

Little Athletics NSW

ABN 69 731 039 358 90-92 Harris Street Harris Park NSW 2150

All correspondence to: Locked Bag 85
Parramatta NSW 2124

Tel: 9633 4511 Fax: 9633 2821

Email: admin@lansw.com.au

TRANS TASMAN TOUR TO AUCKLAND 9 - 21 JANUARY 2020

FINAL TOUR

BULLETIN NO. 1

September 2019

PLEASE READ CAREFULLY TO AVOID ANY MISUNDERSTANDING

In January 2020 we will take our final Little Athletics NSW Trans Tasman tour to New Zealand, and we would love YOU to join us!

For those considering taking part in the 2020 tour to make holiday and financial arrangements, the following is a summary of preliminary arrangements now and is a GUIDE only, pending final itinerary, costs and other arrangements.

As a result of the recent Little Athletics NSW (LANSW) age group changes, the age range for athletes for this tour has been extended as follows:

Athletes born between 1 October 2007 & 31 December 2008 should nominate for the U12 group Athletes born between 1 January 2009 & 31 December 2009 should nominate for the U11 group

All Athletes who are registered with Little Athletics NSW or Little Athletics ACT for the 2019/20 season who fall within these age ranges are invited to nominate for the tour.

DATES OF TOUR:

Tour party will depart Sydney on Thursday 9 January 2020 and return to Sydney on Tuesday 21 January 2020.

ABOUT THE TOUR:

The objectives of the Trans Tasman Tour are to provide a tour of 12 days, which:

- 1. Is educational with exposure to people of another country, their customs and general environment in which they live.
- 2. Provides children's athletics with emphasis on enjoyment of participation and personal achievement.
- 3. Fosters fellowship and goodwill between supporters of and participants in children's athletics.
- 4. Encourages involvement of families on both sides of the Tasman to act as hosts in entertaining the visiting contingent in their own homes.
- 5. Generally, provides an interchange of views on the management, administration and promotion of children's athletics in both countries.

DRAFT TOUR ITINERARY - AUCKLAND - JANUARY 2020

	AM	PM	
Thursday 9 January	Departure of main party from Sydney	Arrive in Auckland, then coaches to College	
		Orientation at College	
Friday 10 January	Maori Concert at Auckland Museum	Team photo taken at College	
		Training at College	
Saturday 11 January	Travel to Maraes – via Waihi Gold	At the Marae	
	Mines/Steam Train		
Sunday 12 January	Te Puia Maori Centre, geysers and mud	Rainbow Springs (lunch), trout feeding	
	pools, Rotorua	Return to College	
Monday 13 January	Training/games at local track	Wave Pool	
Tuesday 14 January	Activities/training games at College	Activity in Auckland	
Wednesday 15 January	Rainbows End Fun Park	Trivia Quiz and games at College	
Thursday 16 January	Activities/training games at college	Zone Carnival at Mt. Smart	
Friday, 17 January	"Pick up an Aussie Day" - Auckland Trar	ns Tasman families invite athletes out for the day	
Saturday 18 January	Kelly Tarltons Underwater World,	Parents invited to see College before dinner	
	City sights tour, lunch & shopping in		
	Auckland	Trivia Quiz and games at College	
Sunday 19 January	TRANS TASMAN CHALLENGE at MT. SMART		
Monday 20 January	Parakai Springs		
Tuesday 21 January	Clean college	Depart for Sydney	

NOMINATIONS:

Nomination and medical forms for both athletes and officials are attached to this Bulletin. Please complete these forms for each person wishing to nominate for the tour. (One set of forms per person.)

All nominations and medical forms must be received by LANSW NO LATER THAN **5.00pm on Wednesday 23 October 2019.**

DEPOSIT:

ALL nominations for both athletes and officials will be subject to a deposit of \$300 per person*. This deposit can be paid by cheque accompanying the nomination form or by direct deposit to the following account:

Bank: Commonwealth Bank of Australia – Parramatta

BSB: 062-223 Account No: 803942

Name: Little Athletics Association of New South Wales

If paying by direct deposit, the reference should be "TT" and the athlete/official's name. The direct deposit must be received in the LANSW account no later than 5pm on Wednesday 23 October 2019.

