

PADDLES UP

Southland's inter-school fun kayaking weekend

Sponsored by **WestpacTrust**
and **Alpha Outdoors**

3+4 March 2001

Mavora Lakes



Staff Information

Welcome to Paddles Up 2001.

Please find enclosed:

- **Staff Information** - your school's copy of programme/supervision/gear (*Don't throw it away!*)
- **Advertising Flyer** - please photocopy extras for your students to take home
- **Entry Form** - please complete and return with entry fee to:
Lois Conway, 24 Watt Road, Otatara, RD 9 In'gill by **Friday 23 February 2001**
- **Sponsor Info Flyer** - please photocopy extras to give to local businesses
- **Sponsorship Form** - please phone **Jenni Wood** (03) 213 0691 (H) by **Friday 23 February 2001**

About the Paddles Up weekend

Paddles Up is an inter-school fun kayaking weekend that has been run in Southland since 1989. It provides the opportunity for secondary school students to paddle with their peers and to experience various kayak events. Students with only a basic knowledge of kayaking are able to take part.

IMPORTANT:

Entries

- **3 students per team.** Forms 3-7 only.
(F1-2 students are not eligible to participate in weekend)
- Maximum of **4 teams per school**
(3 nominated teams are eligible to score points towards the Inter-School Trophy).
- Cost of entry: **\$24 per team**
(\$8 per paddler)
- **School groups must be accompanied by a teacher** who will supervise your students around camp and while kayaking
- It is preferable that your staff are competent **kayaking instructors**. If your school needs help, please contact Paul Burrows.
- Schools are expected to bring **additional teachers** and/or **parents** to help run the events (gate judges; safety duty; etc).

Kayaking Gear

Spot checks will be made to NZRCA standards.

Kayaks must be in safe condition:

- secure end loops
- foot pedals *or* bulkhead footrest
- buoyancy pillars *or* airbags
- spraydeck with release tag
- *no loose or missing bolts*
- *no sharp edges*

Paddlers must wear correct clothing

in safe condition:

- approved buoyancy vest
- protective kayak helmet
- bootees *or* soft shoes
(*NOT bare feet; sock; jandals*)
- thermal tops *or* wetsuit
- paddle-top *or* windproof jacket (*if cold*)

Name all your school's kayaks + gear to avoid confusion with the other 120 paddlers. For hired gear use "Vivid" marker onto duct tape.

All enquiries:

Paul Burrows (03) 217 6129 (W) (03) 213 0405 (H)

- *Please try to encourage junior girl paddlers to get involved*
- *Remember that we need you to bring extra adult helpers to assist with the running of Paddles Up*

SUPERVISION

If you haven't been to an inter-school kayaking event before, you may be wondering what is expected of you.

Around Camp at Hikuraki Lodge

- Please camp with the students from your school and supervise them over the weekend.
[The beds in Hikuraki Lodge are reserved for Paddles Up organisers and their families.]
- Students should be aware of the following:
 - be considerate of others at all times (particularly after 10.00 pm)
 - no inappropriate language
 - no inappropriate "fraternising"
 - no alcohol/drugs/smoking
- Keep your students warm and well-fed.
- Make sure that your students know when and where they should be for their events.
- Ensure pupils take particular care of borrowed equipment.



At Practice and Events on Mararoa River

- Please remain with your team and supervise them at practice and events.
(Take care to ensure acceptable instructor:student ratios on lake and river).
- Ensure that students are ready to paddle at the starting place at the correct times.
- Assist the Paddles Up organisers in directing pupils during any activity.
- At the end of the fun slalom event on Sunday, each school will be required to assist in dismantling the course. Please supervise your teams.
- Make sure the campsite is left clean and rubbish free (*bring your own rubbish bag*). Please check this carefully.

Travelling between venues

- Please drive very carefully on the gravel roads and through the beech forest.
- Don't overload vans
- Don't let people ride on trailers!

HAVE A GREAT WEEKEND

The Southland Canoe Club (SCC) supply equipment and help throughout the weekend.

You can help them by promoting club participation.

