

White Water Kayaking & Canoe Slalom Training Camp **Kawerau Monday 8th & Tuesday 9th December**

The objective of this training camp is to provide an opportunity to up skill all levels of paddler. It is expected that some will be beginner/novice paddlers, but more advanced will be catered for also. The camp will cover kayaking fundamentals such as forward paddling, other useful strokes, raling, ferry gliding, catching eddies as well as canoe slalom fundamentals. It is not essential to be able to roll.

More advanced paddlers can also benefit greatly from the coached time on the river and have done in previous years. Best efforts will be made to group paddlers by ability and suitable learning objectives/challenges set for each group.

Advanced paddlers are expected to help support with rescue with a beginner group when not in their own session. This will be rostered.

Numbers may need to be limited. Please **register by email** to sueclarke@xtra.co.nz with payment to follow (cheque made to White Water Slalom New Zealand), 'waiver' and 'health and information form' (see below) by Monday December 1st.

Head Coach Aaron Osborne

Other coaches to be finalised depending on numbers, but will be members of the NZ Senior and Junior team including Olympian Luuka Jones.

Meeting time: 10.30am Monday 8th at the Scout Hall. Safety briefing. Groups will be sorted and coaches allocated.

Coordinator Sue Clarke sueclarke@xtra.co.nz ph 0274 714871

Instruction Cost: \$75 pp includes Hamburger BBQ after Monday's session.

Accommodation is available at the scout hall. It has good kitchen facilities. Those staying need to bring their own bedding eg blow up bed, sleeping bag and pillow.

Price is \$5 per person and there will be an adult supervisor. There is a race at Kaituna on Sunday 7th, so some may want to head over to Kawerau following this race, and it may be possible to get the Scout Hall for the Sunday night. Please email sueclarke@xtra.co.nz if you would like this organised.

Please note:

1. Coaches are responsible for paddlers on water safety during training sessions only, parents/caregivers responsible at all other times.
2. Check you have enough food and water.
3. Remember some warm dothes and a jacket in case of inclement weather.
4. Please be ready (changed with all required safety gear) at the start of sessions but DO NOT get on the water until a coach is present and requests you to do so.
5. Only get on/in the water during the times allocated as "SESSION". This includes swimming in the river during lunch breaks unless a parent is closely supervising; as this is a break for coaches too.

Cheques to:
Kawerau Training Weekend
Whitewater Slalom New Zealand
PO Box 15-385
TAURANGA

WHITEWATER SLALOM New Zealand INCORPORATED
(Affiliated to the ICF through the New Zealand Canoeing Federation)
Secretary: PO Box 15-385, Tauranga



SLALOM NEW ZEALAND

www.slalomnz.org.nz

ACCEPTANCE OF RISK AND WAIVER FORM

As a participant in a coaching programme ("the event") organised in conjunction with White Water Slalom New Zealand Inc ("WWSNZ"), my secondary school and/or regional Sporting Trust (collectively called the "Providers"):

1. I accept that kayaking is inherently dangerous and that by participating in the event I run the risk of accident and or injury. I also understand as with all water sports there is a remote risk of drowning.
2. In order to reduce these risks, I agree to follow the Providers' rules and directions relating to the event. I also agree not to act in a dangerous or stupid way. If I fail to comply with this obligation I agree that the Providers have the right to stop my further participation in the event.
3. In consideration of participating in the event I release and discharge each of the Providers from all actions, claims, losses, penalties and expenses that (but for this release) I may have arising out of my participation in the event.
4. I agree to the Providers using photographs or any other images of me taken during the event to promote their activities. I also agree to the Providers releasing personal information about me to third parties for legitimate purposes associated with the event and the promotion of Canoe Slalom.
5. All references to the Providers include their trustees or committee members, officers, employees, contractors, marshals, volunteers, agents and sponsors.
6. I also agree that the matters covered in this document extend to any other events that I may participate in which are organised by (or in conjunction) with WWSNZ.

Signature
Kayaker

Signature
Kayaker's parent or legal guardian

Dated/...../.....

Whitewater Slalom NZ Inc
Training Camps 2008
Health and Information Form

Full Name

Address..... Home phone number

E-mail.....Cell phone(paddler).....

DOBAge College

Current Tetanus Yes/No Date.....

Hepatitis...A...B...C..... Date..... Blood test Carrier Yes/No

Medical Allergies.....

Medical Conditions eg asthma, epilepsy.....

Recent dislocations or broken bones

Emergency contact person while at training camp

Name Relationship to you

Address

Phone Number.....After hours.....Cell phone.....

Email

Circle equipment required

Kayak Buoyancy Vest Helmet Paddle Spray deck

Circle Competency Level – Swimming and Kayaking

Swim confidently 50m 100m 500m 1000m

Paddled before Paddled on white water before advanced white water paddler

I agree to abide by the WWSNZ Inc code of conduct at all times. All training camps are alcohol free, drug free, smoke free at ALL times and supports a fair play policy.

Signed participant Date

Parent/Caregiver..... Date ...