



**WWR
Paralympic
Qualification
Tournament**

Team Bulletin 1

WELLINGTON 



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1.0 Tournament Details



Key Dates:

Arrival	16-17 March
Pōwhiri (Welcome)	18 March
Classification	18-19 March
Training	18-19 March
Competition	20-24 March
Departure	25 March

Kia ora, tena koutou, tena koutou, tena koutou katoa

Greetings, greetings, greetings to you all

Welcome to Te Whanganui-a-Tara,
Wellington and Te Awa Kairangi ki Uta,
Upper Hutt.

Outlined in this bulletin is all the important information you will need for your team's preparation for this tournament.

NZ Wheelchair Rugby and dsport are pleased to welcome you all to the WWR Paralympic Qualification Tournament 2024.

For the first time in nearly 20 years, global wheelchair rugby is returning to New Zealand, with the main prize being a qualification slot for the Paris 2024 Paralympic Games. This is the first time a final WWR qualification event will be held in the Asia Oceania Zone since World Wheelchair Rugby introduced the Last Chance Qualifier system.

Tournament Hosts

New Zealand Wheelchair Rugby
and dsport

Contact Person

Dr Catriona McBean

Event Director

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NEW ZEALAND WHEELCHAIR RUGBY





***Ka mate, ka mate,
ka ora, ka ora,
Ka mate, ka mate,
ka ora, ka ora***

Te Rauparaha, born in the late 1760's, was a great chief and warrior who settled on the coast to the northwest of Wellington. Not only did he take his tribe from defeat to the conquest of new territories in central New Zealand, he also composed the famous haka; **Ka Mate Ka Mate**, well known for being performed before rugby games, including by the Wheel Blacks. The impassioned words translate to "I die, I die, I live, I live" - and represents survival. This haka is about overcoming adversity. When *Te Rauparaha* wrote the haka he was talking about coming out of darkness into light. The haka is a taonga—a treasure of immeasurable value.

Like *Te Rauparaha*, the men & women who play wheelchair rugby in New Zealand are bound together through hard work and sacrifice, united by their lived experiences with disability, overcoming adversity through Para sport. It is this passion and commitment we seek to share with you and other wheelchair rugby players from around the globe, to bring you into our *whanau* (family) so you too can experience the true meaning of the haka.

Tournament Hosts & Local Organising Committee

New Zealand Wheelchair Rugby (NZWR)

NZWR is the national federation for wheelchair rugby in New Zealand. NZWR organises and supports quality social and competitive wheelchair rugby competitions, tournaments, events (domestic & international).

NZWR also provides a development pathway for players, volunteers, referees, coaches and officials.

www.wheelblacks.co.nz

dsport

dsport is a regional disability sport organisation which for the last 55 years has provided disability sport in the Wellington region, and annually hosts one of the NZ Wheelchair Rugby tournaments. dsport is underpinned by the principles of inspire, enable, achieve.

www.dsport.nz

They inspire disabled people to believe in themselves. To aspire to being involved in sport and active recreation. To dream. dsport enables disabled people to get into sport and active recreation. They don't believe in can't. Rather how can we. How can we make this fun and make this work? They persevere and build strength collectively. But more importantly, our members achieve. They overcome adversity, find work-arounds and creative solutions to achieve. And for some, they will achieve their dreams.

Dr Cherie Harris, NZ Wheelchair Rugby Chair

Mr Jon Corson, Technical Advisor

The NZ Wheelchair Rugby Chair, Dr Cherie Harris, and Technical Advisor, Mr Jon Corson, both have extensive international experience in wheelchair rugby having been involved with the sport for over 20 years at various levels. They have had the privilege of being involved in hosting wheelchair rugby events internationally from local events to the 2018 and 2022 World Championships, as well as the Technical Delegate of the 2020 Paralympic Qualification Tournament. They take great pride in creating inclusive and exceptional sporting experiences for athletes, spectators, officials, and the global wheelchair rugby community.