Contact: **Marj Riley** (03) 218 3382
Southland Canoe Club, PO Box 8011, Invercargill



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PROGRAMME

Friday 2 March (evening)

- Arrive at Hikuraki Lodge on Mavora Lakes road (righthand side approximately 3km past Kiwiburn Swingbridge/track access).
- Pitch your tents in school groupings with staff/parents (in close proximity of each other within the Lodge grounds). Note supervision details regarding appropriate student behaviour.
- Staff to check in with Paul Burrows by 9:00pm (inside Hikuraki Lodge) plus confirm the names of your team members.

Saturday 3 March

8.30 am Briefing for staff and students.

9.00 am Selected students will **help erect the fun slalom course** at Kiwiburn Swingbridge. All others will **practice** with their school teams at North Mavora Lake (including a quick run down the Mararoa River between the lakes on the Down River course).

11.30 am Assemble at North Mavora Lake (100m up from boat ramp). Register for Down River Race.

12.00 am **WestpacTrust Down River Race**

Travel to Kiwiburn Swingbridge fun slalom site. (Grab some lunch as you get time).

2.00 pm All paddlers off the Fun Slalom course. Allocation of practice times/safety duties.

2.30 - 4.30 pm } Your school will get one time slot on **safety duties** and the other for **practice** on the Fun Slalom course (Please be patient when your paddlers are held back in the start area - heading down the course when the eddies are overcrowded will only lead to frustration).

4.30 - 6.30 pm }

Evening meal **[NO open fires - be very careful with gas barbeques/portable cookers].**

9.00 pm **Meeting** of all adults prepared to assist with running the fun slalom event. We always need a good number of volunteers (meet in Hikuraki Lodge).

9.30 pm **Meeting** of teacher representatives from each school to organise Paddles Up for 2002 (meet in Hikuraki Lodge).

Sunday 4 March

8.15 am Assemble at Kiwiburn Swingbridge ready to paddle. Team members issued with number bibs.

9.00 am **WestpacTrust Team Fun Slalom** **WestpacTrust Individual Slalom**

(Grab some lunch as you get time)

After the slalom all school teams will help to dismantle course (during Rodeo practice)

2.00 pm **Alpha Outdoors Rodeo**

2.30 pm **Prizegiving.**

All school teams are expected to attend.

3.00 pm Off home.

The Information Blackboard is updated during the weekend. Please check this board regularly and keep your students informed



PADDLES UP ENTRY FORM

3/4 March 2001

School: _____

Staff Member: _____

Phone: _____ (W) _____ (H)

WestpacTrust Team Fun Slalom

Notes:

- A maximum of **FOUR** team entries per school
(only 3 teams eligible to score points towards Inter-School Trophy).
- Cost: **\$24 per team** (\$8 per paddler)
Please send cheque with entry (make cheque payable to "Paddles Up").
- Team Levels:

	Kayaking Ability	
Junior = Form 3-4	Beg = beginner	<i>(New to moving water)</i>
Senior = Form 5-7	Int = Intermediate	<i>(Reliable eddy turns and ferry glides)</i>
	Adv = Advanced	<i>(Clean, fast slalom runs. Reliable roll)</i>

(F1-2 students are not eligible to participate in weekend)
- **Roll gate** [If the river flow is suitable, a **promptly executed 360° buddy rescue** *(down one side/up the other)* by another team member will only incur a 5 second penalty.]

TEAM 1 Team Name: _____

Team Level (circle one): **JUNIOR (F3/4)** **SENIOR (F5-7)**

Student's Name	Gender (M/F)	Form	Kayaking ability

TEAM 2 Team Name: _____

Team Level (circle one): **JUNIOR (F3/4)** **SENIOR (F5-7)**

Student's Name	Gender (M/F)	Form	Kayaking ability

TEAM 3 Team Name: _____

Team Level (circle one): **JUNIOR (F3/4)** **SENIOR (F5-7)**

Student's Name	Gender (M/F)	Form	Kayaking ability

TEAM 4 Team Name: _____

Team Level (circle one): **JUNIOR (F3/4)** **SENIOR (F5-7)**

Student's Name	Gender (M/F)	Form	Kayaking ability

WestpacTrust Individual Slalom

Notes:

