NEW ZEALAND PARALYMPIC TEAM

HANDBOOK

TABLE OF CONTENTS

TEAM VALUES

NZ PARALYMPIC TEAM

Integrity — Upholding honesty, fairness, and ethical behavior in all aspects of sport and life.

Excellence — Striving to achieve the highest standards in performance, training and competition.

Respect — Valuing diversity and treating all individuals with dignity and consideration.

Courage — Demonstrating bravery and perseverance in the face of challenges and adversity.

Inspiration — Motivating others through their achievements and the demonstration of the human spirit.

These values help foster a supportive and high-achieving environment for athletes, coaches, and staff involved in the Paralympic Movement in NZ.

MILANO CORTINA 2026

SECTION ONE - ATHLETES & STAFF

ATHLETES

Adam Hall – #158 **Para alpine Skiing** 	**Corey Peters - #188** **Para alpine Skiing** 

SUPPORT STAFF

Jane Stevens – Chef de Mission 	**Lynette Grace – Deputy Chef de Mission** 

Dan Bogue – Head Coach

Sam Lynch – Assistant Coach

Hamish Morison – Equipment Technician

Dr. Julie Milmine – Medical & Health Lead

Helene Barron – Team Physiotherapist

Sarah de Wattignar – Team Psychologist	Jack Bouchier - Content Creator
	

SECTION TWO - ANTI-DOPING INFO

Doping in sport is a very hot topic at the moment and it's important you are aware of your rights and responsibilities leading up to the Milano Cortina 2026 Paralympic Winter Games. There will undoubtedly be a higher volume of testing, and therefore a greater chance of Para athletes testing positive, whether deliberate or not.

Here are a few quick reminders.

Whereabouts
Para athletes in the testing pool must submit accurate and detailed Whereabouts for the full period of the Paralympic Winter Games. Paralympics New Zealand (PNZ) will advise Para athletes of any other whereabouts requirements during the Games period.

Games-related testing
Testing may occur at any time or place. All Para athletes are also subject to doping control from the day the Village opens, until the Closing Ceremony. Testing may be undertaken by the International Paralympic Committee (IPC), or your International Federation (IF).

In competition testing
It doesn't matter when a substance is taken. If you take a substance that is only banned in-competition during the out-of-competition period, you could still face a positive test if it's still in your system when you're tested during the Games.
Typically, the in-competition period begins at 11:59 pm the day before any competition an athlete is scheduled to compete in, up to and until the end of the competition and all testing associated with that competition.

This definition, approved by the World Anti-Doping Agency (WADA), is the same for all of their competitions. Please check with your IF if you are not familiar with their definition.

Doping control
Ensure you take a representative with you for any doping control tests and be compliant with the doping control process. If you have any concerns about the process, ensure you record these concerns on your doping control form and take photos of anything for your records.

Medications and TUEs
Before taking any medication, you should be aware that it might contain a banned substance. Always consult with a medication professional and inform them that you are an athlete subject to anti-doping rules.

Meanwhile, ensure you check your medications and ingredients (and routes of administration where applicable) on Global Drug Reference Online (Global DRO). Global DRO provides you with information about the status of specific medications, ingredients, and routes of administration based on the current WADA Prohibited List.

We encourage athletes to take what medications they may need from NZ and check that through the NZ site on Global DRO before departure, so that they can be confident in Global DRO.

Tips for checking medications, go to the **Global DRO homepage**:

- If purchased in NZ, choose your "Sport Nationality" as NZ

- If purchased overseas (for example, Italy), choose “Other” and find the country of purchase then follow the website link for a medication check.
- For medications purchased in Italy or any other country not specifically listed, they should use the "Other" country option on the Global DRO to find the relevant drug information.
- If the brand information can't be found, search the ingredients that are listed on the medication packaging.

Apply for a TUE prior to using any prohibited substance or method.

Athletes who already have a TUE

- If an athlete already has a valid TUE issued by the Commission or International Federation, the TUE must be recognised by the IPC. Existing TUEs must be valid for the entire period of the Games. The athlete or NPC can submit a request for recognition by email to tue@paralympic.org quoting the TUE reference number in ADAMS.
- TUE’s already issued which cover the Paralympic Winter Games period, must be submitted for recognition to the IPC by **20*th* February 2026**.
- If your existing TUE is due to expire during the Games period, and you require the medication for the entire Games period, you should apply for a new TUE in advance of the Games
- Contact the Commission or your IF to verify the expiry date of the TUE if it is unclear or if you require your ADAMS TUE reference number.

Athletes who need to apply for a new TUE

- If an athlete needs a TUE on or after **20*th* February 2026**, they must apply to the IPC TUE Committee, through ADAMS, or by email to tue@paralmpic.org
- The TUE application form can be found on the www.paralympic.org website
- The IPC will notify the athlete whether the TUE is granted (or not)

Retroactive TUE’s can only be applied for in cases of medical emergency, so do not get caught out.

Supplements

Using supplements can lead to positive tests so please follow all precautionary procedures as listed on the **Sport Integrity Commission Te Kahu Raunui website** and elsewhere. If you are in any doubt about the safety of the supplements you wish to use, don’t use them.

Support for clean sport

It is important that as New Zealanders, we reinforce the pride we take in competing clean at home, and in international competition. Please use every opportunity you can, through the media or your personal conversations, to emphasise your support for clean sport and your confidence in the programmes we run. We are all on the same Team.

SECTION THREE – KEY CONTACTS

Jane Stevens	Chef de Mission	cdm26@paralympics.org.nz	+64 21 222 4479
Lynette Grace	Deputy Chef de Mission	lgrace@paralympics.org.nz	+64 21 990 030
Dr. Julie Milmine	Medical and Health Lead	medical@paralympics.org.nz	+64 21 892 244
Helene Barron	Team Physiotherapist	helene.barron@hpsnz.org.nz	+64 21 242 2572
Sarah de Wattignar	Team Psychologist	sarah.dewattignar@hpsnz.org.nz	+64 27 353 3755
Greg Warnecke	Secretary General	gwarnecke@paralympics.org.nz	+64 22 019 8377
NZ Embassy		rome@nzembassy.it	+39 (06) 853 7501 After Hours Emergencies +39 99 202020
POLICE | FIRE | AMBULANCE EMERGENCY			**112**

SECTION FOUR – MEDIA | BROADCASTING | PHOTOGRAPHY

Broadcast details and media obligations are listed below.