TRANS TASMAN TEAM SELECTION:

The rules of the Trans Tasman Challenge require a team to compete in the actual Challenge Match to be selected prior to departure.

There will be no trials for the 2020 Tour. Performances between 1 October 2018 and 21 October 2019 should be submitted on the form provided at the same time as the nomination form. These performances will be verified by LANSW, so full details must be given.

^{*} The \$300 deposit is **non-refundable**, except in the event of non-selection as an official. The amount will be deducted from the final invoice.

All athletes who nominate will be eligible to go on the tour, but the verified performances will be used to select the Challenge Team and Reserves.

All athletes on the tour are eligible to compete in any Zone Carnivals during the tour.

<u>One hundred (100) athletes</u> will be selected to form the Team to compete at the Trans Tasman Challenge. In addition, 16 athletes will be selected as the nominated reserves for the Challenge. At any Zone Carnivals, Challenge Team members are expected to compete in events for which they have been selected if they are on the event program (or the closest event if the actual event is not available).

From the nominations received, LANSW selectors will select a team comprising:

```
25 boys from the Under 11 age group
25 girls from the Under 11 age group
25 boys from the Under 12 age group
25 girls from the Under 12 age group
100 athletes
```

Athletes may be selected in no more than four (4) individual events and possibly a relay. Athletes <u>must</u> nominate in either:

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3 TRACK and 2 FIELD or
2 TRACK and 3 FIELD or
2 TRACK and 2 FIELD
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Athletes may nominate for the 400m, 800m and 1500m, however they will only be selected in a <u>maximum</u> of two (2) of these three (3) individual events at the Challenge, as determined by the LANSW selectors.

The reason for the requirement to nominate for both track and field events is that at the Trans Tasman Challenge most competitors are also required to compete in either a track or a field relay team in addition to their individual events. The relay events are $4 \times 100m$, $4 \times 400m$ and $6 \times 100m$ field relay (Long Jump, Shot Put and Discus). A 400m time is necessary to be considered for selection in a $4 \times 400m$ relay team.

LANSW selectors will be selecting the team <u>only on verified performances submitted on the nomination</u> <u>form.</u>

Failure to nominate by the closing date may lead to the nominee not gaining selection in the Challenge Team of 100 athletes - however this will not prevent them from participating in the tour.

SELECTION OF OFFICIAL TOUR PARTY:

The official contingent representing LANSW will be:

- a) Trans Tasman Challenge Team comprising 100 athletes registered with LANSW in the Under 11 and Under 12 years age group, as described above.
- b) 16 athletes not gaining selection in the above-mentioned Challenge Team of 100 will become the nominated reserves for the Trans Tasman Challenge.
- c) All remaining athletes who have nominated and are not covered in a) or b) above will participate in all tour activities and support the team at the Challenge.
- d) 48 officials as follows:
 - 7 Tour Committee (as detailed in this Bulletin)
 - 12 Section Managers (6 for boys and 6 for girls)
 - 24 Assistant Section Managers (12 for boys and 12 for girls)
 - 2 Sport and Recreation Counsellors
 - 1 Tour Medical Officer
 - 1 First Aid Officer
 - 1 First Aid Assistant

Appointments for these positions will be decided by the Tour Committee from the nominations received, and applicants will be advised as soon as possible after nominations close.



Following is a brief outline of the duties and responsibilities of each position. All nominees must be 18 years of age and over.

SECTION MANAGERS

As soon as tour sections are finalised, Section Managers will be appointed. Section Managers will be responsible throughout the tour to the Boys or Girls Team Managers respectively. Section Managers will be responsible for the direct supervision and control of approximately twelve (12) athletes as allocated by the tour committee. Responsibilities will include ensuring the athletes in the Section observe the tour Code of Conduct. Athletes must be under supervision at all times throughout the tour. Athletes will require assistance with baggage and general 'mothering' and 'fathering' throughout the tour.