- Individual paddlers must also compete in one of your teams.
- It is expected that only **advanced** (very good) **paddlers** from your teams will be entered in this event. Please enter only those students who can roll reliably and will get all the gates.
- To keep a consistent standard in the individual event, organisers may add or withdraw paddlers depending on their performance in the earlier practice sessions and events.
- **Age Levels:**

Junior = Form 3-4	<u>Kayak Design</u>	
Senior = Form 5-7	Quattro, Barcelona, Image	(= glass Competition Slalom)
	Fox, Reflex	(= plastic Slalom Trainer)
	Bandit, Pirouette, SuperSport, etc	(= plastic Whitewater)

(F1-2 students are not eligible to participate in weekend)
- The individual slalom event is restricted to 36 entries.

Student's Name	Gender (M/F)	Form	Kayak Design

Alpha Outdoors Rodeo

The rodeo venue will be decided once water flows and river features have been checked out.
Rodeo entries will be accepted by Bruce Conway on Saturday evening.

WestpacTrust Down River Race

Notes:

- **Each team member is automatically eligible** for the Down River race.
- Bib numbers will be allocated in four groups (Junior Girls, Junior Boys, Senior Girls, Senior Boys). Please make sure that your students line up in their correct group.
- Each group will start immediately after the previous group.
(Get ready early - don't be caught out by the apparent gaps in the bib numbers).
- Two classes:
 - Whitewater playboats/Slalom kayaks
[eg: SuperSport, Bandit, Corsica, Dancer, Reflex, plus glass slalom kayaks]
 - Multisport boats/Touring kayaks
[eg: Delaware, Eliminator, Venturer, Spectrum]
- When a student registers for the Down River Race, they will need to know the model name of their kayak. This will allow paddling times in each class to be corrected (based on boat length), so that rodeo boats can compete fairly with slalom kayaks.

Amount Enclosed: \$ _____

Please return entry form with cheque enclosed **before Friday 23 February 2001** to:
Lois Conway, 24 Watt Road, Otatara, RD 9 Invercargill
(03) 213 0358 FAX (03) 213 1067

Advertising Flyer for Students

PADDLES UP

Southland's inter-school fun kayaking weekend

Sponsored by **WestpacTrust**
and **Alpha Outdoors**

3+4 March 2001

at **Mavora Lakes** on the Mararoa River

Organised by "**Paddles Up**"
with help from the **Southland Canoe Club**



Get yourself a team of three pupils (**Junior** F3/4 or **Senior** F5-7).

Choose yourselves a zany name.

Come to Mavora Lakes for a choice weekend.

Make sure you drag along your teacher for transport and to yell instructions from the bank!

Camp at Hikuraki Lodge and use various parts of the Mararoa River for practice sessions and the fun events. All the fun events will be held on easier rapids so that even beginners will be able to get down them upright.

Look at what you are in for:

- meet **new people**
- enjoy **spectacular scenery**
- see what the latest **rodeo tricks** are
- a chance to **improve your paddling**
- take part in a **down river race**
- have a go at a **fun slalom** kayak course

You will need a kayak, paddle and spraydeck, plus buoyancy vest, helmet, windproof jacket and wetsuit (or thermal tops). Ask your teacher to arrange suitable kayaks and gear (school fleet or hire).

Paddles Up

inter-school fun kayak events:

- here's what you're in for!



WestpacTrust Fun Slalom

Do various tasks on easy moving water to gain points for your team.

Throw your paddle over a bar; duck under a limbo bar, toot the tooter, whack the hanging ball, go for gold with an Eskimo roll (or 360° buddy rescue).

WestpacTrust Down River race

A mad dash through several easy rapids, to record the fastest time.

Alpha Outdoors Rodeo

Show-off paddle twirls, enders, whoopees, side-surfing, and 360° spins while surfing a wave.

Try for cartwheels, pirouettes or rock splats. Even stand up!



Loads of good prizes to be won!

- Spot prizes
- Paddling prizes

Start now. Get out onto the water in that kayak.

SEE YOU THERE!!!

Your school will need to send in an application form and \$24 team entry fee.

For further information contact:

Paul Burrows, James Hargest High School

(03) 217 6129 (W)