Broadcast Partners

The NZ Paralympic Team is delighted to have TVNZ as the broadcaster of the Milano Cortina 2026 Paralympic Winter Games.

There will be some live daily coverage, and some will be delayed but all Kiwis competing at Milano Cortina 2026 will be covered live.

- TVNZ Duke & TVNZ+ 9.30pm-10.30am - Daily Coverage (Day 1 & 2)
- TVNZ Duke and TVNZ+ 9.00pm-10.30am - Daily Coverage (Day 3 to 9)
  - Up to five TVNZ+ streams live with all six sports shown
- TVNZ+ Replays and Daily Highlights

Media partners

Paralympics New Zealand (PNZ) Digital Content Creator Jack Bouchier is accredited as the PNZ Media Liaison and Content Creator. His primary role will be to act as a media liaison to TVNZ in Milano Cortina, provide Games-time content for PNZ and other media channels and support Engagement and Communications Lead, Steve Landells. NZ-based Steve will be distributing press releases and acting as the main media liaison to NZ-based media.

Spokespeople

Official Spokespeople

Jane Stevens, Chef de Mission, and Lynette Grace, Deputy Chef de Mission will be the official spokespeople for the NZ Paralympic Team. Greg Warnecke, PNZ Chief Executive Officer and Secretary General, and Jana Rangooni, PNZ Chair and President, will be the official spokespeople for the National Paralympic Committee of New Zealand (Paralympics New Zealand).

Para athletes

All Para athletes will interact with broadcast and media during the Games, especially after a key competition result or when attending a special event.

Coaches and support staff

Other than approving daily Media Schedules (see below), Coaches are not generally expected to have much interaction with the broadcast partners or media, except in special circumstances.

International media and IPC communications

It is possible that some international media may ask to interview members of the NZ Paralympic Team, and an approach may also be made by the International Paralympic Committee (IPC). If so, this will be managed by Lynette and Jack and put into the Media Schedules (see below).

Media protocols & expectations

Media schedules

Every evening, the Chef de Mission, Jane Stevens, and Deputy Chef de Mission, Lynette Grace and official spokespeople will be issued with a Media Schedule for the next day, created by Steve Landells. These will then be shared with the wider Team as part of the daily team meetings

for consideration as part of the following days planning. These will be well considered. It is likely further media updates will occur as media requests come in from the New Zealand media.

Media interaction

It is the current expectation that there are six places where Para athletes and official spokespeople are likely to be interacting with the media.

1. In the Mixed Zone: The Mixed Zone is an area at each competition venue put aside for use by accredited media. Normally when an event finishes, Para athletes and official spokespeople are guided into the Mixed Zone by officials. When coming through the Mixed Zone, keep an eye out for a TVNZ reporter or PNZ Media Liaison and Content Creator Jack Bouchier. It is possible that Para athletes may also be flagged down by international media or by the IPC. Note: Only enter the mixed zone when you are ready to meet with the media. There is no time pressure to enter the mixed zone. If you require support speak with Deputy Chef de Mission, Lynette Grace to assist you.
2. An agreed out of filming venue: As agreed by the Chef de Mission, Jack Bouchier will film the athlete's post-competition at the venue for video content to be distributed to the media and shared on PNZ social media channels.
3. At special events: Jack Bouchier may attend.
4. In the Village: Access to the Village is heavily restricted and carefully managed. It is possible there may be some interaction with Jack here.
4. In the Media and Broadcast Centre: In some rare cases, Para athletes and official spokespeople may be requested by broadcasters or media for a longer more detailed interview than possible in the Mixed Zone. Requests will be carefully considered before they are accepted. If accepted, transfers will be organised for the agreed time.
5. By Telephone or virtually: Steve Landells will be working with media in New Zealand, to organise phone or virtual interviews, some of which will be recorded for radio use. These interviews will be booked into the Media Schedules. Steve will be in liaising with Lynette Grace on such media requests.

Media expectations

Media and Jack will expect to talk to Para athletes in the Mixed Zone. We expect a TVNZ reporter to ask questions to the athletes in the Mixed Zone. If a TVNZ reporter is not present, Jack will film and interview athletes on behalf of TVNZ.

Note, Jack will always be present in the mixed zone to ask questions to the athletes. Jack will record the interview, and the audio will be shared with the wider media via a press release prepared by Steve in New Zealand. Jack will also interview the athletes at an agreed out of venue location to film the athletes. This content would be shared on PNZ social media channels and shared with the wider media.

Any additional media requests would be handled by Steve in New Zealand in liaison with Lynette. An agreed time for interviews would be allocated for such requests – likely early evening in Milano Cortina. If for any reason a Para athlete cannot stop in the Mixed Zone or needs to postpone an interview, this will be worked around.

Examples of why this might happen could include a quick turnaround before the next race, a medical requirement or a visit to Anti-Doping. If this happens, we would request the Para athlete try and come back later, so a reaction to a result can be captured. Note, in some cases if an athlete has a heavy competition schedule and media commitments could impact on

performance, it may be that athletes are exempt from some media demands. However, Jack would always seek a post-event reaction.

Media changes

If an interview has been scheduled and a Para athlete or official spokesperson is no longer able to do it, please notify the Head Coach – Dan Bogue or Deputy Chef de Mission - Lynette Grace. Steve will look to re-schedule the interview.

Media blackout period

Athletes are not obligated to complete media requirements in a 72-hour window before their first event. This allows the athlete to fully focus on the competition without media distractions. However, if an athlete is happy to fulfil a media request and their Coach is also happy, then the athlete would not be excluded from interacting with media.

Note, a media window, as agreed with the Chef de Mission, will be organised at pre-camp ahead of Milano Cortina 2026 to set up media interviews with the NZ Paralympic Team from New Zealand. This will be organised by Steve.

SECTION FIVE – MEDICAL AND SUPPORT SERVICES

Key Contacts:
Dr. Julie Milmine | medical@paralympics.org.nz | +64 21 892 244
Helene Barron | helene.barron@hpsnz.org.nz | +64 21 242 2572
Sarah de Wattignar | sarah.dewattignar@hpsnz.org.nz | +64 27 353 3755

Team services available and processes

The New Zealand Paralympic Team has a comprehensive range of services available for all members of the team. Dr Julie Milmine will be available 24 hours a day, to deal with all situations, urgent and non-urgent.

