

---

## T O U R   N E W S

### A U S → C Z E C H R E P U B L I C → 2 0 0 8

RE:       **Newsletter 3**  
To:       Selected Athletes, Parents and Support Crew  
From:     Geoff Jones , Team Manager  
Date:     Tuesday, 24<sup>th</sup> June 2008



#### *Tour News*

Well, it's getting close, only a 10 days until we leave. All the organisation is completed and we are ready to go.

#### *Uniforms*

The Polo shirts have arrived but we are still waiting for the Tee Shirts. All the uniform items will be distributed to team members over the following week. The uniform includes:-

- One Australian Canoeing Tracksuit
- Two Australian Canoeing Polo Shirts
- Two Rash Shirts
- Two Tee Shirts

#### *Competitions*

The numerical entry forms have been completed and sent off for the Worlds. The final entry form will be forwarded this week.

#### *Team Dress code for Leaving Australia*

Each Team member will be expected to wear the team Tracksuit and Polo shirt on the flight out of Australia. Can I suggest that you also put a pair of the shorts and tee shirt in your cabin luggage if you want to change on the flight or in Singapore. Also take your personal toiletries in your carry on luggage as well.

### *Code of Ethics Athletes Code of Behaviour*

The following extracts are from the Aust Canoeing Selection handbook. Please read and consider. I am confident we are all going with these in mind.

As a participant in any activity held by or under the auspices of *Australian Canoeing*, an Athlete must meet the following requirements in regard to their conduct during any such activity or event.

1. Respect the rights, dignity and worth of fellow canoeists, coaches, officials and spectators.
2. Refrain from conduct, which could be regarded as sexual or other harassment towards fellow canoeists and coaches.
3. Respect the talent, potential and development of fellow squad members and competitors.
4. Care and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. Conduct yourself in a professional manner relating to language, temper and punctuality.
7. Maintain high personal behaviour standards at all times.
8. Abide by the rules and respect the decision of the adjudicator, making all appeals through the formal process and respecting the final decision.
9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team/crew.
10. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

### *Junior Team Website*

Do not forget to check-out the Junior Team Website. All newsletters and information are on the site. While we are away I will try to update the site, internet connections allowing.

Just a reminder, if you have any sponsors that have helped you get to Europe please let me know the details of the sponsor and a web link if they have a website. I will place them on the site.

The web address for our site is:- [www.ozjuniorcanoeslalom.com/2008](http://www.ozjuniorcanoeslalom.com/2008)

Also, if you would like to view some of the previous tours for the Junior Team and Junior Development Teams go to the following site [www.ozjuniorcanoeslalom.com](http://www.ozjuniorcanoeslalom.com)

***Send the link to your friends, family and anyone who is interested.***

## *Tour Schedule*

The itinerary has not changed since the second Newsletter. We will be paddling some great WhiteWater courses and see some fantastic sites and its up to you to take advantage of the opportunities in front of you.