Dr Catriona McBean, Event Director

The Event Director, Dr Catriona McBean, has worked in disability sport delivery for over 12 years, providing sport and active recreation to disabled members of the Wellington community, including wheelchair rugby. She is also a board member of Paralympics New Zealand. Catriona has over 3 decades of sport management and event management experience at national and international competitions, including the Rio 2016 Olympic Games, Auckland World Master Games 2017, PyeongChang 2018 Winter Paralympic Games, and the Beijing 2022 Winter Paralympic Games.



2.0 Venue



New Zealand Campus of Innovation and Sport (NZCIS)

New Zealand Campus of Innovation and Sport (NZCIS), Trentham, Upper Hutt is an innovative opportunity to locate this wheelchair rugby tournament at the new home of Wellington rugby.

Set in park like grounds, NZCIS is a world class facility for athletes, providing a wide range of state-of-the-art facilities including conferencing, accommodation, commercial office space and an impressive high-performance institute that was officially opened in June 2023.

The 25 ground level apartments have been designed in consultation with Paralympics New Zealand and dsport, which can be arranged for easy wheelchair access with no obstruction from the outdoors in or into the shower.

**New Zealand Campus of Innovation
and Sport (NZCIS)**
Somme Road
Trentham
Upper Hutt

3.0 Accommodation



The Village consists of 50 new apartments, designed in consultation with Paralympics New Zealand and dsport.

The 25 ground-level apartments can be arranged for easy wheelchair access with no obstruction from the outdoors in or into the shower.

Apartments include 2 king or 1 king + 2 king single beds, bathroom, kitchenette, TV, WIFI, comfortable seating and laundry.

A full commercial laundry for team uniforms is available for use in the main Change Rooms, located adjacent to the Village.



4.0 Catering



The Village Lounge offer premium dining and relaxation with a fully equipped kitchen, lounge, and meeting area.

The on-campus catering team will provide breakfast, lunch and dinner. Meals will be served in this area daily on a schedule to align competition timings. Some dietary requirements will be accommodated.

Each apartment includes a kitchenette which will enable teams to supplement meals with beverages and snacks.

Within the Lounge there are 2 meeting rooms which will be available to teams on a booking system for small meetings for up to 5 people.

For full team meetings, alternative meeting rooms in adjacent buildings will be available on a booking system.

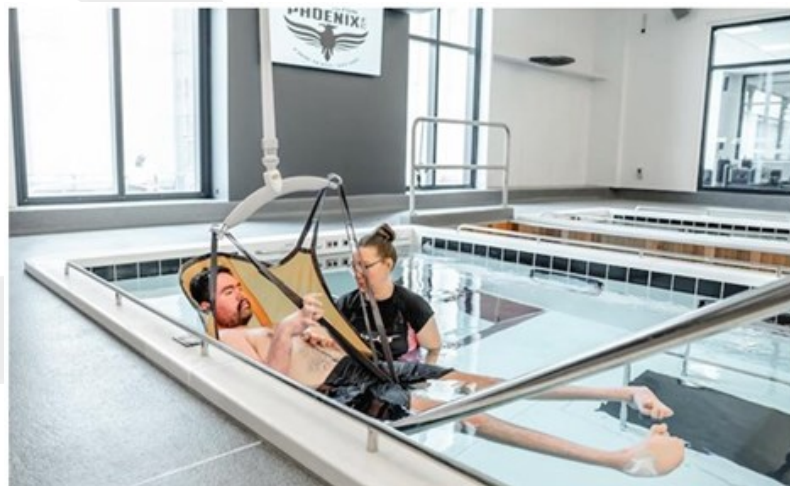
5.0 Training & Recovery



Teams will be allocated training times in the Greenroom— for both the warmup area and competition court.

NZCIS is a state-of-the-art high performance centre. Teams will be able to utilize the following services on a user-pays basis.

- 1000m2 gym space
- watt bike studio
- recovery suites
- medical and physiotherapy suites
- climate and altitude-controlled spaces
- cryotherapy
- light therapy
- specialist recovery pools
- body scanning equipment.
- infrared sauna





GYM

Our 1,000sqm gym has state-of-the-art equipment, data collection points, plus multiple screens for player feedback.

