



**SAFETY<sup>TM</sup>  
ACTION**

# New Zealand's Leader in Health and Safety Training



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**0800 222 388**  
**[safetyaction.co.nz](https://safetyaction.co.nz)**





# About us

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**At Safety 'n Action we believe success is putting safety first. That's why we are on a mission to transform New Zealand's health and safety culture.**

As trusted industry leaders, we set the standard for health and safety training and consultancy. We help organisations like yours keep people safe in the workplace.

Safety 'n Action has been delivering world class health and safety training to New Zealand businesses for more than 20 years.

**A safer workplace starts with us.**

## What sets us apart

- ✓ Over 65 courses on offer
- ✓ We combine the latest industry regulations with practical hands-on and online training
- ✓ Purpose built training centres across New Zealand - or we can come to you
- ✓ Category One provider – NZQA's highest rating
- ✓ Bespoke consultancy and advisory services
- ✓ Expert trainers
- ✓ Relevant and practical training





# Innovative training solutions

## Course Index

At Safety 'n Action we understand that employers need to access new ways to train their teams and keep their workforce safe. Online training offers the ideal solution as a natural addition to our face-to-face on-site and training centre based options.

Our course index includes all training options and delivery methods. Look for the icons below alongside each course title to view the methods available.

### Key



#### **Face-to-face**

Training available at our training centre or your site.



#### **Online**

e Learning, interactive, animated online training, train at a time that suits you.



#### **Self-Paced Webinars**

A pre-recorded webinar that is completed entirely in your own time.



## Asbestos

**DANGER ASBESTOS  
DUST HAZARD**

### Asbestos Awareness Seminar



#### Unit Standards

Non unit standard seminar

N/A

Duration | Half Day (4 Hours)

### Non Friable Asbestos Class B



#### Unit Standards

Demonstrate knowledge of asbestos and safety procedures

2138 | Level 2, Credits 1

Remove non-friable asbestos

29765 | Level 4, Credits 3

Duration | 2 Day (16 Hours)



## Chemicals / Certified Handler

### Certified Handler Preparation Online



#### Unit Standards

Demonstrate knowledge of hazardous substances relevant to Certified Handlers

31291 | Level 5, Credits 6

Duration | Self Paced Learning

### Hazardous Substances in the Workplace Seminar



#### Unit Standards

Understand how to work safely with chemicals and other hazardous substances found in the workplace

N/A

Duration | Half Day (4 Hours)

### Hazardous Substances in the Workplace



#### Unit Standards

Demonstrate knowledge of workplace procedures relating to hazardous substances

31292 | Level 3, Credits 2

Duration | 1 Day (8 Hours)

Management & Handling of Hazardous Substances	Unit Standards
Demonstrate knowledge of safe management and potential adverse effects of hazardous substances in the workplace	31290   Level 4, Credits 6
Demonstrate safe handling, storage, and disposal of hazardous substances in the workplace	31293   Level 4, Credits 3
Duration   1 Day (8 Hours)	

Management & Handling of Hazardous Substances Refresher	Unit Standards
Refresh the unit standards you already hold	31290, 31293
Duration   Half Day (4 Hours)	


Spill Management Practical Seminar	Unit Standards
Gain relevant workplace practical understanding and knowledge on how to deal with spills in the workplace	N/A
Duration   Half Day (4 Hours)	





Atmospheric Testing & Gas Detection	Unit Standards
Operate an atmospheric testing device to determine a suitable atmosphere exists to work safely	25510   Level 3, Credits 4
Perform gas tests for energy and chemical plant	3058   Level 4, Credits 5
Duration   Half Day (4 Hours)	