<b>Date</b>	<b>Day</b>	<b>Event</b>		<b>City</b>	<b>Comment</b>
4/07/2008	Fri	Fly		AUS	Depart Australia –Stopover Singapore
5/07/2008	Sat	Drive	Frankfurt	GER	Arrive Frankfurt and Travel to Augsburg
6/07/2008	Sun	Train	Augsburg	GER	Watch the Finals of the World Cup
7/07/2008	Mon	Train	Augsburg	CZE	Training
8/07/2008	Tue	Train	Augsburg	CZE	Training
9/07/2008	Wed	Train	Augsburg	CZE	Training
10/07/2008	Thu	Train	Augsburg	GER	Training
11/07/2008	Fri	Drive	Oetz	AUT	Travel
12/07/2008	Sat	Train	Oetz	AUT	Training
13/07/2008	Sun	Train	Oetz	AUT	Training
14/07/2008	Mon	Train	Lofer	AUT	Day trip – Training
15/07/2008	Tue	Train	Oetz	AUT	Training
16/07/2008	Wed	Travel	Prague/Roudnice	CZE	Travel - Train Afternoon
17/07/2008	Thu	Train	Prague/Roudnice	CZE	Training
18/07/2008	Fri	Train	Prague/Roudnice	CZE	Training
19/07/2008	Sat	Train	Prague/Roudnice	CZE	Training
20/07/2008	Sun	Train	Prague/Roudnice	CZE	Training
21/07/2008	Mon	Train	Prague/Roudnice	CZE	Training
22/07/2008	Tue	Train	Prague/Roudnice	CZE	Training
23/07/2008	Wed	Train	Prague/Roudnice	CZE	Training
24/07/2008	Thu	Train	Prague/Roudnice	CZE	Training
25/07/2008	Fri	Jnr World	Prague/Roudnice	CZE	Competition
26/07/2008	Sat	Jnr World	Prague/Roudnice	CZE	Competition
27/07/2008	Sun	Jnr World	Prague/Roudnice	CZE	Competition
28/07/2008	Mon	Sight Seeing	Prague/Roudnice	CZE	Sight Seeing / Paddle
29/07/2008	Tue	Drive	Augsburg	GER	Sight Seeing / Paddle
30/07/2008	Wed	Drive	Frankfurt	GER	Fly Home to Aus
31/07/2008	Thu	Fly	Frankfurt	GER	Fly Home to Aus
1/08/2008	Fri	Fly		AUS	Arrive Home in AUS

## *Accommodation*

The last of the accommodation has been finalised, so hopefully we will have somewhere to stay each night while we are away. The only problem might be finding some of the spots. Below is the accommodation status:-

**Augsburg: 5/7 to 10/7:** The Hotel Jakoberhof, 2 Nights in Augsburg

Link: <http://www.jakoberhof.de/>

Address: Jakoberstraße 37  
86152 Augsburg  
Tel:0049 821 510030  
Fax:0049 821 150844

BLZ, 4 nights in Augsburg. On course accommodation in the Athletes Village at the the Eiskanal, the 1972 Olympic Venue

Link: <http://www2.augsburg.de/index.php?id=6889>

Address: Am Eiskanal 30 a  
86161 Augsburg  
Phone 0821 / 324-9703

**Oetz: 11/7 to 15/7**

Nature Resort Oetz, 5 Nights on the Oetz River, 5 minutes from the Slalom Course.

Link: <http://www.nature-resort.at/resort/en>

Address: Piburgerstr. 6,  
6433 Oetz.  
Phone +43(0)5252 20248

**Roudnice 16/7 to 28/7**

**Prague:**

The Boathouse Hotel Troja, 13 Nights – On the Troja course in Prague. Roudnice is a 25 minute drive north of Prague

Link <http://troja.kanoe.cz>

Vodacka 789/8  
Prague – 7 Troja, 17000  
Phone: 004202 / 83850477

**Augsburg: 29/7/2008**

1 Night, accommodation to be confirmed, either BLZ or Jakoberhof Hotel.

## *Travel Insurance*

Travel insurance has been organized via Australian Canoeing for all team members. Full details of the travel insurance can be found at the following link:-

<http://www.canoe.org.au/default.asp?Page=13845&MenuID=Insurance/86/0/>

This year we have also paid for the inclusion of coverage for sports equipment, i.e boats.

Below is an extract from the Travel Insurance policy that has been taken out for all members of the team.

### **INTRODUCTION**

Willis Australia Limited (Willis) has designed this insurance program for Australian Canoeing and its members. This brochure is a summary of the cover only.

### **WHO IS INSURED**

Managers, Coaches, Authorised members and their accompanying spouses and/or partners and dependent children, whilst engaged on authorised business travel provided travel outside a radius of 100 kilometres from point of departure to the intended destination, including associated holiday and leisure travel. Travel is limited to a maximum of 6 months. Note that travel details and participant names must be sent to Australian Canoeing prior to departure, by email to [info@canoe.org.au](mailto:info@canoe.org.au).

### **WHO IS THE INSURER**

Accident & Health International Pty Ltd (AHI) Sydney. NSW Australia underwritten by Allianz Australia Insurance Limited.