Cardio: 4 x Air Bikes, 6 x treadmills, 8 x rowing machines, 2 x Skill Mills, 2 x Grinders, 2 x Ski Ergs, 6 x Stationary bikes

Weights: 12 x Lifting Racks with benches, 2 x Smith Machines, 6 x Cable and 5 x glute hamstring (Reverse Hyper), Hip Thrust, Hack Squat, Belt Squat, Leg Press, 12 x Machine weights (TechnoGym) including pin loaded leg press, leg curl, multi hip, leg extension and seated calf, Free weights, Med Balls, Kettle Bells

Specialty Equipment: Suspension Rig with boxing stations, Flywheel Training (lower and upper body, Stretching Area, Specialty Bars, NordBord and Force Decks

Book a timeslot for your team @ \$646.30 per hour

Book an individual timeslot @ \$85 per half hour

Recovery Options

Recovery options at NZCIS include the below: all pools are accessible by a specialized pool hoist with a weight capacity of up to 300kg, originating from a fully accessible change room.



PLUNGE POOLS

Cold Plunge: Designed for athletes and fitness enthusiasts, the cold plunge aids in the active recovery of muscles, reducing inflammation and promoting faster healing post-workout.

Hot Plunge: Can decrease muscle aches and soreness, lower blood sugars, burn calories, improve sleep preparation, promote cleaner and healthier skin, enhance blood circulation and reduce headaches.



REDLIGHT THERAPY

Red light and near infrared light therapy has been tested across over 4,000 clinical studies with positive findings showing red light as a safe and effective therapy for a myriad of health conditions that might normally be treated with heavy medications.

Benefits may include: reduce inflammation, mental well being, improved sleep, muscle recovery, boost collagen, reduce jet lag.



INFRARED SAUNA

Our 20 person infrared sauna provides a rejuvenating and therapeutic experience. It improves circulation, as the infrared heat helps dilate blood vessels, leading to better blood flow throughout the body. This increased circulation can have positive effects on cardiovascular health and may aid in lowering blood pressure.

The heat generated by the infrared saunas causes the body to work harder to cool down, resulting in a higher metabolic rate and potential calorie burn.

Book a timeslot for your Team in the Recovery Wing @ \$644 per hour (half-hour timeslots available)

6.0 Classification

Athlete classification will be provided on 18-19 March prior to the start of competition.

Classification will be run in accordance with the WWR Classification Rules (January 2022) and WWR Wheelchair rugby classifier handbook (January 2022).