It is expected that all medical issues go firstly to the internal NZ Paralympic Team Medical Team. We do not anticipate using the medical clinic located in the Village as a first port of call. It is important that you use the NZ Paralympic Team Medical Team first, as they are aware of all Team member's prior history, any medical conditions and therapeutic drugs being taken.

The medical clinic is there for additional support and hospital services are available if needed as support.

Paralympic Village Services

It should be noted that the NZ Paralympic Team has a comprehensive range of medical services available in house. Other than the internal NZ Paralympic Tean Medical Team, the following services will be available in each of the Paralympic Villages:

Physiotherapy Services

In Village physiotherapy services will be available within the NZ Paralympic Team Medical Centre in Cortina, with Helene Barron.
This service can be utilised by Para athletes and Support Staff as required.
If you need physiotherapy assessment or treatment message (WhatsApp) Helene to arrange a time that suits your schedule.

Medical advice

<u>Pre Flight</u>

- Get a good sleep prior to departure.
- Ensure you have hydrated well over the day prior to arriving at the airport for travel.
- Try and fit in some light exercise prior to your flight (avoid intense training).
- Ensure hand and surface sanitiser is in your carry bag.
- Ensure a supply of face masks to last the journey.
- Hydration and nutrition for flights should be individualised and arranged in advance.

<u>In Flight</u>

- After boarding the plane, sanitise the arm rests, table and other touch points.
- Wear a mask throughout the flight.
- Minimise use of bathroom and communal areas – hand wash thoroughly after use.
- Eye mask and ear plugs can assist with sleep.
- Think about taking a travel pillow.

- Drink to the sensation of thirst. Much of jetlag comes from the body being dehydrated. Remember that alcohol, caffeine and sugar will only worsen the effects of dehydration.
- Avoid rich food, so your body can concentrate on catching up, instead of digesting. Eat lightly to avoid indigestion.
- Moisten your face to counter the drying effects of the air conditioning
- A saline nasal spray can help prevent nasal passages drying out.
- Gentle exercise during the flight – every 1-2 hours for about 5 minutes.
- Athletes with risk of developing pressure areas need to be vigilant about correct seating e.g. bring your own cushion and change position regularly.
- Remember if you need some assistance, do ask for it. Team Support Staff and flight attendants can assist.

Jet Lag – How to beat it

- Organisation, make sure that work, packing and any details that need to be addressed while you are travelling are sorted out early and not left to the last minute.
- Stress causes insomnia, therefore, avoid stress as much as you can in the lead up to your departure.
- Rest before you go, the better rested you are, the better you will cope with jet lag. Less than 8.5 hours sleep a night, will result in sleep debt. Try and get two to three hours of quality sleep before you leave.
- During your flight make sure you have compression stockings, eyeshade, relaxing book and ear plugs. For some people, lavender oil helps to induce sleep.
- Avoid alcohol – it is far more potent at altitude, and it dehydrates you and disrupts your sleep.
- Start living the new time zone as soon as you can – go to bed in the evening, even if it is early and set your watch to the time of where you are heading as soon as possible.
- If you are not getting enough sleep at night, take a short nap during the day – a 30 minute refresher sleep is ideal.
- When you arrive be sure to get outside and get some sunlight on you, this will help with resetting your body clock.
- It is advised to avoid wearing sunglasses for the first 48 hours as these impact your body's ability to reset your body clock by blocking blue light.
- You may wish to use some melatonin, which can be prescribed by your doctor. If you need any further advice, please contact Dr Julie Milmine.

Medical advice while in Cortina

Hydration and nutrition

- You are there to compete, stick to your nutrition regime until you have finished your competition.
- It may be hot, pre hydration is more effective than rehydration.
- The tap water in the Village should be avoided, stick to bottled water.
- Please be aware that there may be some change to how your gut behaves whilst you are away from home. Things might be a bit loose and your usual regime may not be the case. This is more likely to happen if you venture away from what you normally eat and drink. This is to be expected and not cause for concern unless you start to feel unwell with it i.e. fever, shakes, chills etc.

Eat and drink safely

- The food in the Village will be under strict hygiene and nutrition guidelines, the biggest danger here is straying from your usual regime.
- There will be a lot of food and drink freely available. Eat what you would normally eat (the type of food ,as well as volume) for training and competition and try new things after you have finished competing.
- A lot of traveller's diarrhoea issues can be avoided by taking simple everyday precautions.
- Always wash your hands before eating and handling food, and after using the bathroom.
- You should take some alcohol based hand sanitiser with you.

Sleep

- Actively manage your sleep routine. Talk about this with your roommate. Fatigue leads to impaired decision making, slower reaction time, increased sensitivity to pain, slower glucose metabolism and increased cortisol production. All can impact on performance.
- Less than seven hours of sleep impacts performance.
- Caffeine, alcohol and sleeping pills all can have a negative impact on sleep and thus performance.

Dehydration

- Adequate hydration is important for performance.
- Start exercise well hydrated.
- Drink during exercise as thirst dictates.
- Make sure you plan well in advance of your training what your individual requirements are for competition.
- Sports drinks are better rehydration then water alone, they are absorbed quicker into your system and replace vital electrolytes. These must be batch tested. Only use sports drinks that you have trialled during training and in previous competitions.

Medications

- Take all your essential medications with you.
- Make sure all your medicines are clearly labelled and in their original packaging.
- All Para athletes should carry a copy of any therapeutic use exemptions they require.
- Information is available from Sport Integrity Commission Te Kahu Raunui, or Julie if you need further advice.

Medical support

Please inform Medical Support Staff as soon as possible should any issue arise regarding injury or illness. This is your responsibility. Support Staff are there to help you as much as they can, but this relies on you letting us know when you are concerned.

Wellbeing

It may sound obvious however keeping yourself physically and psychologically well is critically important to performance. The Village environment is a huge part of the Paralympic Winter Games experience, but it can also present some challenges to maintaining typical routines or accessing your normal forms of regulation. Spending some time developing your wellbeing plan in the lead up to the Paralympic Winter Games will help you to anticipate any potential sticky points, and will allow you to be proactive in maintaining wellness whilst you're away. If you have not been to a Paralympic Winter Games or large multi-sport event before, it would be worth connecting with someone in your team who has, or Team Psychologist – Sarah de Wattignar to help develop your plan.

