911 or +685 911

More info on other services here: [Medical Centres, Hospitals and Chemists](#)

Tikanga in Samoa

We require that our Aotearoa contingent adhere to and be respectful of the tikanga in Samoa.

- **Day of rest:** Sunday is a day of rest in Samoa. There should be no training or exercising taking place. Be mindful of walking around on a Sunday, especially near churches.
- **Attire:** Avoid wearing any revealing clothing when walking through villages. Women should take particular care to avoid showing their knees and shoulders. It would be advised to carry a lavalava while out and about.
- **Photos:** Always ask for permission before taking photos, especially out in villages
- **Swimming:** Ask for permission to enter a swimming area because the village may hold customary land rights over these areas. You're advised to wait until a local comes along and you should expect to pay a small entry fee in cash.

Transport

Transport is the responsibility of each team. Please ensure you confirm your airport transfer logistics prior to leaving NZ.

More info here: [Getting Around Samoa](#)

Phones

Majority of phones should work in Samoa if you enable *roaming* on your device. We suggest you check in with your mobile provider prior to leaving NZ to confirm these details.

Alternatively, Samoa SIM cards can be purchased from any Vodafone and Digicel office in Samoa. Both companies have outlets in Upolu and Savai'i, as well as at Faleolo International Airport.

Currency

The local currency in Samoa is the Samoan tala and sene, and this is the only accepted currency in Samoa. Prices are displayed using the standard dollar symbol (\$) or a ST\$ and sometimes WST\$ (referencing Western Samoa, Samoa's former name).

\$1 WST = 0.60 NZ cents

Cash is still one of the main forms of payment methods in Samoa, therefore we recommend you arrange cash exchange in NZ prior to leaving for Samoa. There are various outlets you can get Samoan tala from including [No1 Currency](#) and [Travelex](#), however we recommend you research around to find one that suits your needs, including contacting your own bank.

Climate & Time

The climate in Samoa is warm-hot weather with an average high of 28 degrees and an average low of 23 degrees. Samoa does have a tropical climate so be prepared for wet weather too.

Sunlight hours are: sunrise 6.40am and sunset 6.20pm

Samoa is one hour ahead of Aotearoa.

Other

Take the opportunity at the airport to grab any local area maps and brochures.

See here for more info: [Samoa Travel](#)

For all other information on amenities in Samoa e.g. shops, laundromats etc. ask Google

Samoa - Event Info

Race Venue

The race venue is [Apia Harbour, Samoa](#).

There are two locations for the event; **Va'a Village** and **Loading Bay**.

The locations are roughly 700m apart from each other and accessible by walking, however there will be a bus shuttle service for paddlers to & from the two locations.

Va'a Village is the main hub of the event where you will find:

- Athlete area
- Main stage
- Vendors / Kai / Merchandise
- Bus shuttle check-in
- Medical tent
- Physio tent
- Toilets
- Water station

Loading Bay is where you will load in to start and finish your race. Here you will find:

- Official check in area
- Loading area
- Medic Tent
- Anti-doping tent (across the road will be the official anti-doping office)
- Showers (note this will be outdoor rinse off showers only)
- Toilets

Please refer to the event map at the end of this booklet for more information.

FAQ

The event hosts have created a FAQ sheet. Please read:

[FAQ - World Distance Champs](#)

Athlete Area

The athlete area is a restricted area. Paddlers will be able to access this area with their ID cards. Coaches and managers will be given wristbands for access.

Please note, for the athlete area, we share this with all other countries. We recommend for the Aotearoa section that priority is given to teams that are racing on that day. Please share our section with all our Aotearoa whānau.

Bus Shuttle

There will be a bus shuttle service at the event to get between the two locations; Va'a Village and Loading Bay. The bus check in will be at Va'a Village (see map - follow the red line from Athlete Area). You will need your ID card for access to the bus. This service is only available for paddlers.

Amenities

Refer to the site map for the locations of the following amenities:

- **Toilets:** There will be toilets located throughout the venue.
- **Water Stations:** There will be water stations throughout the venue. This water is safe to drink. Make sure you carry a water bottle to fill up.
- **Showers:** There will be outside rinse off showers at the loading bay to rinse off after your race. Note, these are not full showers, simply a rinse off area.
- **Swimming:** We would not advise swimming in the harbour at the race venue as this will be a busy area with waka and boats.
- **Wifi:** There is no public wifi at the venue.
- **Food & Vendors:** There will be food stalls and vendors onsite at the Va'a Village
- **Parking:** Allowed around the venue (but not in the section marked Official Parking). Most public parking areas are free, but some are metred so please check and pay.
- **Smokefree:** This is a smokefree venue. Additionally, we do not support any smoking/vaping etc. for the duration of the event, especially in Aotearoa uniform.

