

TRANSPORTING WHEELCHAIR AND/OR THROWING FRAMES AND POLES OVERSEAS CHEAT SHEET

DO YOU HAVE TO TRAVEL INTERNATIONALLY WITH YOUR WHEELCHAIR AND/OR THROWING FRAME AND POLE/S FOR ONE OF THE FOLLOWING?

- An Athletics NZ team
- An Australia-based Competition
- An Athletics NZ campaign (eg. Carded, PPS and P2P athletes)

IF YOU ANSWERED YES TO ONE OF THE ABOVE OPTIONS, YOU NEED TO:

- 1) Contact the Athletics NZ High Performance Teams Coordinator, [Jess Jones](#)
- 2) In your e-mail, include the following details:
 - **Reason for flights** eg. Athletics NZ team, campaign etc.
 - **Flight numbers** eg. NZ505, NZ2
 - **Flight dates and times**
 - **Type of flights** eg. Flexi, the works etc.
 - **No. of frames**
 - **Weights and Dimensions of frame/s and/or poles** (weight should be under 23kg)
 - **No. of checked-in bags** (we need to know if you are taking a suitcase as well)
 - **Please make sure you double-check all of the details before sending the e-mail off – we would hate to transport you and your frame/s to Austria, when your competition is in Australia!**

THE RULES YOU NEED TO FOLLOW:

- Jess has to book the flights – this is a non-negotiable. If you can't contact her, or she is away, you need to contact [Kat Austin](#)
- You need to request the flight booking no later than three (3) weeks prior to departure for Australasian flights and no later than five (5) weeks prior to departure for all other international flights
- All flights are going to be booked through Air New Zealand, unless it's not available
- You are responsible for organizing the transport of your wheelchair frame/s to and from the departure airport
- We can't guarantee there will be someone to help you carry your wheelchair frame/s to the check-in area (so bring help if you can't carry them on your own)
- Check-in times are no later than two and a half (2.5) hours prior to departure for Australasian flights and no later than three (3) hours prior to departure for all other international flights