The NZ Paralympic Team is well resourced with wellbeing support with the Team Psychologist travelling with the team to Cortina. The role of the Team Psychologist at the Games is to provide support where needed to keep things running smoothly – like the wax on your ski, or fibre in your diet!

Your confidentiality will be maintained and information only shared with appropriate people with your consent.

SECTION SIX – OTHER ACCOMMODATION

HOTEL REGINA

Hotel Regina Cortina
Via del Castello, No 1
32043 Cortina d'Ampezzo
+39 0436 2797
Website LINK

Hotel Regina, a recently renovated historic family-run hotel, is located in the centre of Cortina d'Ampezzo.

B&B equipped with private parking (1 x carpark available to NZL), spa, beauty centre, elevator, ski and bike storage, luggage room, and laundry services.

The twenty-six rooms enjoy magnificent views of the Dolomites, a UNESCO World Heritage Site, and are all equipped with private bathroom with shower , digital flat-screen TV, telephone and safe deposit box.

Breakfast included for those staying

Amenities

- Wi-Fi available
- Bar/ Lounge
- Laundry Service (Cost: Washing - €15; Drier - €15)
- Sauna + Hot Tub
- Parking x 1 (Team vehicle)

Multiple restaurants within walking distance

Supermarket – 5 min walk (La Cooperativa di Cortina)
Self-Help Laundry – 10 min drive (Lava Piu) – Open 7am until 11pm

SECTION SEVEN – CORTINA FACTS & INFORMATION

Money

- Official currency of Italy is Euro - €
- Banknotes range from €5 to €500
- Credit cards are widely accepted, especially Visa and Mastercard
- Cash vs. Card: While card acceptance is common, it is wise to have some cash for small purchases or at establishments that may not have a working machine, especially in smaller towns.

Time Zone

- Central European Time – 12 hours behind New Zealand during the Paralympic Winter Games

Language

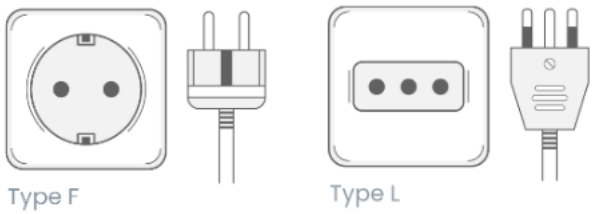
- Italian

Climate

- Average March Temperatures: High 15°C; Low 2°C
- March is the end of the winter season in Cortina, while there is still snow, temperatures are beginning to rise

Electricity

- Standard electricity is 230V at 50Hz
- Type F and L plugs are used



Driving

- Right hand side driving
- Must always carry your international driver's licence; car registration and insurance documents at all times
- Be aware of restricted zones (ZTL) in city centres

Smoking & Vaping

- Is banned in all indoor places; outdoor smoking is common in most public streets and outdoor restaurant patios

SECTION EIGHT – PREPARATION AND RECOVERY

Snack Packs

- Snack packs will be available in the NZ Team area. They will include crackers, muesli bars, dried fruit and nuts, Pics Peanut Butter slugs and pea snaps.
- These packs are to provide additional energy for training, recovery and competition and to provide familiar foods for you.
- For athletes you are encouraged to stick to your personalised nutrition plan.
- Radix is available in the event of food safety concerns, illness requiring isolation or if food availability is unable to meet daily energy requirements, which will impact training and recovery for athletes.

Gym

- Athlete's gym programmes for this period will be on their Train Heroic account as usual.
- Matty will be adjusting your programme based on how you are feeling on the day so keep in touch with him.

Recovery

- Refer to your personalised nutrition plan for your recovery nutrition.
- Active recovery spinning and grinding will be outlined on Train Heroic.
- Use the Normatec boots and arms based on personal preference.

SECTION NINE – COMPETITION SCHEDULE

	24/02/2025 -10	25/02/2025 '-9	26/02/2025 '-8	27/02/2025 '-7	28/02/2025 '-6	1/03/2025 '-5	2/03/2025 '-4	3/03/2025 '-3	4/03/2025 '-2	5/03/2025 '-1	6-Mar
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Games Delivery Team	OLV Closes		Arrival in Venice, Drive to Cortina	PLV Pre-Opening Final delegation meeting and handover from MC26	PLV OPENS Pack in village						
Ceremonies						Welcome to Village & Induction					OPENING 8pm
Alpine Skiing							Training	Training	Official Training "Downhill"	Official Training "Downhill"	Official Training "Downhill"

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
										PLV Closes	
								CLOSING 8.30pm			
FINALS 09.30 - 13.15 M&W Downhill All Classes		FINALS 9.30 - 13.15 M&W Super-G All Classes	Run 1 - SG - 09.00 - 11.30 Run 2 - SL - 13.00 - 15.40 M&W Super Combined All Classes		FINALS Run 1 - 09.00 - 10.20 Run 2 - 12.30 - 14.00 W Giant Slalom All Classes	FINALS Run 1 - 09.00 - 10.50 Run 2 - 12.30 - 14.40 M Giant Slalom All Classes	FINALS Run 1 - 09.00 - 10.10 Run 2 - 13.00 - 14.35 W Slalom All Classes	FINALS Run 1 - 09.00 - 10.40 Run 2 - 12.00 - 13.45 M Slalom All Classes			

SECTION TEN – SECURITY

Team security:
PNZ have met with the Ministry of Foreign Affairs and Trade (MFAT) and will continue to have contact with this agency whilst in Italy. We have contacts for the New Zealand Embassy in Rome and their consular office in Milan and will be keeping them fully informed of the Teams' movements.

Team whereabouts:
As a member of the NZ Paralympic Team, you will be expected to ensure that either the Chef de Mission or the Deputy Chef de Mission are updated should you wish to leave the Team environment. This will include where you intend to go, that you are contactable and your expected time of return. This is for safety reasons and should for any reason, should officials need to know the whereabouts of all Team members, we are able to advise them and, if required, contact you in an emergency.

As an additional level of safety, PNZ has engaged with a company called VISMO. VISMO offers PNZ specialist tracking and monitoring of risks, including mass messaging, designed to enhance the security of Team members, particularly those operating in high-risk locations. On entry into the Athlete Village, you will be asked to ensure you have the App downloaded and operating on your phone.

