



wakaama
Aotearoa New Zealand

AOTEAROA

PUKAPUKA ARATOHU HANDBOOK

INTERNATIONAL VA'A FEDERATION
WORLD SPRINT CHAMPIONSHIPS

17-31 AUGUST 2026
SINGAPORE



KARAKIA

TAKUTAKU – TE PŪ

Te Pū

Te More

Te Weu

Te Aka

Te Rea

Te Wao Nui

Te Kune

Te Whē

Te Kore

Te Pō

Ki ngā tāngata Māori

Nā Rangi rāua ko Papa

Ko tēnei te tīmatanga o te ao

INTRODUCTION

This pukapuka aratohu (handbook) is for the Aotearoa team travelling to the IVF World Sprint Championships in Marina Bay Reservoir, Singapore, 17th- 31st August 2026. 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 Singapore to support our contingent. Any updates during the event will be communicated directly to managers from the area coordinators via the WhatsApp group.

GENERAL INFO

Waka Ama Aotearoa NZ Contacts

Jo Thompson	Area Coordinator	021 241 1420
Debbie Sellar	Area Coordinator	027 548 4613
Amiria Mita-Marshall	Area Coordinator	027 360 4880
Noe Barclay-Kerr	Social Media/Media in Singapore	021 240 5536
Sophia Thomas	Haka/Waiata lead	
Lara Collins	Waka Ama Aotearoa NZ CEO	027 548 4612

- Please direct all communication to the area coordinators (ACs).
- If you have any questions, contact worlds@wakaama.co.nz
- In Singapore, the best contact method is **WhatsApp**, either through the managers group or call/text to ACs.
- The WhatsApp group joining details have been shared and are below in the handbook.
- Please advise Noe if you do not wish to be in any WAANZ photos/videos/social media content.

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

Singapore Contacts

Emergency

Ambulance	995
Police	999
Fire and Rescue Services	995
Police Non-Emergency	1800-255-0000

More info on other services here: <https://www.sgh.com.sg/clinic-visit/emergency-care>;
<https://www.nhghealth.com.sg/ttsh/patients-visitors/emergency-medicine> +65 6357 8754 Check with your travel insurance company as well - they may recommend you go to a particular hospital.

New Zealand High Commission, Singapore

One George Street,

1 George Street,

#21-04,

049145

SINGAPORE

Phone: +65 6235 9966

Email: nzhc.sin@mfat.govt.nz

Social Media

Waka Ama Aotearoa NZ

[Aotearoa Waka Ama Team Facebook](#)

[Waka Ama Facebook](#)

[Waka Ama Aotearoa NZ Instagram](#)

[Waka Ama Aotearoa NZ Team Instagram](#)

Event Hosts

[Event Website](#)

[Event Facebook Page](#)

International Va'a Federation

[International Va'a Federation Facebook](#)

[International Va'a Federation Instagram](#)

[International Va'a Federation Website](#)

Waka Ama Aotearoa NZ Code of Conduct

All Aotearoa NZ Contingent are required to have signed the electronic Waka Ama Aotearoa 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 Sprint Championship event. It is in line with the Waka Ama Aotearoa NZ Code of Conduct. The agreement outlines expected behaviours while travelling and participating as a New Zealand contingent. You are not only representing Aotearoa and Waka Ama Aotearoa NZ, but your whānau and friends too.

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

Complete the form here before departing for Singapore: [Waka Ama Code of Conduct Agreement](#)

Breaches of the Code of Conduct

Please remind those travelling as members of your clubs and teams that they are not only representing themselves but Aotearoa Waka Ama, our clubs, whānau and wider communities. Please respect your surroundings, including equipment, Va'a, facilities, and our hosts in Singapore. 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.

If a paddler or member of the Aotearoa wider contingent is alleged to have breached the Waka Ama Aotearoa NZ Code of Conduct or International Va'a Federation Code of Conduct, or witnessed what they think may be a breach by an Aotearoa contingent member, please contact worlds@wakaama.co.nz,

include all necessary information:

- Date of breach
- Time
- Location
- What happened
- Who was involved

If you are in doubt or need any guidance, please contact the Area Coordinators to discuss. This code of conduct applies for the duration of your travel, including outside of the event.