Parakore - Plastic free

Event hosts have made this event parakore - plastic free, therefore we request you respect this. We support this kaupapa fully as we know how important the taiao is to our sport. The event will be keeping to zero plastic, no single use plastics, please do not bring plastic for your teams. Village vendors are following the request using biodegradable packaging. Reusable bottles will be given to each participant for refill.

Manager Meetings in Samoa

Manager meetings will be for all designated team managers and will be advised by the area coordinators. Confirmation on time and location of these meetings will be communicated directly to managers by the area coordinators.

Canoe Blessing

The Canoe Blessing will take place **Thursday 10th August, 7am - 8.30am**, at the **Loading Bay** area. This is open to all wanting to attend. We recommend that all our Aotearoa contingent attend and everyone is to wear the Aotearoa Uniform black tee. Please arrive at the loading bay area by 6.50am.

Opening Ceremony

The Opening Ceremony will take place **Saturday 12th August at 6.30am** This will be a parade down Beach Road, Apia and will start at the **Va'a Village** and end at the **Loading Bay**.

All paddlers assemble in the open field in front of the building at the Va'a Village by 6.00am.

We recommend that all our Aotearoa contingent attend and everyone is to wear the Aotearoa Uniform black tee and black ie faitaga (lavalava).

Cultural Evening

The Cultural Evening will take place **Wednesday 16th August, 6.00pm** at the **Va'a Village** main stage. This will take place after the daily prizegiving. The Aotearoa team will perform two waiata followed by a haka. Please practice these items ahead of the event. Words and links to the items are at the end of this booklet. **All paddlers to assemble near the main stage, Va'a Village by 5.45pm.**

We recommend that all our Aotearoa contingent attend and everyone is to wear the Aotearoa Uniform black tee and any black bottom half. Women, please ensure bottom half is below your knees. You are welcome to wear the Aotearoa Uniform ie faitaga (lavalava) if you wish.

Prizegivings

Prizegivings will take place **daily** after racing at the **main stage, Va'a Village**.

Specific times will be advised on the day. Please ensure your team is wearing the Aotearoa Uniform black tee for prizegiving ceremonies.

After Party

The After Party will take place **Saturday 19th August**.

Time, location, and ticket information is yet to be announced. For those attending, please remember you are representing Aotearoa for the duration of the event, including the after party. Please behave respectfully and responsibly. Note, the legal drinking age in Samoa is 21yrs.

Livestream

There will be a livestream link available for spectators to watch the racing. This link will be shared once the event has started. A form asking for information on teams racing crews/paddlers will come out shortly. This is for the commentators of the live stream. The more info they have the more interesting the live stream is.

Canoe Familiarisation

Canoe familiarisation will begin **Thursday 10th August** and end **Saturday 12th August**. Aotearoa schedule will be shared with you shortly. Please adhere to the schedule and do not just jump in a waka if it looks free - always check in with the area coordinators for your time slot. Note this is a canoe familiarisation, not a course familiarisation. Please respect the other teams by sticking to your allocated time slot. Canoes are not available once racing begins – all equipment is race equipment and in use.

Samoa - Race Info

Race Uniform

It is recommended that one of the Aotearoa white options is to be worn as your race uniform. However, should your team choose to wear a different option, it must be from the Aotearoa Uniform options and each paddler must wear the exact same race top - you cannot mix and match colours or shirt type.

There are no uniform requirements for hats or shorts/tights to be matching. You may wear what you feel most comfortable to race in. However please ensure there are no sponsor logos or promotion of alcohol/tobacco on these items, small manufacturer logos are ok.

Race Rules

Click here: [IVF Distance Race Rules](#)

Race Schedule

Click here: [Race Schedule](#)

Race Course Maps

Click here: [Course Maps](#)

Note, it will be at the discretion of the race director to advise any updates on race courses. Ensure you attend race briefings, which are held each night.

Site Maps

Click here: [Site Maps](#)

Race Briefings

First briefing will be **5pm Sunday 13th August** at the main stage **Va'a Village**.