ASSISTANT SECTION MANAGERS

Responsibilities will be to assist Section Managers to whom they will be attached throughout the tour. Details of responsibilities and allocation of duties/rosters etc. will be by arrangement with respective Section Managers.

NOTE: Because of accommodation facilities, all Section Managers and Assistant Section Managers must be the same gender as the athletes in the section.

SPORT AND RECREATION COUNSELLORS

To be responsible to and assist the team managers in the motivation, warming up and counselling of athletes in respect of their athletic competition, and generally assisting in the recreational participation of the athletes on the tour.

TOUR MEDICAL OFFICER

Responsible to Tour Manager. The appointee must attend to all medical needs for all in the official touring party. Please attach qualifications to the nomination form.

FIRST AID OFFICER (1)

Responsible to Tour Manager and Tour Medical Officer. The appointees should be qualified in first aid as a minimum requirement and is to assist in the administering of first aid where necessary for all in the official touring party. Please attach qualifications to the nomination form.

FIRST AID ASSISTANT (1)

Must be qualified in First Aid as a minimum and works with the First Aid Officer to assist in the administering of first aid where necessary for all in the official touring party. Please attach qualifications to the nomination form.

PASSPORTS:

All athletes and adults on the Tour <u>MUST</u> have a valid individual passport. Passport application forms are available from all local Post Offices or online. When you arrive in New Zealand, your passport must be valid for at least three months beyond the intended departure date. (That is the passport must be valid until at least 21 April 2020.) If you have a passport other than Australian, you must also have a **valid New Zealand entry visa** (if required) and a valid Australian re-entry visa.

Tracy Lennon may be able to assist you with information regarding passports. A copy of the photo page must be attached to the Nomination Form for both athletes and adults. If this is not available now, it must be provided by post or email to Tracy Lennon no later than 1 November 2019 (16 Robyn Street, Woodpark 2164 or peppa0209@gmail.com) or handed in at Uniform Fitting day on Sunday 3 November 2019.

Airline bookings are made based on the name you provide on the Nomination Form. If this name differs in any way from the name shown on the Passport, there will be a **minimum** \$100 additional charge imposed if the name on the airline ticket needs to be changed after the passport has been supplied.

CHILD PROTECTION:

All adult officials will have to undergo a 'Working with Children' background check through the Office of the Children's Guardian (www.newcheck.kids.nsw.gov.au).

The clearance details must be provided to LANSW for verification. All information is strictly confidential.

Please make sure that you apply for both your passport and Working with Children Check in plenty of time. Passports in particular can sometimes take up to 4-6 weeks to obtain, therefore ensure you arrange this before 1 November 2019.

ACCOMMODATION:

All officials and athletes will be staying at The Sacred Heart College, West Tamaki Road, GLENDOWIE, AUCKLAND

Accommodation at the college will be dormitory style on beds. Pillows and mattresses will be supplied but everyone MUST take a sleeping bag, 2 sheets, 2 pillowcases and 3 towels (one for swimming). All laundry will be done at the college by staff employed by LANSW.

UNIFORM includes:

ATHLETES	OFFICIALS
Tracksuit	Tracksuit
Hat	Hat
2 polo shirts	2 polo shirts
2 pairs of cargo shorts *	2 pairs of cargo shorts *
1 running singlet	1 zip jacket *
1 pair running shorts *	
1 lightweight cotton hoodie	1 lightweight cotton hoodie
1 hoodie	1 hoodie (optional additional to above cost)
2 pairs sport socks	2 pairs sport socks
1 backpack	1 backpack *
1 poncho *	1 poncho *
Team Photo	Team Photo (optional additional to above cost)
1 Sleeping Bag Cover *	1 Sleeping Bag Cover *

Everyone on the tour will also be given a special commemorative souvenir 'FINAL TOUR POLO SHIRT" valued at \$38.

Additional souvenir shirts can be ordered at a cost of \$38 each (plus GST)

*Items from previous LANSW Trans Tasman teams/tours may be used, but must be in good condition, and therefore <u>MUST</u> be shown at Uniform Fitting Day to ensure conformity. If they are not presented at Fitting Day, you will be charged for and issued with new items.