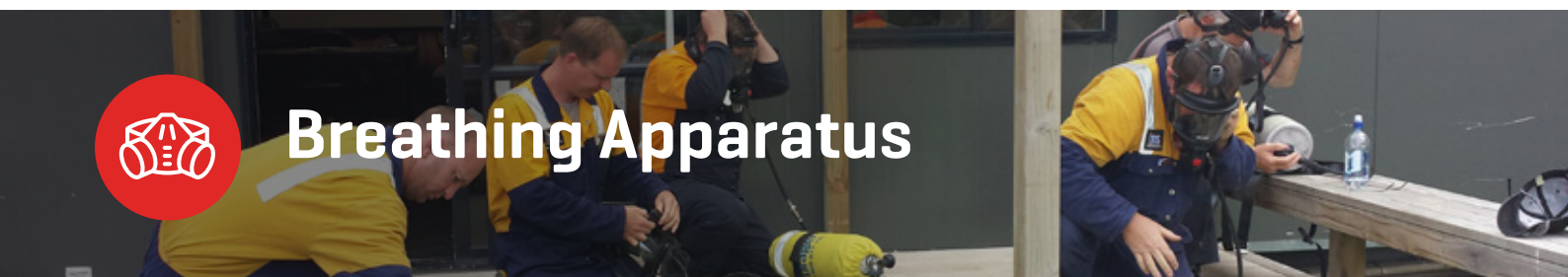
Confined Space & Gas Detection	Unit Standards
Plan a confined space entry	17599   Level 4, Credits 5
Demonstrate knowledge of hazards associated with confined spaces	18426   Level 3, Credits 4
Operate an atmospheric testing device to determine a suitable atmosphere exists to work safely	25510   Level 3, Credits 4
Optional Unit Standards   3058, 19207, 18037 (Additional post course paperwork required)	
Duration   2 Days (16 Hours)	


Confined Space & Gas Detection Refresher	 	Unit Standards
Refresh the unit standards you already hold		3058, 17599, 18037, 18426, 19207, 25510
Duration   Half Day (4 Hours)		

Confined Space - Entrant Only		Unit Standards
Demonstrate knowledge of hazards associated with confined space		18426   Level 3, Credits 4
Duration   1 Day (8 Hours)		

Confined Space - Entrant Wine Industry		Unit Standards
Demonstrate knowledge of hazards associated with confined space		18426   Level 3, Credits 4
Duration   1 Day (8 Hours)		

Safety Observer		Unit Standards
Demonstrate knowledge of safety observer responsibilities in the workplace		17596   Level 3, Credits 8
Duration   1 Day (8 Hours)		



Breathing Apparatus Operational		Unit Standards
Wear and operate compressed air breathing apparatus in the workplace		25044   Level 3, Credits 4
Duration   1 Day (8 Hours)		

Breathing Apparatus Operational Refresher		Unit Standards
Refresh the unit standard you hold		25044
Duration   Half Day (4 Hours)		





# Mobile Elevated Work Platforms

## Mobile Elevated Work Platform Refresher



### Unit Standards

Refresh the unit standard you hold

23960, 23962, 23966, 23961, 23963, 23964

Duration | Half Day (4 Hours)

## Mobile Elevated Work Platform



### Unit Standards

Describe types of elevating work platforms (EWPs) and legislative requirements for their use

23966 | level 3, Credits 2

Assess the worksite, prepare and operate a scissor lift

23960 | Level 3, Credits 3

Assess the worksite, prepare and operate a truck-mounted EWP

23961 | Level 3, Credits 4

Assess the worksite, prepare and operate a self-propelled boom lift

23962 | Level 4, Credits 5

Assess the worksite, prepare and operate a trailer-mounted EWP

23963 | Level 3, Credits 4

Assess the worksite, prepare and operate a vertical lift

23964 | Level 3, Credits 2

Duration | 1 Day (8 Hours) | 2 machines per day maximum



# Height Safety

## Height Safety Introduction



### Unit Standards

Explain safe work practices for working at heights

17600 | level 3, Credits 3

Use a safety harness for personal fall prevention when working at height

23229 | Level 3, Credits 4

Employ height safety equipment in the workplace

25045 | Level 3, Credits 4

Duration | 1 Day (8 Hours)



### Height Safety Advanced



#### Unit Standards

Explain safe work practices for working at heights

17600 | Level 3, Credits 3

Use a safety harness for personal fall prevention when working at height

23229 | Level 3, Credits 4

Employ height safety equipment in the workplace

25045 | Level 3, Credits 4

Use, install and disestablish temporary proprietary fall arrest systems when working at height