Travel Insurance

It is a requirement by the event hosts in Singapore 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.

For those with travel insurance through Waka Ama Aotearoa NZ and Travel Insurance Brokers underwritten by TAI to make claims:

General claims: (Please note if it is for stolen goods, ensure you get a police report) email: admin@travelinsurancebrokers.co.nz, asking for a claims form. Phone: +64 7 885 0772

Emergency claims: contact Global24 Phone: +612 9312 5168 Email: assistance@global24.com.au

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 and throughout the duration in Singapore. Please be mindful that the food in Singapore might differ slightly from what our paddlers have available in Aotearoa.

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 Singapore) in the first instance, or contact our 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 Singapore. Ensure you have a backup copy of your travel documentation, including a copy of your passport, stored elsewhere in your luggage in the event of an emergency. In the event of a lost passport, contact the following:

New Zealand High Commission, Singapore

Physical address: One George Street, 1 George Street, #21-04, SINGAPORE 049145

Phone: +65 6235 9966

After-hours Urgent Consular Contact: +64 9920 2020

Email: nzhc.sin@mfat.govt.nz

Singapore Arrival Card (SGAC)

All travellers to Singapore need to fill in an online arrival card; this can be done in advance. If you are travelling on a non-New Zealand passport, please check your own requirements to enter Singapore. You can submit your Arrival card via this [link](#).

Travel Safe NZ

We recommend that all travelling contingents register with Travel Safe NZ. This allows you to receive important information following an emergency or to provide consular assistance while you are overseas.

More info here: [Travel Safe NZ](#) or [Waka Ama Travel SafeNZ here](#)

Register here: [Safe Travel Registration](#)

Travel Tips for Airport & in flight

- Allow more time than usual for parking, meeting your team, and the check-in process
- Check in with your team and organise to be seated together where possible
- Practise good hygiene - wear a mask if you feel inclined
- 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 (the air conditioning 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 any Aotearoa uniform respectfully and with pride before, during and after the event. Every paddler is provided with an Aotearoa off-the-water t-shirt. This must be worn at the opening ceremony and cultural night

Uniform Design

The middle design is named Kakama, to be swift. The structure of the design is based on the stroke pattern of the paddle to get up to speed; surrounding this is also the continuation of the swiftness of the kaihoe, representing pace, alertness and overall drive to achieve on the water.



E rere ana ngā mihi ki a koe Ben Ara Auaha (Ngāti Raukawa ki te Tonga) for creating this amazing design. Thanks to our official merchandise partner Pure Athletic for their ongoing support & kitting out our Aotearoa team.

Race Uniform

Elite paddlers including V1s will wear the Aotearoa racing strip while competing. All club teams must wear club uniforms for racing. Each paddler must wear the same race top with the exception of variation in sleeve length (e.g. sleeveless, short sleeve or long sleeve) - you cannot mix and match colours or add individual paddler names on shirts. Under Layers may be worn by one or more of the crew and are not part of the uniform. Clothing worn below the waist need not be uniform. Headwear is optional and may be worn by only those needing or wanting to wear them.

Opening Ceremony and Cultural Night Uniform

Please wear the Aotearoa Uniform black tee and either black shorts or a black skirt.

Medal Presentations and Prizegivings

Please wear your Club Uniform for Club medal presentations and Elite Uniform for Elite team and V1 medal presentations.

We expect that the entire Aotearoa Contingent will attend medal presentations when an Aotearoa paddler, team or club team is being awarded a medal.

SINGAPORE - GENERAL INFO

Travel Safety

- Always ensure you check in with your team management on your whereabouts
- Make sure to keep your belongings safe and secure.
- Read the information on the Travel Safe website:
<https://www.safetravel.govt.nz/destinations/singapore>

Emergency Info

Emergency

Ambulance	995
Police	999
Fire and Rescue Services	995
Police Non-Emergency	1800-255-0000

More info on other services here: <https://www.sgh.com.sg/clinic-visit/emergency-care>;
<https://www.nhghealth.com.sg/ttsh/patients-visitors/emergency-medicine> +65 6357 8754 Check with your travel insurance company as well - they may recommend you go to a particular hospital.