LUGGAGE:

Backpacks are supplied for travel on the flight and must weigh no more than 7kg. Check in luggage is not provided but examples of suitable bags/cases will be shown at uniform fitting Day. Check in luggage must not weigh more than 20kg. If luggage exceeds 20kg, the tour party may go ahead without you.

ESTIMATED PRICE RANGE FOR THE TOUR:

	Athletes	Officials
Includes airfare, taxes, accommodation, meals,		
coach travel, admissions and Entertainment		
Uniform	\$440.00	\$410.00
Pocket Money**	\$130.00	Nil
Estimated Total Cost	\$2,900 - \$2,990	\$2,800 - \$2,900

^{**} Pocket Money has been standardised at A\$130 for each athlete. This money will be in the custody of the tour committee who will issue a certain amount daily to the Section Managers for each athlete. Pocket money must be paid in tour costs.

Total tour costs will be detailed in an account issued on uniform fitting day, and payment can be made at the fitting day if desired. Alternatively, the account must be <u>paid in full</u>, by cheque or direct deposit no later than **5.00pm, Wednesday 13 November 2019.** Failure to pay by this date **will** result in withdrawal from the tour.

BRIEFING SESSIONS:

Anyone interested in touring is strongly encouraged to attend one of the briefing sessions set out below. These sessions allow interested parties to obtain further information, meet the Tour Committee and ask questions.

SUNDAY 13 OCTOBER 2019

Commencing 4.00pm Holroyd LAC

Holroyd Sportsground

Corner Peel & Roberts Streets, MERRYLANDS

TUESDAY 15 OCTOBER 2019

Commencing 7:00pm McDonald's, Southgate Shopping Centre Cnr Port Hacking Road & Princes Highway

SYLVANIA

THURSDAY 17 OCTOBER 2019

Commencing 7:00pm

Mount Druitt Little Athletics Centre,
Hanna Reserve,
Hyatts Road, **OAKHURST**

SATURDAY 19 OCTOBER 2019

Commencing 4.00pm
The Willoughby Hotel
315 Penshurst Street, **WILLOUGHBY** NSW 2068
Please consider having dinner from the hotel
bistro after the briefing as the Hotel are providing
us with the briefing venue free of charge.

UNIFORM FITTING DAY:

Where: Holroyd LAC, Holroyd Sportsground

(Corner Peel and Robert Streets), Merrylands

When: Sunday 3 November 2019

Time: 10.00am to 2.00pm

All athletes and officials **MUST** attend the uniform fitting day. All clothing is to be worn for the twelve days while on tour, and we are unable to order any extra clothing items for exchange so the correct size clothing must be ordered. No responsibility can be taken by the Tour Committee for items which do not fit correctly.

All athletes and officials on the tour must take 1 PAIR OF <u>PLAIN WHITE JOGGERS</u> which must be worn for marching and team photo <u>ONLY</u>.

TEAM ANNOUNCEMENT:

The Trans Tasman Challenge Team will be announced on Wednesday 30 October 2019 on the LANSW website: www.lansw.com.au.



UNIFORM DISTRIBUTION DAY:

All athletes must be available to collect their uniform and meet their Section Manager on **Sunday 15 December 2019** at Holroyd LAC, Holroyd Sportsground. Time to be advised.

Section Managers and Assistant Section Managers must be available throughout this uniform distribution period to meet the athletes in their sections and their parents/guardians.

SUPPORTERS:

There is no official supporter group organised for this tour. Parents or other supporters are of course welcome to book their own flights, accommodation and transport independently at their own cost.

Supporting parents may join the tour for some of the activities - details of which activities will be advised nearer the time.

Supporters can place an order for special supporter Polo Shirts at the uniform fitting day.