15757 | Level 3, Credits 4

Duration | 2 Day (16 Hours)

### Height Safety Refresher



#### Unit Standards

Refresh the unit standard you hold

15757, 17600, 23229, 25045, 23232

Duration | Half Day (4 Hours)

### Harness Safety



#### Unit Standards

Use a safety harness for personal fall prevention when working at height

23229 | Level 3, Credits 4

Duration | Half Day (4 Hours)

### Height Safety Equipment Inspection



#### Unit Standards

Inspect and maintain height safety equipment

19359 | Level 3, Credits 3

Duration | Half Day (4 Hours)



## Fire Extinguisher / Fire Warden

### Fire Extinguisher



#### Unit Standards

Suppress fire with hand extinguishers and fixed hose reels


3271 | Level 2, Credits 1



Explain principles of fire science

4647 | Level 2, Credits 1

Duration | Half Day (4 Hours)

Fire Extinguisher Refresher	 	Unit Standards
Refresh the unit standards you hold		3271, 4647
Duration   (2 Hours)		


Fire Extinguisher Short Course		Unit Standards
Suppress fire with hand extinguishers and fixed hose reels		3271   Level 2, Credits 1
Duration   Half Day (3 Hours)		



Fire and Emergency Warden	 	Unit Standards
Demonstrate knowledge of fire and emergency warden duties in the workplace		18408   Level 3, Credits 3
Duration   Half Day (4 Hours)		


Fire and Emergency Warden Refresher	 	Unit Standards
Refresh the unit standard you hold		18408
Duration   (2 Hours)		





## First Aid



First Aid Level 1 - Basic [Face to Face]		Unit Standards
Provide basic life support		6402   Level 1, Credits 1
Provide First Aid		6401   Level 2, Credits 1
Duration   1 Day (8 Hours)		

First Aid Level 1 - Basic [Blended Learning]	 	Unit Standards
Provide basic life support		6402   Level 1, Credits 1
Provide First Aid		6401   Level 2, Credits 1
Duration   Online Learning + 4 Hour Practical Component		



First Aid Level 2 - Advanced [Face to Face]		Unit Standards
Provide basic life support		6402   Level 1, Credits 1
Provide First Aid		6401   Level 2, Credits 1
Manage First Aid in an emergency		6400   Level 3, Credits 2
Duration   1.5 Days (12 Hours)		

First Aid Level 2 - Advanced [Blended Learning]			Unit Standards
Provide basic life support			6402   Level 1, Credits 1
Provide First Aid			6401   Level 2, Credits 1
Manage First Aid in an emergency			6400   Level 3, Credits 2
Duration   Online Learning + 8 Hour Practical Component			

First Aid Level 1 Refresher [Face to Face]		Unit Standards
Refresh the unit standards you hold		6401, 6402
Duration   6 Hours		

First Aid Level 1 Refresher [Blended Learning]			Unit Standards
Refresh the unit standards you hold			6401, 6402
Duration   Online Learning + 4 Hour Practical Component			






First Aid Level 2 Refresher [Face to Face]		Unit Standards
Refresh the unit standards you hold		6400, 6401, 6402
Duration   1 Day (8 Hours)		

First Aid Level 1 Refresher [Blended Learning]			Unit Standards
Refresh the unit standards you hold			6400, 6401, 6402
Duration   Online Learning + 4 Hour Practical Component			
















# Forklift



Forklift [F Endorsement]		Unit Standards
Drivers License Endorsements. Demonstrate knowledge and skills for the driving of a Forklift on a road for endorsement F (Forklift)		18496   Level 3, Credits 2
Duration   Half Day (4 Hours)		
Forklift Operator		Unit Standards
Operate a powered industrial lift truck (Forklift)		10851   Level 3, Credits 7
Duration   1 Days (8 Hours)		
Forklift Operator and 'F' Endorsement		Unit Standards
Operate a powered industrial lift truck (Forklift)		10851   Level 3, Credits 7
Drivers License Endorsements. Demonstrate knowledge and skills for the driving of a forklift on a road for endorsement F (Forklift)		18496   Level 3, Credits 2
Duration   1 Days (8 Hours)		
Forklift Operator and 'F' Endorsement Refresher		Unit Standards
Refresh the units you hold		18496, 10851
Duration   Half Day (4 Hours)		
Forklift Operator Refresher		Unit Standards
Refresh the units you hold		10851
Duration   Half Day (4 Hours)		