Public Conduct & Street Laws in Singapore

- **Littering and Spitting:** Strictly prohibited in all public areas. First-time offenders face significant fines, and repeat offenders may be sentenced to corrective Work Orders (CWO).
- **Vandalism:** Includes drawing, painting or marking on public or private property without consent. This carries severe penalties, including fines, imprisonment and mandatory caning.
- **Jaywalking:** Crossing the road within 50 meters of a designated crossing (pedestrian bridge or zebra crossing) is an offence.
- **Smoking & Vaping:** Smoking is prohibited in most public places. **Vaping** (purchase, use, and possession) is completely illegal in Singapore. Penalties include fines and, for foreign visitors, possible bans on re-entry to Singapore.
- **Displaying foreign national flags:** Displaying a foreign national flag or emblem in public is prohibited without a government exemption. Penalties can result in fines or up to a 6-month prison sentence.

Prohibited Items and Activities

- **Chewing Gum:** The import and sale of chewing gum is banned.
- **Feeding Wildlife:** Feeding the pigeons or monkeys in public spaces is illegal and subject to fines.
- **Swimming or dipping in the Marina Bay reservoir:** swimming, dipping etc is illegal and carries serious fines.

Liquor & Public Order

- **Liquor Control Act:** Consumption of liquor in public places is prohibited from 10.30 pm to 7:00 am daily. Specific Control Zones have stricter weekend and public holiday restrictions.
- **Disorderly Behaviour:** Public intoxication that causes a nuisance or behaving in a “disorderly manner” (including affray or rioting) is a criminal offence.

Transport

[Buses](#) and [MRT](#) are cheap and easy to use to get around. You can use your travel card (physical card or virtual through Google Wallet or Apple Pay). You swipe on and then swipe off both the buses and the MRT. If you want a fare calculator, see [here](#). Alternatively, you can buy an MRT card at the MRT stations and put money on it.

Ride shares are also a good way to get around and reasonably cost-effective with multiple passengers.

[Grab](#) is one of the largest (there are others). We recommend you download the app before leaving the country.

Please note: Lara and I found we could not link our NZ visa to the GRAB account

Options to link payment to your Grab account: See [here](#) for some suggested ways to link payment to your GRAB. or the Grab [help page](#)

Phones

- The majority of phones should work in Singapore if you enable roaming on your device. We suggest you check in with your mobile provider prior to leaving NZ to confirm these details.
- You should buy [eSIMS](#) before you arrive in Singapore. Just check your phone supports an eSIM first; [Simcorner](#), [Holafly](#), and many others, including [this one](#) recommended by the Singapore Va'a Association
- Alternatively, you can buy a Singapore data SIM before departing through [simcorner](#) . It is possible to buy SIM cards once you arrive in Singapore; [here](#) is some extra information.

Currency

The local currency in Singapore is the Singaporean Dollar. \$1 SGD = 1.33 NZD (as at 31 July)

Credit cards and travel cards are accepted widely. So don't worry about bringing too much cash. You will find ATM's inside banks, shopping centres and supermarkets.

Climate & Time

The climate in Singapore is characterised as hot, humid and wet, with average August temperatures ranging between 26 and 31 degrees, with humidity above 80%

Sunlight hours are: sunrise just after 7.00 am and sunset around 7.15 pm

Aotearoa is 4 hours ahead of Singapore. For example, when it is 4.00 pm on Wednesday in Aotearoa, it is 12 noon on Wednesday in Singapore.

Other

Visitor information on Singapore can be found [here](#).

Please note Singapore uses a different power plug socket type to Aotearoa NZ. You can find more information [here](#). This is the same style plug as in the UK.



SINGAPORE - EVENT INFO

Race Venue

The race venue is [Marina Bay Reservoir](#).