Policy Number 0020915

### **TRAVEL INSURANCE BENEFITS**

Per Person

- Death & Capital Benefits \$ 250,000
- Death & Capital Benefits(under 18 years of age) \$ 20,000
- Weekly Accident Benefits(up to 85% of gross weekly earnings or) \$500 per wk max
- Alternative Employee Expenses \$ 10,000
- Evacuation Cover \$ 25,000
- Extra Territorial Workers Comp(Common Law) \$ 500,000
- Kidnap, Detention, Extortion & Ransom \$ 250,000
- Baggage including canoes/kayaks, Travellers' Cheques, Credit Cards \$ 20,000 (Limit any one item \$2,500)
- Computers and Electronic Equipment (\$250 excess) \$ 5,000
- Deprivation of Baggage \$ 3,000
- Money \$ 2,500
- Loss of deposits & cancellation charges \$ 20,000
- Medical, Medical Evacuation and AHI Assist \$ Unlimited
- Personal Liability \$ 10,000,000
- Hire Car Excess Expenses \$ 5,000
- Broken Bones benefit-Maximum Compensation \$ 5,000
- Aggregate Limit of Liability \$ 5,000,000
- Non Scheduled/Charter Aircraft \$ 500,000
- Nuclear, Biological & Chemical Terrorism \$ 1,000,000
- Life Insurance \$ 50,000

Note: Participation Cover is included

### **HOW TO MAKE A CLAIM**

- Notify the team manager of the loss immediately and request that the loss is reported to the organisers (if appropriate). Members not participating in a team should contact the local telephone operator and ask for a reverse charge call to AHI Assist on +61 2 9202 8211
- All incidents of theft or disappearance of property must be reported to the local police.
- Make a note of the circumstances at the time, and list all items that are missing, this will help you when you fill in the claim form.
- When the team returns from competition, advise Australian Canoeing and Willis as soon as possible. A claim form will be sent out which must be completed as fully as possible.

### **IMPORTANT NOTES**

- 1) This information is only a summary of the cover provided. Further details relating to the above benefits as well as the policy conditions are contained in the Accident & Health International Pty Ltd Corporate Travel Insurance Product Disclosure Statement & Policy Wording. To obtain a copy of the Wording, please contact Australian Canoeing.
- 2) This insurance program commenced on 4th December 2007 and expires on 4th December 2008.
- 3) Australian Canoeing is not and does not represent itself as a licensed insurance broker by endorsing the products outlined in this brochure.

## *Flights*

Singapore Airlines have been great with accommodating the team offering a boat allowance for the trip.

We will be travelling on e-tickets so all details will be confirmed when checking in. I will be sending each person their individual Flight itinerary over the next week; you will need to check details; Name and dates etc.

Team members are required to be at the airport **THREE AND A HALF HOURS BEFORE DEPARTURE** to allow for organisation and processing of luggage.

### ***Luggage Allowances:-***

The **Luggage allowance** is **32kg comprised of 20kgs for luggage and 12kgs for Boat allowance** – I would suggest that Canoeing Gear be packed into your gear bag and checked in as luggage, do not overload your boat, all boats and equipment will be weighed.

A total weight allowance of Boat, paddles and Check-in luggage will be total at Check-in Time, it must not exceed 32 Kg. So weigh it all before you go to the airport.

***You must label your boat and paddles with your name.***

Each Team member is accountable for their own luggage allowance.

**Any team member that attracts an excess luggage payment will be required to meet this cost.** The cost is \$60 per kilogram. Singapore Airlines are very strict with weight allowances. So weigh every thing and do not be over weight.

Don't forget to bring both a set of straps for your boat and a set of straps for your paddle/s as they will need to be strapped outside of the vehicle. Put them inside your boat.

The people flying out of Melbourne will take their boats to the airport and check them in as part of the normal check-in.

For the people flying out of Sydney we will need to get all the boats and paddles to the cargo area around lunchtime on the day before we depart (Thursday 3<sup>rd</sup> July). I will organise a trailer to leave PWS on Wednesday evening 2<sup>nd</sup> July, all boats must be dry. I will take the boats to the airport on Thursday. **Boats and paddles must be labelled with your name.** Families living in the city will be able to meet me at the cargo depot to drop off boats. I will forward more information regarding this over the coming week.