# Schools Health & Safety


Schools Confined Space - Entrant Only		Unit Standards
Demonstrate knowledge of hazards associated with confined space		18426  Level 3, Credits 4
Duration   1 Day (8 Hours)		


Schools Construction Site Access 	Unit Standards
Demonstrate knowledge of and carry out health and safety procedures for a building construction site	21290   Level 2, Credits 4
Duration   1 Day (8 Hours)	
Schools Discomfort, Pain and Injury 	Unit Standards
Demonstrate knowledge of the prevention and management of Discomfort, Pain and Injury (DPI) in the workplace	17591   Level 3, Credits 8
Duration   1 Day (8 Hours)	
Schools Essentials in Construction  	Unit Standards
Apply health and safety risk assessment to a job role	497   Level 1, Credits 3
Demonstrate knowledge of and carry out health and safety procedures for a building/construction site.	21209   Level 2, Credits 4
Demonstrate knowledge of workplace health and safety requirements	30265   Level 3, Credits 8
Duration   2 Day (16 Hours)	
Schools Essentials in Health and Safety 	Unit Standards
Apply health and safety risk assessment to a job role	497   Level 1, Credits 3
Undertake job safety analysis	19522   Level 3, Credits 3
Demonstrate knowledge of workplace health and safety requirements	30265   Level 3, Credits 8
Duration   2 Day (16 Hours)	
Schools Fire and Emergency Warden  	Unit Standards
Demonstrate knowledge of fire and emergency warden duties in the workplace	18408   Level 3, Credits 3
Duration   Half Day (4 Hours)	
Schools Fire Extinguisher 	Unit Standards
Suppress fire with hand extinguishers and fixed hose reels	3271   Level 2, Credits 1
Explain principles of fire science	4647   Level 2, Credits 1
Duration   Half Day (4 Hours)	
Schools Hazard and Risk Management  	Unit Standards
Apply health and safety risk assessment to a job role	30265   Level 3, Credits 8
Duration   1 Day (8 Hours)	

Schools Health & Safety  		Unit Standards
Apply health and safety risk assessment to a job role		497   Level 1, Credits 3
Undertake job safety analysis		19522   Level 3, Credits 3
Duration   1 Day (8 Hours)		

Schools Hearing Conservation & Manual Handling  		Unit Standards
Identify the causes of back injury and methods to prevent back injury's in the workplace		17592   Level 3, Credits 4
Demonstrate knowledge of hearing conservation in the workplace		17594   Level 3, Credits 3
Duration   1 Day (8 Hours)		

Schools Height Safety Introduction 		Unit Standards
Explain safe work practices for working at heights		17600   Level 3, Credits 3
Use a safety harness for personal fall prevention when working at height		23229   Level 3, Credits 4
Duration   1 Day (8 Hours)		

Health and Safety Legislation - Schools 		Unit Standards
Describe duties, rights, representation and the regulator in terms of New Zealand health and safety legislation		30264   Level 3, Credits 3
Duration   Half Day (4 Hours)		










Workplace Health & Safety Culture - Schools 		Unit Standards
Demonstrate knowledge of workplace health and safety culture, and practices		30266   Level 3, Credits 6
Duration   Half Day (4 Hours)		








