

TOPSPORT
**THE MULTISPORT
PROFESSIONALS**

GUIDED WAIMAKARIRI RIVER TRIP

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TOPSPORT KAYAKING

WAIMAKARIRI GUIDED RIVER TRIP

The aim of this trip is to introduce you to the Kathmandu Coast to Coast section of the Waimakariri River and help you identify and pick safe effective lines on race day. This paddle is not a time trial; it is a guided educational trip.

COST

The cost of the trip is \$389 plus kayak hire if you need it for \$89

DAY'S SCHEDULE

- Meet Yaldhurst Hotel @ 6.30am.
- Arrive at Mt White Bridge at approx 8.15am
- Prepare individual kayak and gear for trip
- Depart 9am
- Arrive back in Christchurch between 4pm and 6pm.

Please note this is only an estimate and may be earlier or later depending on the trip.



FAQ

WHERE DO WE MEET?

We meet on Yaldhurst Road in the car park of the Yaldhurst Tavern. This is on the left hand side of the road heading out of town, just past the Pound Road roundabout. It takes considerable time to pack everyone's gear and kayaks in and on our vehicle so please make every effort to be on time.

WHAT SECTION OF THE RIVER DO WE PADDLE?

Our trips run from Mt White Bridge to a place called Woodstock. This is approximately 55 kms. Mt White Bridge is the start of the Coast to Coast paddle and Woodstock is the first vehicle access exit point after the Gorge. Experience has taught us that paddling the final section of the river can be tough for many first time paddlers. Woodstock is not the exit point for the Kathmandu Coast To Coast race. This finish is a further 14 kms down stream.

WHAT ABOUT THE WEATHER AND RIVER CONDITIONS?

Weather and river conditions in the days leading up to and including the day of your trip are very influential. We have strict safety procedures and guidelines in place; if the conditions on the day of your scheduled trip are outside these parameters we will be postponing the trip. We use the latest weather and river flow information gathered from various sites on the Internet along with our personal experience to make these decisions. We will make every effort to postpone a trip if the conditions do not support a safe descent of the river. However if we arrive at the river and the conditions are not that which have been predicted and a paddle right through the Gorge is not safe but the top section is then we will try to complete two runs to Gooseberry Stream, which is approx 30kms and is home to the famous Rock Garden rapids.

WHAT DOES TOPSPORT SUPPLY?

Topsport Kayaking will provide return transport from Christchurch. We have a kayak specific trailer ensuring your pride and joy travels safely as well.

Our guides Len, Sam, Ryan and Caleb have over 30 years guiding experience between them, been working together for years and have all competed in the Kathmandu Coast to Coast many times. They make it their job to know the river intimately so they can pass on valuable information to you.

WHAT DO I NEED TO BE ABLE TO DO?

You are required to be fit enough to handle 5 to 6 hours of paddling in your kayak. Please ensure you are spending adequate time in your boat training so that you can get the most out of your day on the river. The pace of the trip is not fast but you still need to be physically up for the task at hand.

Topsport requires that you have completed your Grade Two Certificate and are paddling your boat or something similar to match your ability. If you have not got your certificate yet please contact Kate on info@topsport.co.nz to discuss your individual situation.

Please Note: If we get to Gooseberry Stream (15km's into the trip) and Topsport staff are concerned about your ability to handle the Gorge for any reason you may be asked to get off the river. If you are asked to get off the river this is not negotiable. This is rare but if it occurs it is for your own health and safety and that of the group.

WHAT ABOUT MY KAYAK?

It is your responsibility to provide a river worthy kayak. Before your trip please ensure that your kayak is in safe river condition. This includes being complete with two rear airbags. You need to check the front and rear foam pillars are secured and are in good condition. The seat is secure and the boat has no obvious holes. Make sure the rudder isn't loose and it's working well. Please also check the rudder lines and foot pedals for any possible damage or wear. If you have any concerns please contact us prior to your trip for one of our staff to check and advise you. Trips can be severely compromised if your kayak is not up to standard.

DIDYMO IS IN THE WAIMAK

Didymo also known as "rock snot" has been confirmed in the Waimakariri River. MAF Bio-security New Zealand (MAFBNZ) confirmed the finding in February 2010.

As kayakers we need to ensure that we take every possible precaution to prevent our beautiful rivers from being spoiled by this horrible algae. Bio-security New Zealand requires that we treat our gear both before and after paddling in the following way:

Kayaks should be cleaned thoroughly both inside and out with a decontamination solution. Bio-security recommend a biodegradable dish washing solution. Scrub or spray all exterior parts of the kayak with the cleaning solution, ensuring surface contact for at least one minute. Then fill the inside of your kayak with the cleaning solution, place all associated equipment, gear and clothing used during your paddle into the kayak and immerse completely and soak for as long as needed to thoroughly penetrate all absorbent items.

The equipment may then be rinsed using water that has come from a town water supply.

Drying is an acceptable alternative method, provided that all components are completely dry to the touch, inside and out, and then left dry for at least another 48 hours before entering a different waterway.



ARRIVING AT MT WHITE BRIDGE

When we arrive at Mt White will be working to a timetable. Topsport staff will unpack the boats from the trailer and place in a group with your instructor. Please find your gear and start getting changed into your paddling gear while our staff are doing this. Before you get changed into your kayaking gear please check that your footrests and rudder are working correctly and your airbags are inflated. Test your drink system is operational and that you have your food and compulsory gear packed. Don't forget to apply your sunscreen. If you need a hand to set up, please just ask. Topsport staff will be available to help and answer any questions that you may have getting ready.