All other race briefings will be held on the **evening before each race day**. These will always take place at the main stage at the Va'a Village after prizegiving ceremonies daily. Safety procedures will be covered at race briefings. **There are no race briefings in the morning prior to a race!** Please attend the evening race briefings for your race.

Protest Procedure / Info

- All queries or protests must be filed by ACs. If your team has any queries please contact the ACs immediately following your race.
- If you wish to submit a protest (general) you can do so immediately after your race and/or within 30 minutes of race results being posted
- If you wish to submit a protest (dispute a disqualification / penalty) you can do so within 30mins of the results being posted and/or within 30mins of Aotearoa Area Coordinators (ACs) being notified of disqualifications and/or penalties

- ACs will be notified by event hosts if any Aotearoa teams or individuals are disqualified or have penalties applied. ACs will communicate this directly with team managers via the messenger chat group
- The fee is WST\$275 - this is payable by each team manager, not Waka Ama NZ
- The fee shall be refunded if the protest is upheld
- Race footage from personal devices will not be used in any protest discussions and/or decisions

Please refer to the race rules for full info: [IVF Distance Race Rules](#)

Drug Testing

Any paddler who is participating in an IVF sanctioned World Elite Competition (Sprint or Distance) and is 18 years old or older, may be subject to in-competition drug testing. The IVF may require any in-competition paddler to submit to one or more drug tests. The IVF will decide on the methods of selection of paddlers for drug testing.

The process for the drug-testing can be found here: [IVF Drug Testing Information](#)

Aotearoa ACs will be notified of the drug-testing and will liaise with the team manager or individual as to whom they would like to accompany (chaperone) them for the testing.

Waka Type

The waka for the event are:

- V6 - ARE Matahina
- V1 - Fausaga, built in Samoa

Waka Rigging

- All waka will be rigged however all teams will be given 90 minutes prior to their race start to re-rig their waka if they want to. You will have the opportunity to float the waka and check the rigging before the race start.
- You are permitted to use your own rubber lashings for rigging and wedges. However you are not permitted to use ratchets or any other materials that may leave residue on the waka e.g. no duct tape.
- If teams/V1 paddlers are racing in the first race each day - there will be an opportunity to rig canoes the night before (after racing for that day is finished). Specific timing for this will be communicated.
- Waka will be numbered and allocated prior to race day - allocations will be communicated to team managers

We highly recommend that all teams and V1 paddlers check and re-rig their waka well before their race - this is the responsibility of the team.

Check Lists

Recommended Minimum Gear List

- Passport
- Copy of travel documents (passport, travel insurance, accommodation information)
- Paddling gear (including spares)
- Racing gears (including race uniform/s)
- Aotearoa uniform
- Drink bottle and personal water system (waterpack)
- Paddle / paddle bag
- Other gear
- Off the water clothing
- Casual wear
- Hat
- Shoes (sneakers and jandals)
- Toiletries
- Approved medication – inhalers etc.
- Towels
- Rain jacket
- Miscellaneous
- Samoan tala
- Face masks and hand sanitizer
- Ear plugs and eye mask

Managers Checklist

- 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 Waka Ama NZ Code of Conduct
- Confirmed all accommodation and have relevant details
- Confirmed all transport and have all relevant details with you
- Meals and Hydration have been planned
- Athlete declarations completed
- Non-Athlete declarations
- Waka Ama NZ Code of Conduct completed (all paddlers, managers and coaches)

Aotearoa Waiata & Haka

The Aotearoa contingent will take part in the cultural evening with a performance of two waiata and a haka, this performance will be no longer than 10 minutes. Please take the time to familiarise yourself with these items, we will be scheduling practices as a contingent in Samoa and will share this information with you.

Click here: [Waiata - Toia Mai](#)

Click here: [Waiata - Pūrea Nei](#)

Click here: [Haka - Mātahi te Hoe](#)

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

Pipiwaharauoa

Kui kui kui, whiti whiti ora

Hui e taiki e..

(A kumea kumea to to iwi

(A kumea kumea to to iwi Hiiiiii!

Waiata: Pūrea Nei

Pūrea 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.

Haka: Matahi Te Hoe

Composed by Mark Waitai for Ngā Kaihoe o Aotearoa

Kaitātaki (leader) - green

Rōpū katoa (everyone) - black

Aotearoa, Purutia ngā hoe, Nukenuke hoe (HI!)