### **Carry on Luggage**

Carry-on cabin luggage is additional to your 32kg allowance. The information below is from the Singapore Airlines website relating to carry on Luggage.

Economy Class -



1 BAG 22 X 15 X 8INS -55 X 40 X 20CMS  
- weight not to exceed 7kgs -15lbs

Weight not to exceed 15lbs/7kgs.

### **Carry on Baggage Restrictions**

- All liquids, aerosols and gels must be carried in containers of no greater than 100ml/3.3oz capacity (approximately 100gm in weight).
- All containers must fit comfortably in a transparent, re-sealable plastic bag.
- The plastic bag must be no greater than 1 litre in capacity with a total outer edge measurement of no larger than 80cm.
- There is a limit of one plastic bag per passenger.
- The plastic bag must be removed from carry on baggage and presented to security personnel at the checkpoint for inspection and separate x-ray screening.



Size = about 20 x 20 cm

- Containers larger than 100ml will not be accepted, even if only partially filled.

## ***Flight Details***

### ***Departing Australia- Friday 4<sup>th</sup> July 2008***

#### **Victorian Team members**

Friday 4<sup>th</sup> July; Flight SQ 228 Departs Melbourne (Tullamarine) 15:50 and arrives Singapore (Changi Int Airport) at 21:35. Aircraft 747-400

#### **NSW Team Members**

Friday 4<sup>th</sup> July; Flight SQ 232 Departs Sydney (Kingsford) 11:30 am Singapore (Changi Int Airport) at 17:45. Aircraft 747-400

#### **All Team Members**

Friday 4<sup>th</sup> July Flight SQ 26: Departs Singapore (Changi Int Airport) at 23:50 and arrives Germany - Frankfurt at 6:30am.

### ***Returning to Australia – Depart Frankfurt***

#### **Victorian and Team members**

Tuesday 29<sup>th</sup> July; Flight SQ 325: Departs Frankfurt Airport 22:00  
Arrives Wednesday 30<sup>th</sup> July Singapore Changi International Airport at 16:15  
Depart Wednesday 30<sup>th</sup> July Singapore Changi International Airport at 21:00  
Arrives Thursday 31<sup>st</sup> July Melbourne 6:10 am

#### **NSW Team Members – Except Ethan Hodson**

Wednesday 30<sup>th</sup> July; Flight SQ 325: Departs Frankfurt Airport 22:00  
Arrives 31<sup>th</sup> July Singapore Changi International Airport at 16:15  
Depart 1<sup>st</sup> August Singapore Changi International Airport at 00:30 am  
Arrives 1<sup>st</sup> August Sydney 9:55 am

#### **Ethan Hodson – Return Flight**

Monday 22<sup>nd</sup> September; Flight SQ 325: Departs Frankfurt Airport 22:00  
Arrive Tuesday 23<sup>rd</sup> September, Singapore Changi International Airport at 16:15  
Depart Tuesday 23<sup>rd</sup> September Singapore Changi International Airport at 20:35  
Arrives 24<sup>th</sup> September Sydney 05:55 am

## *Daily News Rosters*

I will be putting together a daily news roster. So, yes you will need to brush up on your story telling skills for your turn(s) to write the daily news to be posted on the team website.

## *Travel Advice*

**Money:** I think it is a really wise idea for new travellers to travel with a few different forms of money. I do not advise travellers cheques as you loose on the exchange rate and sometimes you will need to search for banks that will cash travellers cheques.

The use on a normal Key-card to access your saving accounts at teller machines is an easy way to go, just make sure that your card has the Maestro and Cirrus logos, if you are unsure please check with your bank. Also a credit card is a safe way to travel as if it goes missing you can cancel it straight away. A debit card is also good, you can get a debit card with a visa function attached. Try to avoid carrying too much cash around, take it out when you need it should be fine.

**Clothing:** Take something for all occasions. Make sure you have a really good water proof jacket. Make sure you have comfortable clothing to travel in, don't forget it is summer in Europe.

**Valuables:** Avoid bringing any jewellery you don't really need. If you don't wear it every day at home don't bring it. I strongly advise you bring a watch, one you can use for both training and for keeping time.