2020 TRANS TASMAN TOUR COMMITTEE:

CHAIRMAN/TOUR	HEATHER MITCHELL	0402 205 300
MANAGER	17 Vista Heights Road MIRANDA 2228	
	Email: heather_m_mitchell@yahoo.com.au	
SECRETARY	SALLY RICHARDSON	02 9427 0534
	13 Dalrymple Avenue LANE COVE 2066	0411 586 001
	Email: transtasman@yahoo.com.au	
	richardsonsally@outlook.com	
TEAM MANAGER	MARIAN BENNETT	0455 133 357
GIRLS	119 Willan Drive CARTWRIGHT 2168	
	Email: marian.bennett@det.nsw.edu.au	
TEAM MANAGER	RON BUDD	0409 826 804
BOYS	119 Willan Drive CARTWRIGHT 2168	
	Email: marian.bennett@det.nsw.edu.au	
UNIFORM	MARIA McCONVILLE	
OFFICER	58 Second Avenue GREEN POINT 2251	0423 745 074
	Email: mjpmcconville@hotmail.com	
COMMUNICATIONS &	TRACY LENNON	0404 055 204
SOCIAL MEDIA	16 Robyn Street, WOODPARK 2164	
	Email: peppa0209@gmail.com	
MERCHANDISING OFFICER	CLAIRE YEO	0409 248 454
	14 Camellia Street GREYSTANES 2145	
	Email: claireyeo@bigpond.com	

BULLETINS:

There will be several information bulletins issued with important details of the tour. If you intend going on tour, we recommend that you **keep all bulletins together** in a plastic sleeve or folder for future reference.

This is Bulletin Number 1 and as soon as more information comes to hand, further bulletins will be issued.

Please make sure you read and understand all bulletins as they provide essential information that you do need to know.

Please contact a member of the Tour Committee if you have any questions.

We look forward to welcoming you on the Tour in January 2020!

SUBMISSION INFORMATION:

The nomination and medical forms for athletes and officials, together with the performance details for athletes, along with the \$300 deposit <u>must</u> be received by LANSW no later than 5:00pm on <u>Wednesday, 23</u> October 2019.

The nomination form, performance details and medical forms can be lodged by either:

- a. Post to LANSW, Locked Bag 85, Parramatta NSW 2124;
- b. Hand delivery to 90-92 Harris Street, Harris Park, NSW 2150
- c. Scanned and emailed to admin@lansw.com.au

The \$300 deposit can be paid in one of the following ways:

a. By cheque payable to LANSW

If paying by cheque, please ensure "TT" and the name of the athlete is printed on the back of the cheque

b. By direct deposit to the following account:

Bank: Commonwealth Bank of Australia – Parramatta

BSB: 062-223 Account No: 803942

Account Name: Little Athletics Association of New South Wales

If paying by direct deposit the reference should be "TT" and the name of the athlete.

The deposit must be received in the LANSW account no later than 5.00pm on Wednesday 23 October 2019.

TRAVEL:

An airline group booking has been made for our tour. Should you require any changes to this group booking, advice must be in writing by 1 November 2019 to heather m mitchell@yahoo.com.au



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90-92 Harris Street
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Parramatta NSW 2124 Tel: 633 4511

Email: admin@lansw.com.au

Fax 9633 2821

TRANS TASMAN TOUR JANUARY 2020 NOMINATION FORM FOR ATHLETES

NOMINATIONS close at LANSW at 5:00pm on Wednesday 23 October 2019

Nominations close at Earlow at <u>5.00pm or</u>	
☐ I wish to nominate my child to participate i January 2020.	in the LANSW TRANS TASMAN TOUR to Auckland from 9 to 21
Please read all information very carefully, tic	k all relevant boxes and print all information clearly.
CHILD SURNAME:	
CHILD GIVEN NAMES:	
CHILD ADDRESS:	
	POSTCODE:
EMAIL: (please write clearly)	·
TELEPHONE No.:	DATE OF BIRTH//
CENTRE:	REG. No UNDERBOY/GIRL
post or email to Tracy Lennon no later than Fr peppa0209@gmail.com) or at Uniform Fitting Airline bookings are made based on the name way from the name shown on the Passport, p	PASSPORT. If this is not available now, it must be provided by riday 1 November 2019 (16 Robyn Street, Woodpark 2164 or g Day on Sunday 3 November 2019. E you provide on this Nomination Form. If this name differs in any clease indicate the name on the passport below. If the name on the airline ticket needs to be changed.
CHILD PASSPORT SURNAME:	
CHILD PASSPORT GIVEN NAMES:	
Passports sometimes can take up to 4-6 week time.	ss to obtain, therefore make sure you arrange this in plenty of
SPECIAL CUSTODY CONDITIONS (please detail applicable):	il any family law, AVOs or other relevant court orders, if

☐ There are no special custody arrangements relating to this child.