IVF Va'a World Sprint - Frequently Asked Questions

The World Sprint FAQ can be found here: [Worlds FAQs](#)

Amenities

- **Toilets:** There will be toilets located in the event village. ***Please note:** the Marshalling area does not have any toilet facilities. Please use the toilets before checking through.*
- **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.
- **Wifi:** There is no public wifi at the venue.
- **Food & Vendors:** There will be food stalls and vendors onsite, there are also many food courts close by.
- **Parking:** There will be some parking near the venue, which apparently is very expensive. Using public transport and/or GRAB/ ride share is both easier and a lot cheaper

Bag Checks

Due to the size of the event, it is mandated to have security checks for all participants entering the event village.

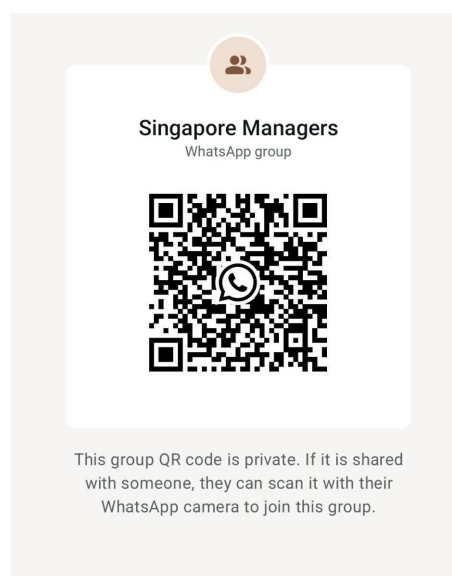
Please allow extra time to go through this bag check as queues may form during peak periods.

Communication and Manager Meetings in Singapore

We are using WhatsApp for communicating with team managers and V1 paddlers. If you have not yet joined the WhatsApp group, please ensure you do so before departing Aotearoa NZ.

If you need to create a WhatsApp account, use your current phone number to do this. It does not then matter if you get a new number, a data SIM or an eSIM for Singapore. We will be able to contact you through WhatsApp and share messages.

Here is the link to the WhatsApp group for you to join for Singapore. Please ensure you do, as this is where all information will be shared in the country and how we will contact you if we need you. [Group link](#) or use this QR code



If we need any Manager meetings you will be advised by the area coordinators via WhatsApp. Confirmation on time and location of these meetings will be communicated directly to managers by the area coordinators.

Va'a Blessing

The Va'a Blessing will take place on **Monday, 17th August, at 7.00 AM** at Marina Bay by the Va'a / Loading Bay area. This is open to all who want to attend. We recommend that all our Aotearoa contingent attend, and everyone is to wear the Aotearoa Uniform black tee.

Special Blessing & Opening Ceremony

The Special Blessing will take place on **Thursday, 20th August at 7.30 AM** before the first race at 8:00 AM at the event site.

The Opening Ceremony will take place on **Thursday, 20th August at 4.30 PM** at Marina Bay. It will be held after the first day of racing and the first prize-giving.

All paddlers assemble at Marina Bay at 3.30 PM, exact location TBA. Please wear your Aotearoa Black T-shirt and black shorts or skirt.

Cultural Evening

The Cultural Evening will take place on **Friday, 21st August, starting at 6:00 PM, arrive from 5:30 PM** at **Marina Bay Event Space**.

The Aotearoa team will perform the [waiata medley](#), followed by a haka. Please practise these items ahead of the event.

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 the bottom half is below your knees.

Medal Ceremonies

Prize Giving will take place **daily** after racing at the stage in the event space. They will begin approximately 30 minutes after the conclusion of the final race of the day. Specific times will be advised on the day.

The official flag of Aotearoa, New Zealand, will be raised for all presentations where paddlers or teams from Aotearoa are awarded a medal. Should teams or individual paddlers wish to take a Tino Rangatiratanga flag onto the medal dias with them, they are welcome to, and the New Zealand Area Coordinator will have some available for that purpose.

A reminder that V1 paddlers must wear their Aotearoa Uniform (Black shirt) for medal presentations, and club teams to wear their club uniform. Sponsor logos or flags are not permitted.

Va'a Familiarisation

Please adhere to the schedule and do not just jump in a Va'a if it looks free - always check in with the area coordinators for your time slot. Note this is a familiarisation, not a training.