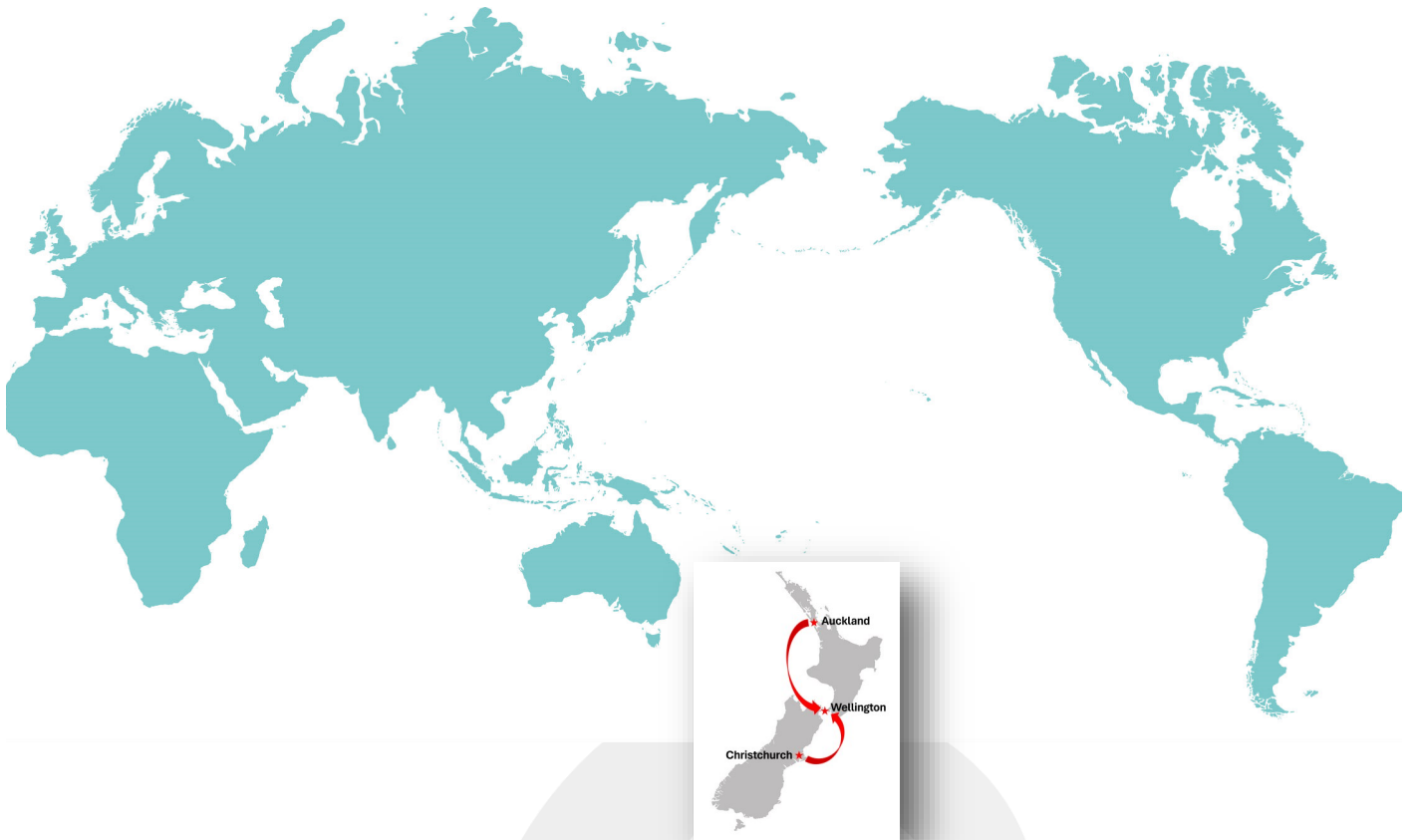
Classification slots will be limited and teams may request athlete classification based on the [WWR Classification Procedures](#).

Classification will occur at the YMCA Gym which is located approximately 300m from The Village accommodation.

Classification application forms will be provided to teams by the Head Classifier



7.0 Transport



Air Transport

Wellington International Airport is located 7km southeast of central Wellington. It is New Zealand's third largest airport, handling more than 4.6 million passengers per annum. The airport is the major domestic hub in the national air transport system, as well as providing direct international services to Australia.

FLIGHT ROUTE	DURATION
LA / Vancouver to Auckland	13–14 hours
Frankfurt / Zurich to Singapore	13 hours
Singapore to Auckland/Christchurch	9.5 hours
Santiago / Buenos Aires to Auckland	11 - 15 hours
Seoul to Auckland	11 hours
Sydney / Brisbane / Melbourne to Wellington	3 - 4 hours
Auckland / Christchurch to Wellington	1 hour / 45mins

Accessible Transport

Flying

International airports in New Zealand have great accessibility and helpful ground staff. You can find out more about the special assistance available at the links for these main airports:

- Auckland Airport
- Wellington Airport
- Christchurch Airport

International Airlines

The following international carriers fly to Wellington either directly, via international transit through Australia or via domestic connection.

Please refer Section 8.0 Visiting New Zealand for visa information.

Air New Zealand

International to Auckland with connection to Wellington from: Europe, Singapore, South America, UK and United States.

Direct flights from Australia (Sydney & Brisbane).

Emirates

International to Auckland and Christchurch with domestic connection to Wellington from: Europe, UK and United Arab Emirates (UAE).

Korean Air

International to Auckland and Christchurch with domestic connection to Wellington from South Korea.

Qantas

Direct flights from Sydney, Brisbane & Melbourne.

Singapore Airlines

International to Auckland with domestic connection to Wellington.

United Airlines

Direct flights from USA to Auckland with connection to Wellington.

National Airlines

If you are flying domestically in New Zealand, we recommend you fly Air New Zealand.