Team management actions for safety:

- MFAT has been supplied copies of everyone's passport details, including next of kin details.
- An intentions form will have to be completed by an individual before any Team member leaves
- the Village.
- Key staff members will be available for contact at all times.
- All athletes must advise the Chef de Mission of their whereabouts at all times. (WADA).
- VISMO app is provided for mass messaging and locating in the event of emergencies.
- It is recommended that friends and family also follow MFAT's Safe travel advice.

Personal safety: English-speaking emergency number 112

- Abide by the laws of New Zealand and France.
- Follow team safety and security advice
- Always be contactable via mobile phone (WhatsApp and VISMO app).
- Always carry your accreditation/ID with you.
- Take steps to move away from disruptions or protests.
- Be aware of fake or disinformation on social media.
- Be mindful of personal safety and security, whether inside or outside the Village.
- If concerned or unable to contact the Team, return to the Village or Paralympic venue.
- Look left when crossing the road!

Crime prevention

- Carry only the minimum amount of cash that you need for the day. Don't carry all your cards with you.
- Secure your valuables inside the Village.

- If your money, passport or anything else is stolen, report it to the Deputy Chef de Mission at once.
- Take care when withdrawing money. It is best to use the machines located at the Paralympic Village, inside banks, buildings and shopping centres
- Keep your bag on your front, especially in crowded areas.
- Never go out alone – always have a buddy with you.

Should you find yourself in a dangerous situation?

ESCAPE – move quickly away from danger.

HIDE – silence your mobile phone.

TELL – Call police on 112 when safe.

New Zealand Embassy

Contact details

Physical address:

Via Clitunno 44
00198
Rome
Italy

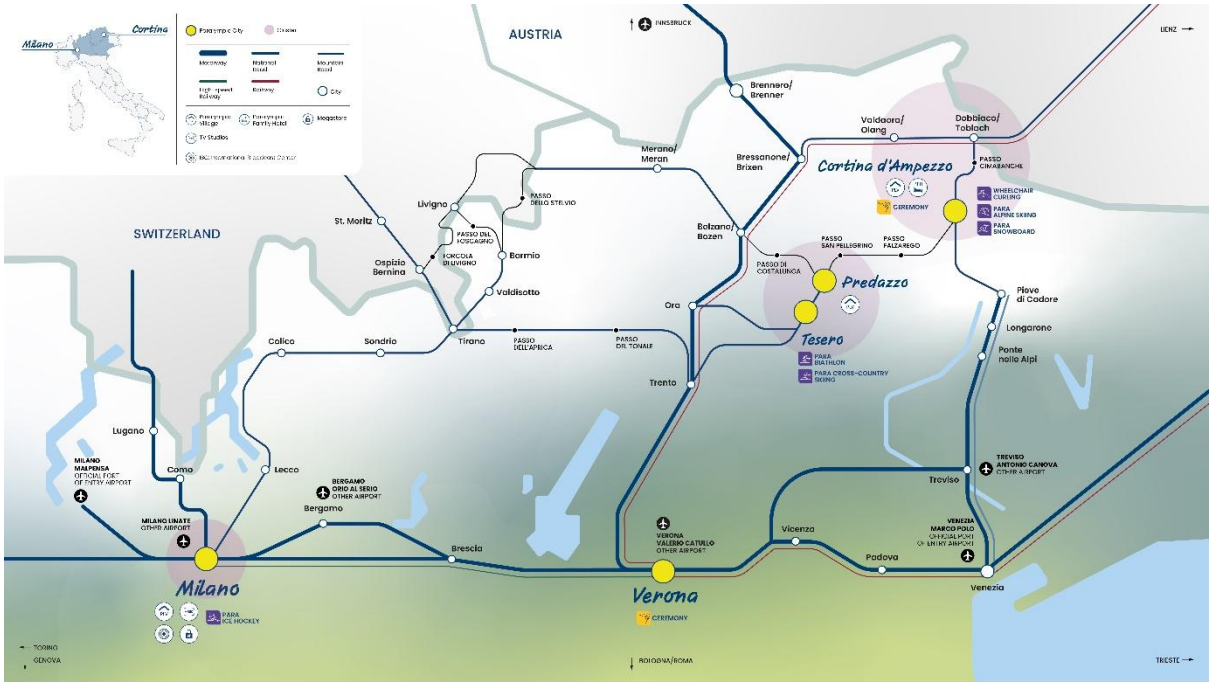
Tel+39(06)8537501
After Hours Consular Emergencies:+64 99 20 20 20
Email: rome@nzembassy.it
Office hours Mon: Fri 09:00 - 12:30 13:30 -16:30
Head of Mission /Ambassador: Jackie Frizelle

Travel advice issued (if any)

The New Zealand Safe Travel advisory level for Italy remains at level 2 – "exercise increased caution".

- This advice level is for countries that have more significant safety or security concerns than you would usually find in New Zealand.
- Most New Zealanders won't be affected by these risks, but you should still be cautious when travelling to these countries.

SECTION ELEVEN – SPORTS VENUES



DISTANCES FROM TOFANE ALPINE SKIING CENTRE TO OTHER LOCATIONS WITHIN THE CLUSTER

LOCATION	KM	TIME BY TC SERVICES*
Cortina City Centre – Bus Station	5	15 min
Cortina Paralympic Village	7	15 min
Cortina Curling Olympic Stadium	5	15 min
Off-Site Parking Fiames	6	20 min
Dobbiaco Train Station	35	1 hr
Venezia Mestre Train Station	155	3 hr

*Transport within the cluster is provided by Transport Connect (TC), a free transport service available to all stakeholders.

FIELD OF PLAY

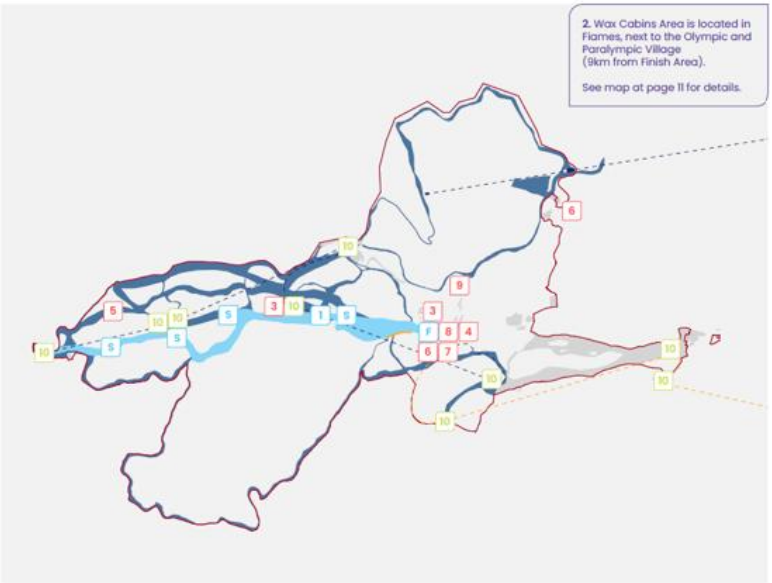
COMPETITION	START ALTITUDE	FINISH ALTITUDE	VERTICAL DROP	COURSE LENGTH
Downhill	2,160m	1,560m	600m	2,150m
Super-G	2,060m	1,560m	500m	1,850m
Giant Slalom	1,960m	1,560m	400m	1,300m
Slalom	1,735m	1,560m	175m	540m