# Health & Safety






Accident and Event Investigation	 	Unit Standards
Produce an occupational health and safety incident investigation		17601   Level 4, Credits 6
Duration   1 Day (8 Hours)		
Apply Safe Work Practices		Unit Standards
Apply safe work practices in the workplace		17593   Level 2, Credits 4
Duration   Self Paced Learning		
Construction Site Access		Unit Standards
Demonstrate knowledge of and carry out health and safety procedures for a building construction site		21209   Level 2, Credits 4
Duration   Half Day (4 Hours)		
Coordinated Incident Management Systems		Unit Standards
Demonstrate knowledge of the Coordinated Incident Management System (CIMS)		32158   Level 3, Credits 8
Duration   1 Day (8 Hours)		
Discomfort, Pain & Injury		Unit Standards
Demonstrate knowledge of the prevention and management of Discomfort, Pain and Injury (DPI) in the workplace		17591   Level 3, Credits 8
Duration   1 Day (8 Hours)		
Hazard and Risk Management	  	Unit Standards
Apply health and safety risk assessment to a job role		30265   level 3, Credits 8
Demonstrate knowledge of workplace health and safety requirements		497   Level 1, Credits 3
Duration   1 Day (8 Hours)		

<b>Hazard and Risk Management and Permit Receiver</b> 	<b>Unit Standards</b>
Demonstrate knowledge of workplace health and safety requirements	497   Level 1, Credits 3
Apply health and safety risk assessment to a job role	30265   Level 3, Credits 8
Apply for, accept and carry out work according to a work permit in the workplace	17588   Level 3, Credits 4
Duration   Self Paced Learning	



<b>Hazard and Risk Management &amp; Permit Receiver refresher</b> 	<b>Unit Standards</b>
Refresh the unit standards you hold	497, 30265, 17588
Duration   Self Paced Learning	











<b>Hazard and Risk Management and Permit Issuer</b> 	<b>Unit Standards</b>
Demonstrate knowledge of workplace health and safety requirements	497   Level 1, Credits 3
Apply health and safety risk assessment to a job role	30265   Level 3, Credits 8
Issue work site specific work permits	17590   Level 3, Credits 6
Duration   Self Paced Learning	

<b>Hazard and Risk Management &amp; Permit Issuer refresher</b> 	<b>Unit Standards</b>
Refresh the unit standards you hold	497, 30265, 17590
Duration   Self Paced Learning	

<b>Hazard and Risk Management &amp; Permit to Work refresher</b>  	<b>Unit Standards</b>
Refresh the unit standards you hold	497, 30265, 17590, 17588
Duration   1 Day (8 Hours)   Online method also includes Unit 17593	

<b>Isolations / (LOTO - Lock out, tag out)</b>  	<b>Unit Standards</b>
Refresh the unit standards you hold	25043   Level 3, Credits 4
Duration   Half Day (4 Hours)	

<b>Hearing Conservation</b>  	<b>Unit Standards</b>
Demonstrate knowledge of hearing conservation in the workplace	17594   Level 3, Credits 3
Duration   Half Day (4 Hours)	

<b>Health &amp; Safety Representative Initial</b>	 	<b>Unit Standards</b>
Describe the role and functions of the health and safety representative in a New Zealand workplace		29315   Level 3, Credits 2
Duration   1 Day (8 Hours)		
<b>Health &amp; Safety at Work Seminar</b>		<b>Unit Standards</b>
Non Unit Standard Seminar		N/A
Duration   Half Day (4 Hours)		
<b>Health &amp; Safety Committee</b>		<b>Unit Standards</b>
Describe the role and function of a health and safety committee in a New Zealand workplace		30433   Level 3, Credits 2
Duration   1 Day (8 Hours)		
<b>Prevention of Back Injury</b>	 	<b>Unit Standards</b>
Identify the causes of back injury and methods to prevent back injuries in the workplace.		17592   Level 3, Credits 4
Duration   Half Day (4 Hours)		
<b>Workplace Health &amp; Safety</b>		<b>Unit Standards</b>
Demonstrate knowledge of workplace health and safety requirements		497   Level 1, Credits 3
Duration   Half Day (4 Hours)		
<b>Marae Health &amp; Safety</b>		<b>Unit Standards</b>
Non Unit Standard Seminar		N/A
Duration   6 Hours		
<b>Health &amp; Safety Board Management Seminar</b>		<b>Unit Standards</b>
Non Unit Standard Seminar		N/A
Duration   Half Day (4 Hours)		
<b>Health &amp; Safety Board Management Overview</b>		<b>Unit Standards</b>
Non Unit Standard Seminar		N/A
Duration   2 Hours		





# Permit to Work

## Common Permit to Work



### Unit Standards

Apply for, accept and carry out work according to a work permit in the workplace.