Please arrive early so that you can check in with the area coordinators and be ready to get in the waka.

Please respect the other teams by sticking to your allocated time slot. Va'a are not available once racing begins – all equipment is race equipment and in use.

Kapa Haka Practice for Cultural evening

We will meet at the [Promontory, 11 Marina Boulevard](#).

The dates for the practices are as follows: We have 3 planned practices.

- Monday 17th August 1:00 pm - 2:00 pm
- Tuesday 18th August 4:30 pm - 5:30 pm
- Wednesday 19th August 2:30 pm - 3:30 pm

Haka Kupu <https://youtu.be/u-vAHwjDagc?feature=shared>

Waka Ama Aotearoa NZ Haka https://youtu.be/6qeCD_V6ajU?feature=shared

And <https://youtu.be/Mcb33EkLIKE?feature=shared>

Waiata video [#1 & #2 & Words](#)

SINGAPORE - RACE INFO

PFDs - Personal Flotation Devices

It is the CBVAA requirement that PFDs or life jackets are worn at all times while on the water in both the V6 and V1.

PFDs are mandatory in accordance with local regulations. If a PFD is not worn or removed at any time, that will be an instant disqualification from the event for either yourself (V1) or your entire team (V6).

- PFDs must not be inflatable.
- They must not be worn around the waist.
- They must be jacket style.
- Should a paddler remove their PFD while racing, their team will be disqualified.
- Teams and paddlers are requested to bring their own PFDs with them. The IVF and Singapore Va'a Association do have some available for use and collection as you go to race.
- Steps for PFD loan:
 1. Paddlers scan in and head to the marshalling area
 2. Paddlers needing PFDs exchange their paddler ID card at the rack (see map above) for the correct-sized PFD
 3. Paddlers proceed to their canoe to race
 4. After their race, paddlers return the PFDs before they exit the Boardwalk in exchange for their ID cards

Footwear Policy

Footwear is **mandatory** by Singapore law in the pontoon area. *You can leave your footwear on the pontoon or wear it in the waka.*

Footwear must be worn immediately upon exiting the waka in the pontoon area.

Race Rules

Click here: [IVF Sprint Race Rules 2026. & Progressions](#) - please ensure your crew is familiar with these rules

- It is mandatory to wear footwear onto the pontoon due to the heat of the ground.

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 30 minutes of the results being posted and/or within 30 minutes 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 **USD\$100 or SGD\$130 cash only** - this is payable by each team manager, **not Waka Ama Aotearoa 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 Sprint Race Rules](#)

Drug Testing

Any paddler who is participating in an IVF-sanctioned World Competition 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.

Ensure you have a **photograph/ copy of your passport** on your phone in case of random drug testing.

Waka Type

The waka for the event are:

- V6 - Hydra Pro - [Specifications here](#)
- V1 - Fai 4si - [Specifications here](#)

Please note: There are no footplates in either of these waka.

Nothing is allowed to be added to the waka.

CHECKLISTS

Recommended Minimum Gear List

- ☐ Passport
- ☐ Copy of travel documents (passport, travel insurance, accommodation information)
- ☐ Paddle/paddle bag
- ☐ PFD
- ☐ Racing gear (including race uniform)
- ☐ Aotearoa tee
- ☐ Drink bottle, cooling towel, sun hat, sunscreen, small fan
- ☐ Other gear
- ☐ Off the water clothing
- ☐ Casual wear
- ☐ Hat
- ☐ Shoes (sneakers and jandals)
- ☐ Toiletries
- ☐ Approved medication – inhalers etc.
- ☐ Towels
- ☐ Rain jacket or umbrella
- ☐ Miscellaneous
- ☐ Face masks (optional) and hand sanitiser
- ☐ Earplugs and eye mask
- ☐ Chilly bin or bag for ice at the venue (optional)

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 Aotearoa NZ Code of Conduct
- ☐ Paddlers and supporters are aware of Singapore Laws and tikanga
- ☐ Confirmed all accommodation and have relevant details
- ☐ Confirmed all transport and have all relevant details with you
- ☐ Meals and Hydration have been planned

