



Manurewa Kayak Day Saturday 29th October, 2022

Come join us to celebrate the Puhinui Creek with a free guided kayak, freshwater monitoring workshop and beach clean up. Explore the mangroves and learn about the local wildlife. Participate in a litter intelligence audit with Te Pu-a-Nga Maara and Para Kore Ki Tāmaki and learn how to monitor your local streams with Whitebait Connection.

This event provides a taster into kayaking, freshwater monitoring and a beach clean up through a 3hr time slot. Expect to spend ~50mins on the water kayaking.

Fun for the whole whanau – minimum age of 8.

Te Kura Moana - Experiencing Marine Reserves runs a series of free and subsidised events over the summer months - we rely on your support to make them happen. We appreciate donations, either cash/eftpos on the day, online or by giving a koha of your time volunteering at a future event. Some people donate \$5-10pp.

Children younger than 8 will not be able to participate in the kayaking. Children aged 8-12 need to have a confident adult in the back of their kayak. Children under 13 need an adult companion.

Registrations are essential. This event is in partnership with Auckland Sea Kayaks, Whitebait Connection, Para Kore Ki Tāmaki and Te Pu-a-Nga Maara. The Manurewa Kayak Day is funded by the Manurewa Local Board and Tu Manawa Active Aotearoa. EMR has the support of The Bobby Stafford-Bush Foundation across our Auckland Events.

Saturday 29th October, 2022

Group A: 11:45am to 3.00pm

Group B: 11.45am to 2.45pm

Group C: 1:15pm to 4:15pm

Please arrive at least 15mins prior and check in at the tent. If you are running late please call 021 0645125

Numbers limited to 48 – split into three groups.

Early access codes for people in the Manurewa area will be circulated to local pages or email sophie@emr.org.nz to access.

Otherwise all remaining tickets will go live on Tuesday 25th October

Where: Te Matauranga Car Park, Clendon Park

<https://goo.gl/maps/bmko4qWxsDXVAXeA>

Please note that the maximum weight for the double sea kayaks is 110kg per person

If you are feeling unwell (sore throat, running nose, loss of taste/smell) please let us know prior as soon as possible. You will not be able to attend the event. If you suffer from allergies – please let us know when you arrive.



Red= Tent location, check in here. Bathroom (portaloo) = yellow, green= beach clean up, blue= kayak route

Participant cancellation:

Cancellations or no shows less than 24 hours from your start time will incur a \$20pp fee which will be invoiced to you. Please note that late cancellations or 'no shows' may affect your future participation at events such as these. Hopeful participants will miss out on participating if inadequate notice is given.

Individual gear list:

Bring footwear for kayaking (boat shoes, sandals or booties) – you will get muddy feet – so bring something you don't mind getting dirty

A spare change of clothes in case you get wet. Your bottom may get damp. You will want dry clothes for the guided walk

A hat and sunglasses recommended a leash for prescription glasses or expensive sunglasses/ cameras recommended.

Wear shorts or long pants (no jeans or leather).

Windbreaker/raincoat – the event will run rain or shine

Apply sunblock before the event.

Please bring your face mask

Event Terms:

Images will be taken during the event to add to our Facebook Page and will be shared with all participants. Please let the organisers know when you arrive if you do not wish for images to be taken of yourself or your whānau.

Activity recommended for 8 years and up – children aged 8-10 need to have a confident paddler in the rear of the kayak. Children under the age of 13 must be accompanied by an adult participant to ensure adequate ratio. Advanced safety procedures will be in place on the day.

Kayak Day lead organiser: Sophie Journee
Email: sophie@emr.org.nz Cell: 021 0645125

Advice from Worksafe regarding attending events and gatherings

The following people should avoid attending events of any size:

- anyone who is unwell
- anyone who is a confirmed or probable case of COVID-19
- anyone waiting for a test result for COVID-19
- anyone who is self-isolating. [Read more about self-isolation.](#)

How to minimise the risk of getting sick at a gathering or event of any size

The most important thing to do is practice good hygiene. This means:

- Keeping 2 metres away from people you don't know

- Covering coughs and sneezes with disposable tissues or coughing/sneezing into your elbow
- Disposing of used tissues appropriately in a bin
- Washing hands for at least 20 seconds with soap and water and drying them thoroughly, or using hand sanitiser:
 - before eating or handling food
 - after using the toilet
 - after coughing, sneezing, blowing your nose or wiping children's noses
 - after touching public surfaces

Risk Disclosure from Auckland Sea Kayaks

Sea kayaking has inherent risks and can be dangerous. Detailed risk management and strict safety procedures are observed; however there still remains an element of risk. Auckland Sea Kayaks cannot absolutely guarantee participants' safety. Auckland Sea Kayaks accepts its legal responsibilities but cannot be held responsible for personal injury or for loss, theft or damage of/to your equipment outside legal responsibilities. Participants will be required to sign a liability form to this effect before starting a tour.

Changing conditions can mean that tours have to be modified. No two tours are the same. It is very rare but weather could delay your scheduled return by up to 24 hours, e.g. weather conditions preventing kayaking.

Clients on guided tours must listen carefully to and follow guides' instructions and adhere to safety requirements. Our reputation depends on your safety – we give it top priority and take it seriously. A comprehensive paddling and safety briefing is given before all tours depart. The guided trips also feature friendly on the water paddling instruction, safety management and natural history interpretation. We aim to teach you new skills and to help you have a great time out there, It's an awesome place and we do our best to ensure our approach to safety reflects our respect for it.

Any concerns should be discussed when you enquire about or before you book a tour. If you want help on which trip is appropriate for you, please contact us.

Restrictions

Although we try and be as inclusive as possible it is important to remember safety is our number one priority. The guide must be able to lift/ assist a client back into a kayak if in the unlikely event that they capsize.

Clients must be made aware that they are required to be in a kayak and paddle for up to 60 minutes without the possibility of getting out / stretching or take long breaks.

Our tours are in English and clients must be able to speak and understand English.