17588 | Level 3, Credits 4

Duration | 1 Day (8 Hours)

## Permit Issuer



### Unit Standards

Issue work site specific work permits

17590 | Level 3, Credits 6

Duration | 1 Day (8 Hours)

## Permit Issuer - Safe Work Systems



### Unit Standards

Issue work site specific work permits (Fonterra Permit System)

17590 | Level 3, Credits 6

Duration | 1 Day (8 Hours)

## Permit Receiver



### Unit Standards

Apply for, accept and carry out work according to a work permit in the workplace

17588 | Level 3, Credits 4

Duration | 1 Day (8 Hours)

## Permit Receiver - Safe Work Systems



### Unit Standards

Apply for, accept and carry out work according to a work permit in the workplace (Fonterra Permit System)

17588 | Level 3, Credits 4

Duration | 1 Day (8 Hours)

## Permit Receiver and Permit Issuer



### Unit Standards


Apply for, accept and carry out work according to a work permit in the workplace

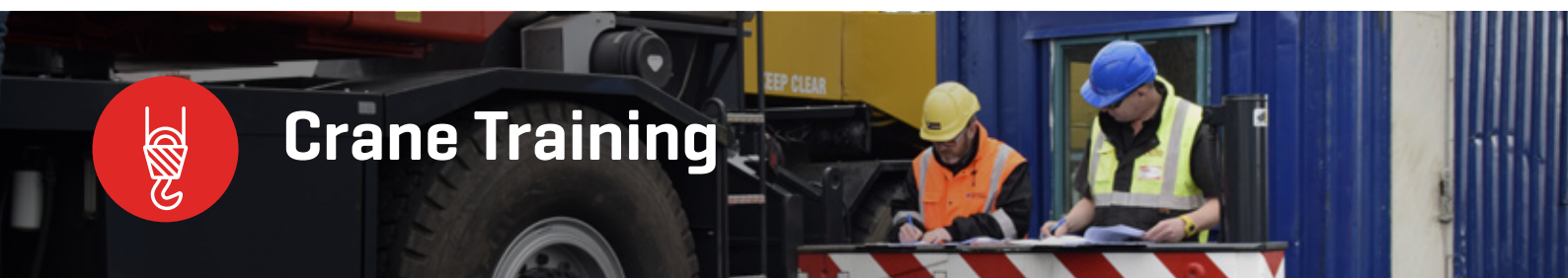
17588 | level 3, Credits 4


Issue work site specific work permits

17590 | Level 3, Credits 6



Duration | Self Paced Learning


Permit Receiver and Permit Issuer Refresher		Unit Standards
Refresh the unit standards you hold		17588, 17590
Duration   Self Paced Learning		



DKO (Demonstrate knowledge of) Crane Industry		Unit Standards
Demonstrate knowledge of crane types, safe practices required in the crane industry		3788   Level 3, Credits 4
Duration   Half Day (4 Hours)		


Electric Hoist Seminar		Unit Standards
Non Unit Standard Seminar		N/A
Duration   Half Day (4 Hours)		


Sling Regular Loads Safely			Unit Standards
Demonstrate and apply knowledge of slinging regular loads safely			30072   Level 3, Credits 14
Duration   1 Day (8 Hours)			

Overhead Gantry Crane		Unit Standards
Operate a radio remote or pendant controlled overhead crane and lift and place regular loads		3800   Level 3, Credits 10
Duration   1 Day (8 Hours)		


Sling Regular Loads Safety & Overhead Gantry Crane		Unit Standards
Operate a radio remote or pendant controlled overhead crane and lift and place regular loads		3800   Level 3, Credits 10
Duration   1 Day (8 Hours) *30072 (Sling Regular Loads Safely) must have been completed online		

<b>Overhead Gantry Crane Refresher</b>		<b>Unit Standards</b>
Refresh the unit standards you hold		30072, 3800
Duration   Half Day (4 Hours)		