Air New Zealand staff are trained to assist passengers who are with flying with a wheelchair and passengers who have a visual or hearing impairment. Plan your arrival in New Zealand with the Air New Zealand assisted travel site.

Team Arrivals/Departures in Wellington

Teams are requested to book their Wellington flights on the following dates and times.

Arrival days:

16 or 17 March

Arrival times:

9am—6pm

Departure day:

25 March

Departure times:

6am

10am—1pm

4pm—8pm

Arrivals and departures outside of these days/times must be notified and approved by the Event Director prior to flights being booked to ensure team transport can be provided.

Team Transport

Accessible transportation – vans and taxis, will be provided for teams on arrival from and departure from Wellington Airport to NZCIS.

All sports wheelchairs and equipment will be transported between the airport and NZCIS by truck.

Accessible vehicles will be made available for all teams for the duration of the tournament on a booking system.

There is limited accessible rental vehicles available in Wellington. Accessible taxis are committed to providing school transport in mornings and afternoons. Teams should not assume they will be able to secure accessible rental vehicles.

Public Transport

Rail Transport

Wellington Railway Station is the terminus for regular Metlink trains from Wellington to Upper Hutt.

NZCIS is located opposite the Heretaunga Train Station (8 mins).

All Metlink trains are accessible for wheelchairs and mobility devices, with allocated parking areas and securing belts.

Bus

Most Metlink buses are accessible for wheelchairs and mobility aids.

Wellington City is served by Metlink buses. There are no bus options from Wellington to Upper Hutt, this route is provided by trains.

There is a bus which services Upper Hutt, the closest bus stop is 1km (15 mins) from NZCIS on



8.0 Visiting New Zealand

NZ Visa Information

You may not need to apply for a Visitor Visa if you are from a visa waiver country.

NZeTA

You must request an NZeTA before you travel if you travel on a passport from a country on the list of visa waiver countries and territories.

Visa waiver countries and territories include:

- Argentina
- Brazil
- Canada
- Chile
- Germany
- South Korea
- Sweden
- Switzerland
- United Kingdom
- United States of America

<https://www.immigration.govt.nz/new-zealand-visas/preparing-a-visa-application/your-journey-to-new-zealand/before-you-travel-to-new-zealand/details-page/visa/nzeta>

Cost: NZ\$17/\$US10 per person

If you are travelling on a passport from a country not on the waiver list, you will need to apply for a visa online. A NZ Visa Guide Information has been provided to assist you in completing the application.

Applications should be made 3 months before travel. NZ Immigration is taking up to 51 working days to process these applications

<https://www.immigration.govt.nz/new-zealand-visas/visas/visa/visitor-visa>

Cost: NZ\$211/US\$125 per person

New Zealand Traveller Declaration

Everyone entering New Zealand needs to submit a declaration.

- It is free and takes about 10 minutes.
- You can do it on the NZTD app or online form, using your phone or computer.

The earliest you can submit your declaration is 24 hours before you start your trip to New Zealand. It needs to be submitted by the time you reach passport control in New Zealand.

The New Zealand Traveller Declaration collects travel, customs, immigration and biosecurity information. It aims to improve the safety and security of New Zealand.

<https://www.travellerdeclaration.govt.nz/>

Transit Visas for other countries

You may need to apply for a Transit Visa from other countries if you are transiting through on your flights.

Australia

If you are not from an eligible transit without a visa (TWOV) country you will have to apply for a Transit Visa.

<https://immi.homeaffairs.gov.au/visas/getting-a-visa/visa-listing/transit-771#Overview>

Cost: Free

United States

Transit (C) visas are nonimmigrant visas for persons traveling in immediate and continuous transit through the United States en route to another country

<https://travel.state.gov/content/travel/en/us-visas/other-visa-categories/transit.html>

Liability and Travel insurance

When coming to New Zealand, Teams must ensure that all of their members are appropriately insured, including coverage for travel, liability, accidents, and repatriation.

Some visa categories require you to hold insurance as a condition of your visa.

The LOC will provide only basic medical services in the venue.

Before you buy travel insurance, check what cover it provides. New Zealand has reciprocal health agreements with Australia and the United Kingdom.

[Reciprocal health agreements](#) – Te Whatu Ora Health New Zealand.