☐ My child wishes to nominate to compete in the Trans Tasman Challenge in the following events:
(Athletes may nominate in 2 track & 3 field, 3 track & 2 field or a minimum of 2 track & 2 field)
Please refer to Bulletin 1 for details of event nominations required and restrictions which apply.
Please tick selections and complete the performance details on the attached form: 100 metres
200 metres □ 800 metres □ Long Jump □ Shot Put □
1500 metres □
NOTE: there are no walks, hurdles, triple jump or javelin events in the Trans Tasman Challenge.
 □ I enclose cheque/money order for \$300 or □ I confirm that payment has been made to LANSW by direct deposit (please see below). □ I understand this deposit is non-refundable.
$oldsymbol{\square}$ I understand this deposit will be deducted from my invoice for total tour costs.
☐ Should the necessity arise for medical attention for my child while on Tour, I authorise the Tour Manager seek medical attention.
☐ I accept responsibility for ensuring this nomination is lodged at LANSW by 5:00pm on Wednesday 23 October 2019
\square I understand that if this nomination is not received at LANSW in accordance with the previous paragraph the athlete may not be eligible for selection in the Trans Tasman Challenge Team, however they will still be eligible to participate in the tour in all other ways.
TRANS TASMAN UNIFORM ☐ I understand that all athletes must purchase the official uniform as listed in Bulletin 1.
\square I understand that all athletes \underline{MUST} attend the Fitting Day on Sunday 3 November 2019.
☐ My child will be attending Uniform Fitting with another adult and I will provide written permission for that adult to confirm their uniform sizing.
☐ I confirm that I have read Bulletin No. 1 dated September 2019 and understand all details of the tour.
Signature:Print Name:

NOTE: A separate nomination form is required for each athlete.



SURNAME: __

Little Athletics NSW

ABN 69 731 039 358 90-92 Harris Street Harris Park NSW 2150

All correspondence to: Locked Bag 85

Parramatta NSW 2124 Tel: 9633 4511

Fax: 9633 2821

Email: admin@lansw.com.au

TRANS TASMAN TOUR JANUARY 2020 NOMINATION FORM – ATHLETE PERFORMANCE DETAILS

GIVEN NAMES:

CENTR	RE:			REG. No U	NDERBOY / GIRL Please circle	
EVENT	RESULT Time/ Distance	DATE ACHIEVED*	WHERE ACHIEVED	NAME/ORGANISATION/ POSITION	VERIFICATION PHONE AND EMAIL or WEBSITE DETAILS	
100m						
200m						
400m						
800m						
1500m						
Shot	Weight:					
Discus	Weight:					
Long Jump	_					
High Jump						

Please make sure you supply details for a **minimum** of 2 track and 2 field events or 2 track and 3 field events or 3 track and 2 field events.

If these results were achieved at a school zone, region or state carnival please attach proof of the performances.

Please refer to Bulletin 1 for full details regarding Relay Team selections.



^{*} Between 1 October 2018 and 21 October 2019



HEALTH AND MEDICAL FORM - ATHLETES TRANS TASMAN TOUR 2020

IMPORTANT!

Athletes will not tour without this form being completed and returned.

Please return this form with the completed Nomination Form no later than 23 October 2019.