Ear plugs: **STRONGLY ADVISE TO TAKE.** You never know if the hotel next door the night before the race might have a big party. So to make sure you are used to wearing them, try some out when you go to bed at home before the trip.

Only drink bottled water and wash your teeth, fruit and vegies in bottled water unless you are told otherwise.

There will be a lot of down time so bring a good book. If not your way of relaxation, bring cards, magazines and music.

The flight is long, especially the second leg, from Singapore to Frankfurt. The air conditioning on the plane tends to dehydrate you so take a drink bottle (with a screw-top) so that you don't have to keep calling the hostess in the middle of the night. Take a few pieces of fruit for when you are transit. There are no fruit quarantine issues when you are leaving Australia (only on the way back!).

**Note:** The drink bottle must be empty when you board the plan, you should be able to get a attendant to fill it once on board.

## **Sleeping / Jetlag**

Sleep when you can on the plane. It is not worth keeping yourself awake for the whole flight' you can deal with jetlag once you arrive. The airlines only provide you with one small pillow so it is worth taking a small travel pillow or a bulky jumper so you don't get a stiff neck or end up dribbling on the person beside you. It is a good idea to get up and stretch regularly, especially your hip flexors, which tighten up when you spend a lot of time sitting. The plane can get pretty cold during the night so make sure you have enough clothes.

## **Travel Wallet**

It is worth having some kind of wallet for all your travel documents. It is a place to keep your passport, ticket, insurance, currency, boarding passes, a pen etc. Try to minimise the number or loose items floating around your bag. You don't need a money belt, you will only lose things if you leave them lying around. Put photocopies of your travel documents in your main luggage. Throw in some food supplies (as mentioned above) and your toiletries and anything else you might want on the plane: pyjamas, slippers etc. Your hand luggage cannot be very big so if you are bringing a bulky jumper to use as a pillow you are best to wear it around your waist.

\*\*\*\*\*

## *Other Things to consider*

### **Laundry**

Please bring a small portable clothes line (buy pegs in Europe) for your laundry needs (we will buy washing powder in Europe) as washing is expensive to have attended to in Europe if available. The best thing is to wash regularly in your basins in the room and hang things out to dry.

At some locations we may be able to organise Laundry, but don't count on it, the costs associated with this service will be the responsibility of individuals. I would allocate approximately 5 – 10 euro (\$8 - \$17) per wash.

Also be mindful of personal hygiene as it will be a long and unpleasant trip if stuck next to someone who doesn't notice their own aroma.

### **Mobile Phones**

**Also:** Check that you have international roaming activated on your mobile phone.

***Phone charges will be expensive.***

### **Electronic Equipment**

If you are taking electronic equipment that requires charging from a power source don't forget to buy a European to OZ converter. Most travel shop will have these.

## Clothing

Buy a Laundry Marker and put your name or initials on your items of clothing. Makes determining ownership of uniform items really easy when you are searching for your jacket in a pile of 5 jackets all the same.

### **Things to do**

- Grab a “Lonely Planet” guide from the local library and look up some of the places countries and cities we are travelling to, Prague, Roudnice, – Czech Republic; Frankfurt, Augsburg – Germany and Oetz in Austria.
- The ASDA (Australian Sport Drug Agency) Substance list that I supplied with the last newsletter is on our website. – check on medication etc

The ASDA website: - <http://www.asada.gov.au/> has a vast amount of information for athletes. Check out the Athlete resources page before you go overseas.

Athlete Resources page:- <http://www.asada.gov.au/resources/athleteszone.htm>

- See checklist below. Personal Checklist

To Do – Details	Done
Read the Travel Nutrition guide put together and is on Website	
Read the checklist of things to take and organise them.	
Review the drugs in sport handbook supplied with the Newsletter. Check out the ASDA Website for more information.. If you have any doubts about any of the medications you are on contact Australian Canoeing or the ASDA Hotline.	
Obtain scripts if appropriate for medications you take	
Buy some small Aussie “bits & Pieces” to take and give as small gifts/thankyous	

Regards

**Geoff Jones**

2008 Team Manager