If you have an accident while in New Zealand The Accident Compensation Corporation (ACC) covers everyone, including visitors while in New Zealand, who are injured in an accident in New Zealand.

[Find out what injuries are covered | ACC](#)

Check COVID-19 cover

Before you buy travel insurance, we recommend you check what cover it provides for COVID-19-related events, including medical treatment, the cost of changing your travel arrangements or paying for accommodation if you need to isolate.

We encourage Teams to collect COVID-19 test kits at immigration/customs on arrival in New Zealand.

Insurance

All Team members must have appropriate accident and health insurance cover in order to compete.

Currency and payment in New Zealand

New Zealand's unit of currency is the dollar (NZD\$). All major credit cards are accepted in New Zealand, with Visa and Mastercard the most widely used. Many retailers in main centres also have Apple Pay.

Currency exchange

You can exchange foreign currency for New Zealand currency at banks, some hotels and Bureau de Change kiosks, which are in international airports and most city centres.

Banking

Bank opening hours in New Zealand vary, but branches are generally open from 9.30am to 4.30pm Monday to Friday. Some are also open during weekends. Automated Teller Machines (ATMs) are available at bank branches, along main shopping streets and in malls. International credit cards and ATM cards will work as long as they have a four-digit PIN encoded. Check with your bank before leaving home.

9.0 About Wellington



Wellington - the "coolest little capital in the world"

Lonely Planet

Wellington is the capital city of New Zealand, located at the southern-most end of the North Island which has many cultural attractions. A lot of serious business gets done in Wellington, and not just in the world of politics.

Weather

March in Wellington is officially Autumn but can sometimes be the best summer month.

Wellington is renown for it's wind. The region experiences frequent gusty northerlies, which gives Wellington a reputation for being one of the windiest cities in the world.

- Daily Average temperature: 15°C (59°F)
- Average monthly rainfall: 90mm (3.5")

Super Rugby Pacific

The Hurricanes is the regional Super Rugby team which calls Wellington home. The 12 teams of Super Rugby Pacific are Blues, Brumbies, Chiefs, Crusaders, Fijian Drua, Highlanders, Hurricanes, Melbourne Rebels, Moana Pasifika, NSW Waratahs, Queensland Reds, and the Western Force. While the 2024 draw is not public yet, the season runs from February to June on Friday, Saturday and Sundays, so there is a chance there could be a game on in Wellington over the duration of the PQT.

<https://super.rugby/superrugby/>

Homegrown

Saturday 16 March 2024 sees Wellington host the Jim Beam Homegrown music festival. Homegrown is kiwi music's biggest party and New Zealand's national day of coming together and celebrating who we are through our music! The festival brings together thousands of New Zealand music fans and a massive lineup of Aotearoa's best bands and DJs in the capital to celebrate who we are through our music. From roots and hip hop to rock, pop, electronic, and drum & bass, there's something for everyone!

<https://www.homegrown.net.nz/>

Weta Workshop

Academy Award-winning special-effects and props company Weta Workshop has been responsible for bringing the likes of The Lord of the Rings, The Hobbit, King Kong, District 9 and Thor:Ragnarok to life. Learn how they do it on entertaining 45-minute guided tours, starting every half-hour; bookings recommended. There's also a tour to see the Thunderbirds Are Go miniatures stage. Weta Workshop is 8km east of the city centre.

<https://www.wetanz.com/>

Te Papa

New Zealand's national museum is hard to miss, taking up a sizeable chunk of the Wellington waterfront. 'Te Papa Tongarewa' loosely translates as 'treasure box': the riches inside include an amazing collection of Māori artefacts and the museum's own colourful marae (meeting house); natural history and environment exhibitions; Pacific and NZ history galleries; themed hands-on 'discovery centres' for children; and Toi Art, a revitalised home for the National Art Collection. And don't miss the colossal squid!