VENUE MAP

— Security Perimeter

S Start
F Finish

1 Field of Play
2 Wax Cabins
3 Athletes' Lounge
4 Doping Control Station
5 Warm Up Area
6 Athletes' Medical Station
7 Equipment Control
8 Mixed Zone
9 Press Conference
10 Chairlift

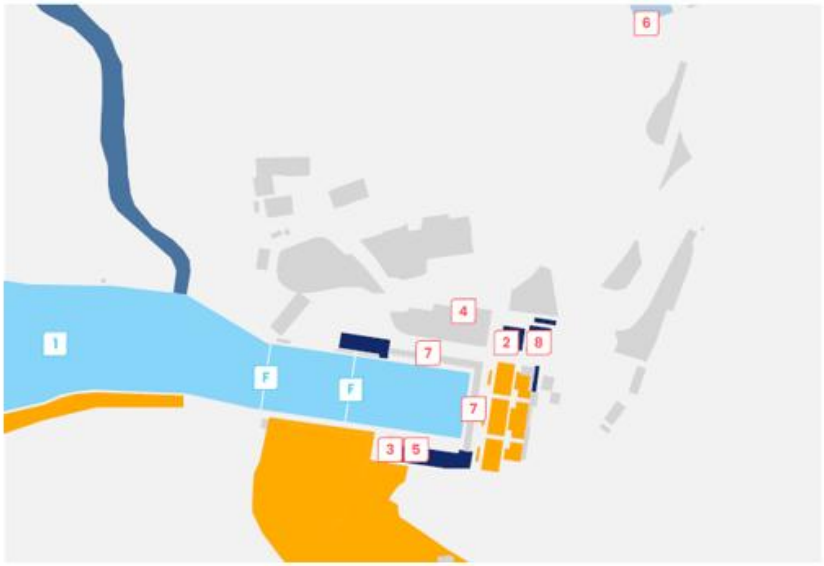


FINISH LINE

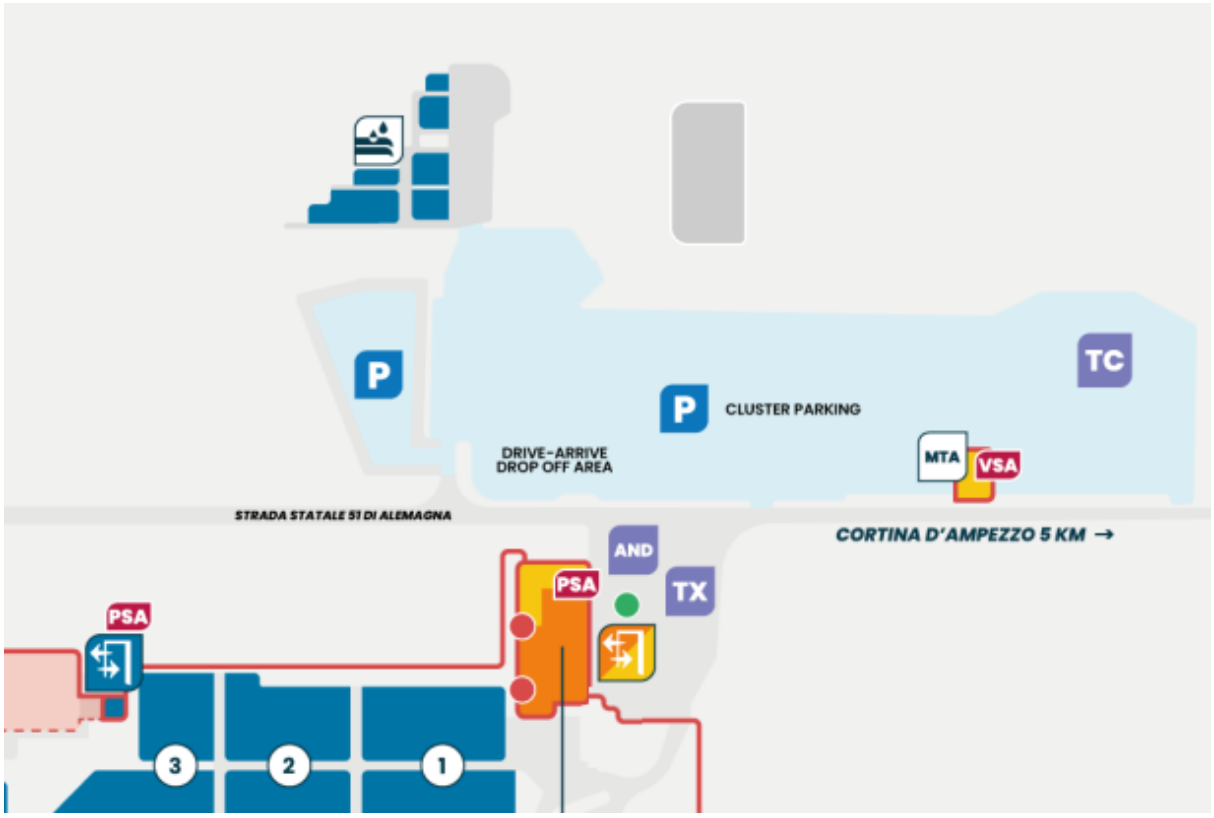
— Security Perimeter

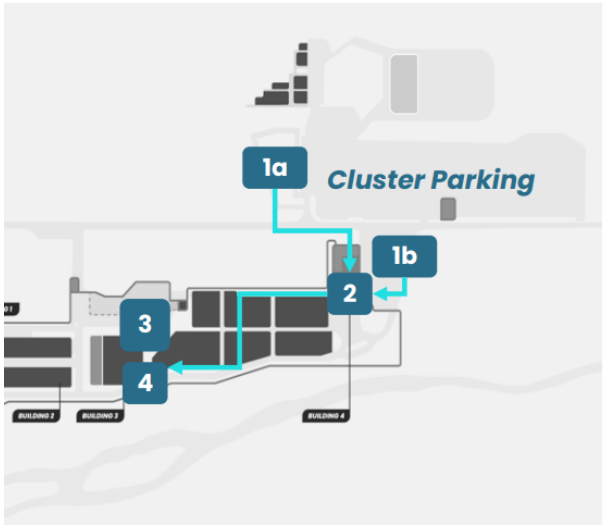
F Finish

1 Field of Play
2 Doping Control Station
3 Athletes' Medical Station
4 Athletes' Lounge
5 Equipment Control
6 Press Conference
7 Mixed Zone
8 IF Offices



SECTION TWELVE – TRANSPORT





1a Drive Arrive Point

1b AND Service Drop Off

2 TPC
- SEC + PSA point
- Luggage Drop Off
- ACR Centre
- Guest Pass Centre

3 Allotment – NOC/NPC will be responsible for welcoming their delegates at the PSA, guiding them to their allotment, and handing over the keys to their residential units.

4 Walk to the allocated residential units with luggage. Milano Cortina 2026 provides trolleys for support.

The Transport Mall is located off the main road, within the Village and security perimeter. This is the access point for TA (Transport Athlete) services to and from competition and training venues.

Upon returning to the Village, residents must undergo a security check before accessing the Residential Zone.

SECTION THIRTEEN – TRAVEL

Travel Information

All Team members will be departing New Zealand at different times based on the dates and locations of the training camp and pre-departure requirements. The majority of NZ Paralympic Team members are travelling on Air New Zealand/ Singapore/ Lufthansa Airlines.

Should you wish to travel on with friends and family post the Paralympic Winter Games, please ensure you have completed the Post Games Travel Request Form prior to departure and that this has been approved by Greg Warnecke, PNZ CEO and Secretary General.

Baggage

You will be provided with official Milano Cortina 2026 tags prior to your arrival at the Cortina Paralympic Village. Please ensure all your bags are labelled for easy identification.

Useful websites

- Safe Travel
- Air New Zealand
- Singapore Airlines
- Lufthansa Airlines

Customs and Immigration

Medication and Therapeutic Substances – Where possible, all drugs or therapeutic substances should be packed in carry-on luggage for easy inspection by Customs and Quarantine, if requested. Should Team members be taking prohibited substances for competition, you should have already completed and submitted an Application Form for Prohibited Substances before departure. If you have not done so, you will not be allowed to use such substances. Please contact Dr Julie Milmine before departure if you are unsure of anything related to medical and therapeutic substances.

You will need to ensure that when arriving in Italy that you have the following in your hand luggage:

- Passport
- Relevant immigration documentation, visas (if applicable)
- Milano Cortina 2026 Accreditation Card
- Travel and health insurance documentation
- Copy of Air E-Tickets

Please note and remember the restrictions on objects in your hand luggage: e.g. Scissors, pocketknives, liquid products etc.

Passports

Management will have a copy of your passport, you should also carry copies of your passport, a photo of your passport on your mobile device is always a good idea. Do not store these copies in the same bag as your original passport.

Should you lose your passport, there is one course of action: Tell Lynette Grace (Deputy Chef de Mission) immediately. All lost passports will be handled by Team Management. If, in the event you do lose your passport, you will be required to produce a photocopy of your passport.