SAFETY BRIEFING

Following on from our briefing video on the way to the river your guide will run through a final briefing before you get on the water. This is also an opportunity for you to ask any questions or express any worries or concerns you may have about your day. If there is something you need us to clarify, please don't hesitate to ask. We are here to teach and help.

WHAT DO I DO WHEN WE GET ON THE RIVER?

After the final briefing your guide will instruct you to get on the river. Please have your kayak facing upstream when you go to get in. Check your kayak is handling correctly by ferry gliding back and forward a few times.

Your guide will have planned an eddy for everyone to wait in and regroup before heading off. Once you are happy with your kayak and set up head over to the designated eddy and wait. Now is the time that you need to let your guide know if there is any kind of issue. If everything is okay your guide will head out first and your river trip has begun!

The day is all about learning and getting to know the river. With this in mind please be aware of what is going on around you. Pay attention to your guides at all times and follow their instructions.

NAVIGATING THE RIVER

You must stay on the same braid as everyone else in the group. Start learning to look ahead of the person in front of you even if that's the guide, as this will be most beneficial to navigating your way through traffic on race day.

If for any reason you find that you are moving ahead of the group, find a safe spot to eddy in and wait. If you are struggling to keep up let your guide know, via a message being passed on from the other paddlers. No one under any circumstances will be left behind. During your trip your guide will point out various landmarks along the way to help you know where you are on the river. For example: Hamilton Rapid and The Iron Bridge.

WHAT DO I DO IF I SWIM?

Having completed your grade two course we expect that you will be able to self-rescue. This does not mean that if you take a swim you are on your own. Your guide is here to help and will be at your side as soon as possible.

**IF YOU TAKE A SWIM PLEASE
TRY AND FOLLOW THESE BASIC
GUIDELINES:**

Try not to panic. We know this is a big ask for some of you but we need you to be as calm as possible so you can follow the instructions from your guide. If you can, swim to the front of your kayak and hang on to it by using the nose loop with one hand and keep hold of your paddle in the other. If you have to swim through a rapid, float on your back, keep your legs and feet up facing down stream. If you are with your kayak move to the front and hang on to the nose. When you can see a shallow spot try and swim with your kayak to the nearest riverbank. Remember to look out for rocks and try to pull your kayak past them rather than letting the kayak wrap onto or around them. Empty your kayak and then get back into it facing upstream. If you are having trouble or are suffering from anxiety please let your guides know. They are very experienced in dealing with nervous and anxious paddlers. Swimming is all part of learning and with each swim, valuable lessons are learnt. If you notice a swimmer, alert the guide if he is unaware then eddy in to the nearest eddy and wait. Stay alert for any gear that maybe moving down the river, if you are able to recover it safely then do so. While you are waiting this is a good opportunity for you to take on vital food and drink.

See the next page for a gear list you MUST bring for the trip.



MOVING WATER REQUIRED GEAR

The following is a list of gear that you will be required to bring on your trip.

If you do have enough gear you may not be allowed on the water. Please print it out and use it as a reference. It is really important to us that you bring **ALL** of the following gear:

REQUIRED GEAR:	PACKED
• Multisport kayak	
• Paddle	
• 2 x Rear airbags	
• Life jacket - with whistle attached	
• Kayaking helmet	
• Neoprene spray skirt	
• Booties	
• Kayaking jacket	
• Top and pants to paddle in	
• Sunglasses if you need them	
• Race food/drinks/gels and lunch	
• Towel, lots of warm gear and food for finish.	
THE FOLLOWING IS GEAR TO BE CARRIED IN YOUR DRY BAG:	
• Waterproof dry bag	
• Long thermal top (additional one if you paddle in one)	
• Long thermal pants	
• Thermal mid layer /Fleece top – 220gm minimum	
• Water proof seam sealed pants	
• Duck tape – Minimum half a roll.	
• First aid kit as per Coast to Coast requirements	
• Thermal hat, gloves and socks	
• Extra energy food	
• Emergency survival bag	

Please note: It's better to take too much extra gear than not enough.

This checklist is all gear (with the exception of waterproof pants) that is compulsory gear for the Coast to Coast. If there is something on this list you do not have then you need to get it. Check out the rules on the C2C website if you need more information.

Topsport cannot be held responsible for any loss of jewellery or any other items of value, so please leave these at home.

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KAYAKS SHOULD BE CLEANED THOROUGHLY BOTH INSIDE AND OUT WITH A DECONTAMINATION SOLUTION.

Bio-security recommend a biodegradable dishwashing solution. Scrub or spray all exterior parts of the kayak with the cleaning solution, ensuring surface contact for at least one minute. Then fill the inside of your kayak with the cleaning solution, place all associated equipment, gear and clothing used during your paddle into the kayak and immerse completely and soak for as long as needed to thoroughly penetrate all absorbent items.

THE EQUIPMENT MAY THEN BE RINSED USING WATER THAT HAS COME FROM A TOWN WATER SUPPLY.

Drying is an acceptable alternative method, provided that all components are completely dry to the touch, inside and out, and then left dry for at least another 48 hours before





THANKS FOR PADDLING WITH US!

Paddling the Waimakariri is an amazing experience. It is such a special part of the country and we hope that you love it as much as we do.

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