Ngā waka kia rite (hi, haa, hi)

Tēnā i tōkihi (Tōkihi, hii, tōkihi, hii)

Tōkihi ngā waka, HI, 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 rehurehutia, 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

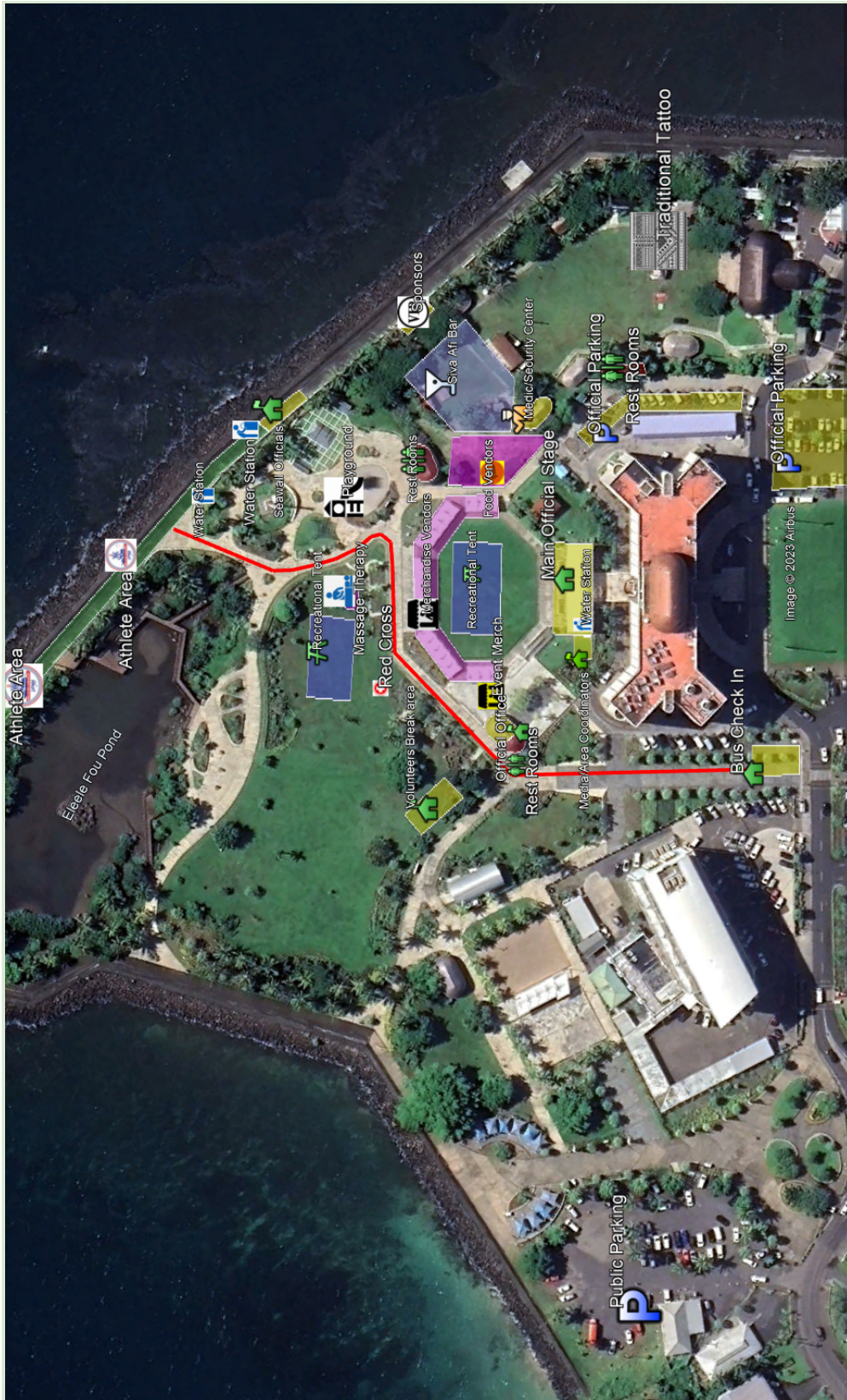
kia Matahi te hoe, kia Horo tahi te hoe, kia Piri, kia tata, ki te Mita o taku hoe – ki tahatū o te rangi

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

Overall Site Map



Va'a Village Site Map



Loading Bay Site Map