Freight overview

All equipment requested to travel via sea will arrive in Italy before the Team and will be delivered to the Cortina Paralympic Village. Freight is extremely expensive and PNZ is doing all that we can to keep costs to a minimum.

Arrivals and transport from the airport to the Athlete Village

For those arriving by air, Milano Cortina 2026 will receive details of your arrival in Cortina, and transport will be made available to take you to the Village. If arriving at Venice International Airport, please note that there may be a delay with transport; therefore, please plan accordingly with water and snacks. You may also be sharing transport with delegates from another country, so please ensure you have in place travel precautions, such as considering wearing a mask.

For those arriving from a holding camp by private vehicle, you will be taken directly to the Cortina Paralympic Village. Upon arrival at the Paralympic Village, you will be met by NZ Paralympic Team members, and you will complete Team arrival processing, which will include all your luggage and personal items passing through security screening. You will also have your accreditation validated before you can enter the Paralympic Village. You will need to have your passport on hand to complete this process.

SECTION FOURTEEN – CEREMONY AND PODIUM UNIFORM

Carve Jacket and Powder Ski Pants

SECTION FIFTEEN – DINING HALL & VILLAGE

Dining Hall

Operating Hours – 24/ 7

- Breakfast
  - For athletes: Depending on the location of the dining hall and the foods available, it may be more time-efficient and familiar to have your own cereal (sent in the shipping container). Fresh food will also be purchased in Cortina to have with your breakfast cereal, such as fruit, milk and yoghurt.
  - For support staff: please make yourself aware of the timing to get to and from the dining hall, how long it takes to get your food and eat it, so you can factor this into your day. Don't forget to practise good health and safety practices in the dining hall and sanitise your hands before and after being in the dining hall.

- Dining Hall & General Information
  - Main Dining Halls will be open 24 hours a day at the Games, ensuring continuous food service. A wider offer will be proposed during the three meal periods, while a reduced offer will be provided overnight.
  - Specific menus will be available for breakfast, lunch, and dinner, offering both hot and cold options.
  - An "all-day" menu will also be available daily, featuring a variety of hot and cold choices.
  - Reminders:
    - Hot food should be hot
    - Cold food should be cold
    - If in doubt, leave it behind
    - No food should be lukewarm
    - Find areas to sit that are not congested
    - Spend the minimum amount of time in the dining hall

- Drink only bottled water. Water, isotonic drinks, juices, and soft drinks will always be available in all Villages.
- Preferably, use bottled or sterilised water for teeth brushing
- Avoid drinking water in the shower!
- Avoid ice in drinks
- Carry and always use hand sanitisers/gel before, after and between meals – at least 60% alcohol
- Carefully clean / sterilise drink bottles between use – not with tap water!
- If you don't recognise it, don't eat it
- There is no 3 second rule - if food falls on the ground or floor – leave it!
- Food and Beverages at Competition Venues – Athlete Lounge
    - There will be cold and hot foods available at the venue from 1 hr before and after official training and competition days.
    - Beverages – water, isotonic drinks, juices and soft drinks will be available.
- Field of Play
    - Only water and Powerade will be available.