Athlete Name:			Age:	
Address:				
			P/Code:	
Phone Number: Home:		Parent Mo	obile	
Any Known Allergies:		Weight:	Height:	
F <u>ully Immunised</u> : Measle	es/ Mumps 🔲 T	riple Antigen	☐ Whooping Cough ☐ <i>Pleas</i>	e Tick
Date of last Tetanus Booster				
Has your child had any seriou	us illness:			
Does your child suffer from a	ny of the following	g: (If you tick ye	es, please give more details)	
 Anaphylaxis 	Yes□ No □			
 Asthma 	Yes□ No □			
Bed wetting	Yes□ No □			
 Diabetes 	Yes□ No □			
• Epileptic fits or seizures	Yes□ No □			
Migraine/Headaches	Yes□ No □			
Travel sickness				
ADD /ADHD	Yes□ No □			
Sleeping Issues	Yes□ No □ if yes	, please explain		
 Disabilities 	Yes□ No □			
Does your child take any medic	ation? If yes, please	give full details		

Any and all medication (prescription and/or over the counter) <u>must</u> be put in a zip lock plastic bag with the name of the child on the outside and given to the tour Medical Officer on arrival at the College in New Zealand.

All children will be supervised when taking any medication during the tour and a note kept of what is taken and when. If any child is found with any medication which has not been handed to the Medical Officer, this medication will be taken away and held by the Medical Officer for the remainder of the tour.

DIET - Special diet can be provided for medical or religious reasons ONLY. ☐ My child does not have any special dietary needs ☐ My child needs a special diet, as follows: Please give full details and attach a doctor's certificate in the case of medical requirements.
A special diet WILL NOT be available for 'medical reasons' if a doctor's certificate is not provided.
What is your child's normal appetite? □ small □ average □ large Athletes swimming ability: □ strong swimmer □ has water confidence/ability □ non/poor swimmer Any additional information
PARACETAMOL ADMINISTRATION Tour Medical Officer is not permitted to distribute any type of medication to participants without express permission from parents/caregivers. This includes paracetamol (e.g. panadol). It is inevitable that tour committee will receive requests from participants for this type of medication to treat minor headaches and other ailments. The Tour Medical Officer will have a supply of paracetamol tablets/capsules in their possession. Please indicate below if you give permission for paracetamol to be given to your child if the Tour Medical Officer believe this is to be appropriate.
DECLARATION
I declare that the above information is true and correct, and agree that should the necessity arise for medical attention for (athlete's name) authority is hereby given to the Tour Committee to obtain medical attention.
Little Athletics NSW Trans Tasman Medical Officer is permitted to administer paracetamol to the above mentioned participant: Yes No
Signature:
Name: (Please Print)(Parent/caregiver)
SECURITY NOTICE: ALL PERSONS TRAVELLING ON AIRLINES MUST DECLARE ANY SHARPS REQUIRED TO BE TAKEN ON BOARD. Does the athlete require a syringe or Epipen on board? Yes No
Please note, if any medication, syringe or Epipen is required on the flight, it is your responsibility to obtain th necessary documentation and clearance from your doctor and declare this at check in for all flights.
EMERGENCY CONTACT NUMBERS (include country/area code)
Name:
Name: Relationship Tel
If any details change before the tour to New Zealand in January 2020, please provide updates in writing to the Secretary prior to departure.

You can either provide additional pages or complete a new form – please ask the Secretary if an additional form is needed.



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> Tel: 9633 4511 Fax: 9633 2821 Email: <u>admin@lansw.com.au</u>

TRANS TASMAN TOUR – JANAURY 2020 NOMINATION FORM FOR OFFICIALS

NOMINATIONS close at LANSW at 5:00pm on Wednesday 23 October 2019.

	the LANSW TRANS TASMAN TOUR to Auckland from refully, tick all relevant boxes and print all informations.	•
SURNAME:		
GIVEN NAMES:		
NAME YOU WISH TO BE KNOWN AS:		
ADDRESS:		
	POSTCODE:	
EMAIL: (please write clearly)		
TELEPHONE No. (h):	MOBILE:	
CENTRE:	MALE/FEMALE	
	OF PASSPORT. If this is not available now, it must n Friday 1 November 2019 (16 Robyn Street, Wood ting day on Sunday 3 November 2019.	· ·
way from the name shown on the Passpor There will be a minimum \$100 additional of after the passport has been supplied to us	ame you provide on this Nomination Form. If this ret, please indicate the name on the passport below charge imposed if the name on the airline ticket ne	
PASSPORT GIVEN NAMES:		
Passports sometimes can take up to 4-6 w	eeks to obtain - please ensure you arrange this in	plenty of time.
I would like to nominate to act in the follow	wing capacity:	
PLEASE NUMBER YOUR PREFERENCES Section Manager - Boys Section Manager - Girls Assistant Section Manager - Boys Assistant Section Manager - Girls	Tour Medical Officer First Aid Officer First Aid Assistant Sport & Recreation Counsellor	