<b>Sling Regular Loads Safety &amp; Rigging and Slinging</b>		<b>Unit Standards</b>
Demonstrate and apply knowledge of slinging regular loads safely		30072   Level 3, Credits 14
Sling varied regular loads and safely direct a crane during crane operations		3789   Level 3, Credits 15
Duration   2 Days (16 Hours)		

<b>Rigging and Slinging</b>		<b>Unit Standards</b>
Sling varied regular loads and safely direct a crane during crane operations		3789   Level 3, Credits 15
Duration   1 Day (8 Hours) *30072 (Sling Regular Loads Safely) must have been completed		

<b>Rigging and Slinging Refresher</b>		<b>Unit Standards</b>
Refresh the unit standards you hold		30072, 3789
Duration   1 Day (8 Hours)		

<b>Sling Regular Loads Safely &amp; Truck Loader Crane</b>		<b>Unit Standards</b>
Use a truck loader crane to lift and place loads		16617   Level 3, Credits 15
Duration   1 Day (8 Hours) *30072 (Sling Regular Loads Safely) must have been completed online		

<b>Truck Loader Crane</b>		<b>Unit Standards</b>
Use a truck loader crane to lift and place loads		16617   Level 3, Credits 15
Duration   1 Day (8 Hours)		

<b>Truck Loader Crane Refresher</b>		<b>Unit Standards</b>
Refresh the unit standards you hold		30072, 16617
Duration   Half Day (4 Hours)		



# Don't take our word for it!

Here is what our customers have to say about training with us.

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**"The trainer had great in depth knowledge and experience with the MEWP's and kept the course interesting with personal experiences."**

- Mobile Elevated Work Platform Training Wellington

**"Our trainer was great. She was patient, friendly and made the time enjoyable. Was amazing to hear how extensive her knowledge is."**

- Health and Safety Representative Initial Christchurch

**"Our instructor was brilliant and extremely thorough; to the point of being so easy to learn from and touch base with for clarification on things I might need to be reiterated. Can't recommend the course enough! The scenarios were such a good practical exercise to apply theory into practice and all the knowledge was solidified really well. Love it! "**

- Height Safety Advanced Auckland

**"I thought the presentation of information and the way that the page layout was designed, made the assessment aspect very good. A lot easier than other recent online courses I have carried out. "**

- Self Paced Confined Space and Gas Detection Refresher Webinar

**"Well presented, good content, excellent handouts, good mix of presentation media and excellent handbook!"**

- Accident and Event Investigation Auckland

**"Our trainer was very adept and enthusiastic on the topic, and competently led a class of already adept workers through a great course."**

- Isolations (Lock out/Tag Out) Auckland

**"Extremely good course, really enjoyable, refreshers in the past have always been good, this one stood out as very thorough and clearly for a passionate and knowledgeable professional. For sure this will help save lives."**

- Confined Space and Gas Detection Refresher Palmerston North

**"The humour in this course takes the stress away and makes it enjoyable. Relevant and found the course very easy to navigate. Enjoyed the online course, awesome job."**

- Online Hazard and Risk Management

**"Brilliant instructor. Obviously knew his stuff, confident delivery and easy to listen to and understand. Great Job."**

- Self Paced Health and Safety Representative Initial Webinar



# Notes

**Feel free to use this space for any training notes you may need to write down.**

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# SAFETY'N ACTION

**Proudly training over 40,000 students each year across thousands of New Zealand businesses.**

**Our purpose fitted training centres:**

**Whangarei, Northland**

6 Dyer Street, Raumanga,  
Whangarei, Northland

**Albany, Auckland**

7B Ride Way,  
Albany, Auckland

**Highbrook, Auckland**

14 Ross Reid Place,  
East Tamaki, Auckland

**Hamilton, Waikato**

17 Tasman Road,  
Te Rapa, Waikato

**Morrinsville, Waikato**

7 Canada Street,  
Morrinsville, Waikato

**New Plymouth, Taranaki**

1a Sunley Street,  
New Plymouth, Taranaki

**Palmerston North, Manawatu**

7 El Prado Drive,  
Palmerston North, