



Toka Tūmoana Registration

| Programme Information | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>This is a four-day programme starting at 8.30am, finishing at 2.30pm each day. This will run on Thurs & Friday over a two week period.</p> <p>Attendance and dates will be confirmed with you by phone. Please make sure your contact details are correct, and you are contactable.</p> | |
| Transport: | <p>We provide transport to/from the facility in Makara and beach where the programme will take place.</p> <p>Meeting point for transport to the programme is at Te Paepae Ārahi office. However, pick up & drop off to your home is provided to whānau living in the Hutt Valley, as arranged with the facilitator.</p> <p>Transport for whānau living outside of the Hutt Valley is from/to Wellington Station only.</p> |
| We provide: | Kai & water |
| What you will need: | Towel |
| Age: | 14+ |
| Dive equipment: | <p>Full equipment is provided and is limited in sizing. Please ensure to include your sizing in your registration form.</p> <p><i>Please note that you will be expected to wear full dive equipment to participate in this programme.</i></p> |

| Personal Information | |
|----------------------------------------|-----------------|
| Full name: | Preferred Name: |
| Date of Birth: | Gender: |
| Ethnicity: | Iwi: Hapū: |
| Address: | Phone: |
| E-mail: | |
| Whānau/Next of kin support information | |
| Name: | Relationship |
| Address: | Contact Number: |

| Referrer Info. | | |
|-------------------------------|----------------------------------------|--------------------------------|
| Self <input type="checkbox"/> | Whānau/Family <input type="checkbox"/> | Other <input type="checkbox"/> |
| Referrer Name: | Service: | |
| Contact number: | Email: | |

| Medical Info. |
|----------------------------------------------------------------------------------------------------------------------------|
| Medical diagnosis: <i>e.g. Heart condition, diabetes, neuro condition, mental health etc.</i> |
| Medication: <i>Please provide details of any medication you are on. e.g. blood thinners, anti-depressant medicine etc.</i> |
| Please rate your physical fitness on a scale between 1-10 (<i>1- difficulty walking, 10 – Super fit & able</i>) |
| 1 2 3 4 5 6 7 8 9 10 |

| Dive Equipment Sizing | | | | | | | | | | | | | | | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------|-------------|----|-------------|---------------|----|-------------|---------------|----|-------------|---------------|----|--------------|---------------|----|---------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Wetsuit (clothing size & weight) <table border="1"> <thead> <tr> <th>Size</th> <th>Weight (KGS)</th> <th>Height (CM)</th> </tr> </thead> <tbody> <tr> <td>52</td> <td>60kg - 75kg</td> <td>165cm - 171cm</td> </tr> <tr> <td>54</td> <td>70kg - 85kg</td> <td>170cm - 176cm</td> </tr> <tr> <td>56</td> <td>80kg - 95kg</td> <td>175cm - 181cm</td> </tr> <tr> <td>58</td> <td>90kg - 105kg</td> <td>180cm - 186cm</td> </tr> <tr> <td>60</td> <td>100kg - 115kg</td> <td>185cm - 191cm</td> </tr> </tbody> </table> | Size | Weight (KGS) | Height (CM) | 52 | 60kg - 75kg | 165cm - 171cm | 54 | 70kg - 85kg | 170cm - 176cm | 56 | 80kg - 95kg | 175cm - 181cm | 58 | 90kg - 105kg | 180cm - 186cm | 60 | 100kg - 115kg | 185cm - 191cm | Do you have your own full set of dive gear? Y / N <i>If not, please provide the following info.</i> Clothing size: Weight: |
| Size | Weight (KGS) | Height (CM) | | | | | | | | | | | | | | | | | |
| 52 | 60kg - 75kg | 165cm - 171cm | | | | | | | | | | | | | | | | | |
| 54 | 70kg - 85kg | 170cm - 176cm | | | | | | | | | | | | | | | | | |
| 56 | 80kg - 95kg | 175cm - 181cm | | | | | | | | | | | | | | | | | |
| 58 | 90kg - 105kg | 180cm - 186cm | | | | | | | | | | | | | | | | | |
| 60 | 100kg - 115kg | 185cm - 191cm | | | | | | | | | | | | | | | | | |

All pages will need to be completed for processing of your registration for Toka Tūmoana
 Once completed please send to administration@tepaepae.co.nz

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 62 110kg - 120kg 190cm - 196cm 64 115kg-125kg 195cm - 200cm 66 | Height: |
| Fins NZ Size 5 - 7 7 - 9 9 - 11 11 - 13 | Do you have your own fins? Y / N <i>If not, please provide the following info.</i> Shoe Size: |
| Gloves Hand width: measure across your knuckle excluding thumb. Moray Amara Kevlar mm mm X Small 90 75 Small 95 85 Medium 100 90 Large 110 100 X-Large 120 110 XX-Large 130 120 | Do you have your own gloves? Y / N Glove size: |

TE PAEPAE ARAHI

Appendix 1: Tangata Whaiora Questionnaire

HUA ORANGA - Whaiora Schedule

Whaiora Name _____ Date _____

| | | | | | |
|-------------------------------------------------------------------------------------|--------------------------|---|---|---|-----------------------|
| These questions are about taha tinana or your physical health | 1 | 2 | 3 | 4 | 5 |
| At this point in time do you feel: | <i>Strongly disagree</i> | | | | <i>Strongly agree</i> |
| Able to move about without pain or distress | 1 | 2 | 3 | 4 | 5 |
| I have goals to maintain or improve my physical wellbeing | 1 | 2 | 3 | 4 | 5 |
| I believe physical health improves my general wellbeing, including mental wellbeing | 1 | 2 | 3 | 4 | 5 |
| Physically healthy | 1 | 2 | 3 | 4 | 5 |
| These questions are about taha wairua or your spiritual health | 1 | 2 | 3 | 4 | 5 |
| At this point in time do you feel: | <i>Strongly disagree</i> | | | | <i>Strongly agree</i> |
| My mana is intact and acknowledged/respected | 1 | 2 | 3 | 4 | 5 |
| Strong in my cultural identity | 1 | 2 | 3 | 4 | 5 |
| Content within yourself | 1 | 2 | 3 | 4 | 5 |
| Connected and healthy from a spiritual (Wairua and Mauri) perspective | 1 | 2 | 3 | 4 | 5 |
| These questions are about taha whānau or your family health | 1 | 2 | 3 | 4 | 5 |
| At this point in time do you feel: | <i>Strongly disagree</i> | | | | <i>Strongly agree</i> |
| Able to talk with my whānau and others | 1 | 2 | 3 | 4 | 5 |
| My relationships with whānau and others are healthy | 1 | 2 | 3 | 4 | 5 |
| Clear about my roles within my whānau/family, and how to fulfil them. | 1 | 2 | 3 | 4 | 5 |
| Able to participate in community, or hapū and iwi activities. | 1 | 2 | 3 | 4 | 5 |
| These questions are about taha hinengaro or your mental health | 1 | 2 | 3 | 4 | 5 |
| At this point in time do you feel: | <i>Strongly disagree</i> | | | | <i>Strongly agree</i> |
| I want to make changes in my life that contribute to my wellbeing | 1 | 2 | 3 | 4 | 5 |
| Able to think, feel and act in a positive manner | 1 | 2 | 3 | 4 | 5 |
| Able to manage unwelcome thoughts and feelings | 1 | 2 | 3 | 4 | 5 |
| I understand what contributes to my concerns and how to address these. | 1 | 2 | 3 | 4 | 5 |