<https://www.tepapa.govt.nz/>

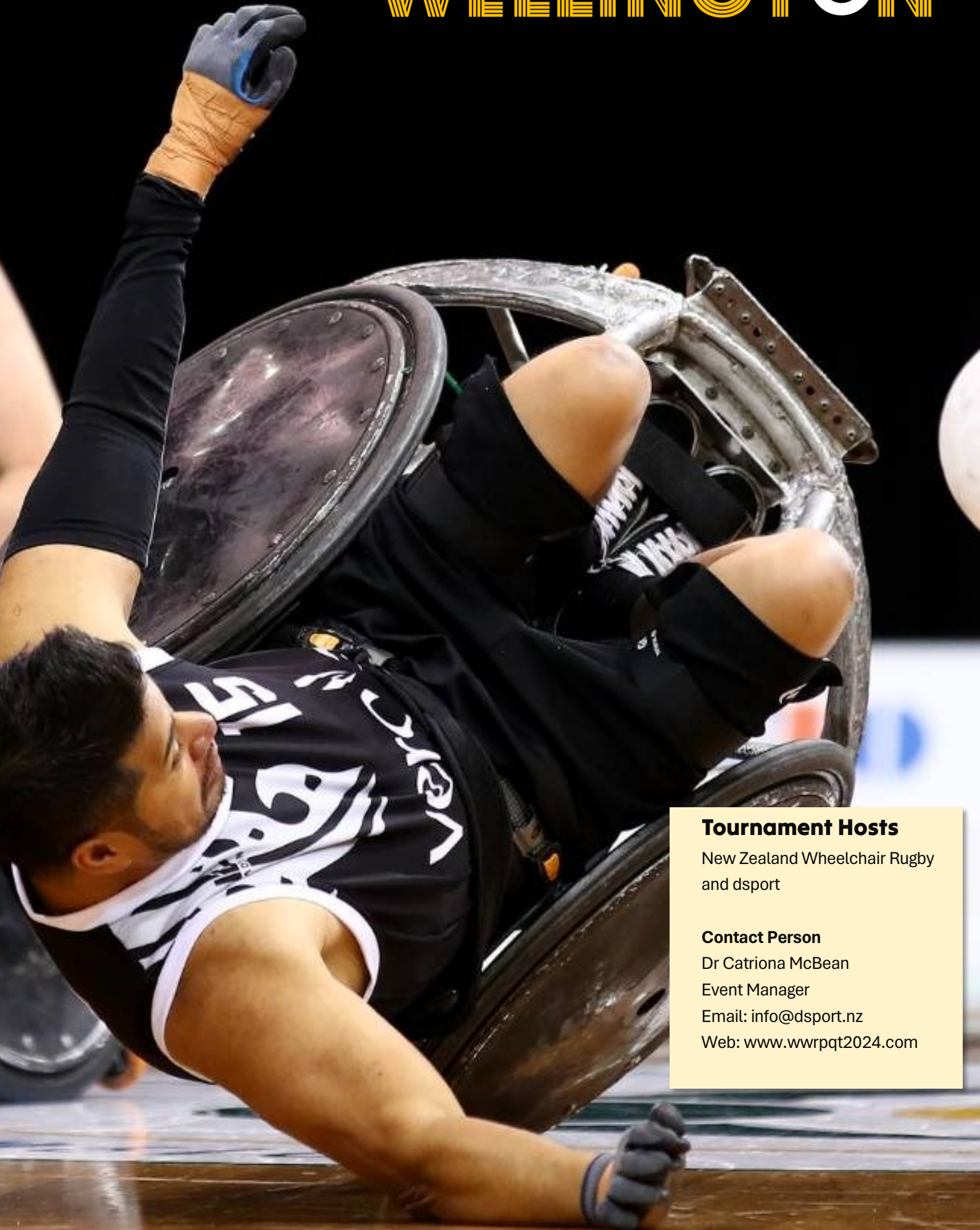
Zealandia

This groundbreaking ecosanctuary is nooked into a valley in the hills about 2km west of downtown Wellington. Living wild within the fenced, predator-free habitat are more than 30 native bird species, including rare little spotted kiwi, takahe, saddleback, hihi and kaka, as well as NZ's little dinosaur, the tuatara. An excellent exhibition relays NZ's natural history and world-renowned conservation story.

Brewtown

Brewtown is a beer lovers dream with numerous craft breweries, and even a distillery, within walking distance of the Upper Hutt railway station.





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