Fitness Centre

Operating Hours – 24/ 7

The Fitness Centre is located in Building 2 and spans two separate areas of 210m^2 and 150m^2, for a total of 360m^2. The equipment selection will be tailored to the specific sports and disciplines represented in the Village.

It offers professional fitness equipment, dedicated areas for stretching, functional training, circuit training, and bodyweight exercises, with regulated access to prevent overcrowding and ensure optimal training conditions. The Fitness Centre will be fully equipped by the domestic partner Technogym and managed by the Village Services team.

From 7.30 a.m. to 10.30 p.m. the centre will be staffed with support personnel, and there will be a towel distribution service available.

Between 10.30 p.m. and 7.30 a.m., the centre will remain open but unattended.
After staffed hours. Residents will still have access to the Fitness Centre, however, it will be considered "after hours", so the use of the space and equipment will not be attended by Milano Cortina staff or volunteers.

Note: No changing rooms or toilets are available.

Village Plaza

Operating Hours from 28 February until 16 March | 9am – 9pm

The Village Plaza is accessible from the Main Entry to all individuals holding a Paralympic Identity and Accreditation Card (PIAC) with the relevant PLV code, a Village Guest Pass, or a Media Pass.

This area is separate from the Residential Zone, meaning access does not require the "R" accreditation access code. However, control points will only allow authorised individuals into the Residential Zone.

It is a central hub designed to provide residents and guests with essential services, social spaces, and entertainment. It serves as a meeting point where individuals can relax, interact, and access a variety of amenities to support their daily needs during the Games.
Services and Partner Activations included in this area:

Caffè Vergnano 1882 Plaza Cafè
Coffee and light refreshments are provided in this area on a user-pay basis.

Omega
An installation featuring the brand's clock will be exhibited.

P&G
A flexible "pop-up" space for multiple brand activations

Samsung
An experience zone featuring a Paralympic Edition Counter for customer service, distribution and activation and a vending machine for electronic accessories.

Visa
A dedicated Visa ATM will be available for cash withdrawals, along with a POS system for selected partner payments.

Grana Padano
A stand where visitors can try free product samples.

Kiko
A make-up station will be available offering free make-up services.

Merchandising
A Plaza retail store for product sales and visitor engagement.

Resident Centre

Operating Hours – 24/ 7

The Resident Centre is located on the ground floor of Building 1. This area that spans 45m2 serves as a concierge-like service area, assisting residents with accommodation-related issues and various other services, including:

- housekeeping requests (e.g. towel and bed linen exchange, including bed rotation, emergency cleaning)
- resolution to routine and emergency maintenance requests
- broken furniture or defective technology equipment report and replacement requests
- reservation of bookable spaces
- ice for medical purposes, available on a self-service basis
- lost & found desk
- lost key assistance
- laundry bag replacement in case it is broken, dirty or lost
- distribution of extra waste bags, toilet paper and washing pods
- access to shared printers and iron and ironing board
- information on the operational hours of Village services

Housekeeping Services

Operating Hours – 8am until 6pm

Every two days	Rubbish bins emptied in bathrooms and social spaces
	Bathrooms cleaned and toilet paper replaced
	Towels changed
Every four days	Bed linen (sheets and pillowcases) changed and beds made up
	Bedroom vacuumed or mopped

Health & Safety
Beds will not be made if personal items are left on top of them. If a unit is poorly maintained or poses a health and safety risk, it will not be cleaned, and the issue will be reported to the Chef de Mission.

Do Not Disturb
Signs can be found in the residential units. Cleaning services will not be carried out in units displaying the sign. The housekeeping team will make a second round during the day to check whether it is possible to access the room for cleaning. If this is not possible, they will return on the next scheduled date.

Bed Rotation
The housekeeping service coordinates and supports the bed rotation process, both for individual beds and for the entire residential unit. The request must be submitted directly at the Resident Centre at least 48 hours in advance. Residents must check out by 11.00 a.m. and beds will be available from 4.00 p.m. of the same day.

Waste collection points
In addition to the waste bins provided in every residential unit, additional dedicated waste disposal rooms are available for residents. These rooms will be accessible 24/7 and must be utilised in strict compliance with the designated recycling guidelines. Moreover, additional waste bins will be strategically placed in common areas to ensure residents' convenience.

Emergency cleaning
A 24-hour cleaning service will be available for urgent requests for unforeseen situations to avoid health and safety risks (such as shattered glass, vomiting, clogged toilets and other cases which NOCs/NPCs cannot clean by themselves). All requests are subject to assessment by the housekeeping team. For urgent assistance, residents are advised to contact the Resident Centre.

Laundry Services

Operating Hours – 24/ 7

A self-service laundry is available to all residents. It is fully accessible to wheelchair users.
In the Cortina Paralympic Village, a facility equipped with 14 washing machines and 14 tumble dryers is located on the ground floor of Building 1. The space also includes tables, irons, ironing boards and benches.

Two laundry bags for residents' convenience will be provided in all Villages upon their arrival in their room (each holds up to 2 kg of clothing):

- 1 bag (40 x 60cm) with a white zipper for light/white clothing.
- 1 bag (40 x 60cm) with a black zipper for coloured/dark clothing.

Laundry bags can be used at the resident laundries in all 6 Villages. If laundry bags are broken or damaged, they can be exchanged with new ones at the Resident Centre.

The following items are not allowed in the laundry bags: all sports uniforms; backpacks or sports bags; shoes (e.g., sneakers, flip-flops); towels* (except microfibre towels); or sheets and duvets. Printed signage with unauthorised items will be placed inside the resident laundry spaces. Residents are responsible for any damage or loss of personal items. Information regarding the resident laundry service, including the proper use of the machines, will be available at the Resident Centre.

Washing Pods

Dash pods will be distributed upon request at the Resident Centre of each Village. All washing pods will be supplied by our partner, P&G.

Usage instructions will be provided both at the Resident Centre and inside the resident laundry areas. One washing pod is sufficient for a full washing cycle. Residents will receive one washing pod per laundry bag.