Note: By reason of accommodation, officials must be of the same gender as the children in the section.

Please attach details of special qualifications you possess (e.g. involvement with children's sporting or other activities) which may assist the Tour Committee in their selection of suitable nominees.

TRANS TASMAN UNIFORM		
☐ I understand that all officials wil		he official uniform as listed in Bulletin 1. iform Fitting Day on Sunday 3 November 2019 and
INFORMATION : There will be an in	formation meeting for all s	elected officials at 7pm on Tuesday 3 December
2019 at Holroyd Sportsground, Pee		•
☐ I confirm I will attend the Inform	nation Meeting on Tuesday	3 December 2019.
•	ay 15 December 2019 to me	nagers and Assistants are required to be at eet the athletes in their section and their parents. day 15 December 2019.
DIET : Special diets can be provided	for medical or religious re	easons <u>ONLY</u> .
lacksquare I do not have any special dietary		
		e full details and attach a doctor's certificate in the acur a surcharge. The amount – to be advised – will
☐ I enclose cheque/money order f☐ I understand this deposit is non☐ I understand the deposit will be	for \$300 or l confirm pay refundable except in the e deducted from my invoice rking with Children' backgro	for total tour costs. ound check through the Office of the Children's
☐ Details of my Working with Child		
WWC#	•	
For official use only: Clearance checker		
☐ I confirm I have read Bulletin No	o. 1 dated September 2019	SW before 1 November 2019 for verification. P and understand all details of the tour. Date//
		e ree No. 2 should be a personal referee) lease ensure phone numbers are correct.
Referee No. 1		
		osition:
		osition: m)
Phone Number: (h)		
Phone Number: (h) Referee No. 2	(r	m)
Phone Number: (h) Referee No. 2 Name:	(r	

NOTE: A separate nomination form is required for each person.





HEALTH AND MEDICAL FORM - OFFICIALS

TRANS TASMAN TOUR 2020

For use only in case of an emergency

	complete this form so that we can be prepared to help you in the unlikely eunexpected injury whilst in New Zealand,	event that you are taken
Name:		
(or if there is not	s and telephone number body at that address while you are on the tour, please give us the name, address a hould contact in an emergency).	nd telephone number of
Your Doctor:	Name: Address: Telephone:	
Do you take a	any medication? ☐ Yes ☐ No	
If answer is Y	ES – What type of medication and where will you keep it while in New	Zealand?
(Please be ver	ry specific i.e. handbag, pocket, travel bag or luggage etc.)	
-	r from any of the following: seizures, □ fainting (due to heat/other causes – please explain) □ other– p	please detail below
Are you allerg	gic to any medicines? (e.g. penicillin)	
Do you have a	any allergies? Please detail below:	
	ents must be advised separately on your nomination form and are only accommodated for not not only other health or medical problems to be considered if an emergency	
Signed:	Date:	
Date of Birth:	coptional, however doctors may require this)	
PLEASE P	PUT THIS COMPLETED ONE PAGE "HEALTH AND MEDIC	'AL FORM" IN AN

PLEASE PUT THIS COMPLETED ONE PAGE "HEALTH AND MEDICAL FORM" IN AN ENVELOPE. WRITE YOUR NAME ON THE OUTSIDE OF THE ENVELOPE AND RETURN IT WITH YOUR NOMINATION FORM.

The sealed envelope will be taken to New Zealand by the Tour Secretary, and only opened in the event of a medical emergency. It will be returned to you at the completion of the tour if it is not required.

THANK YOU.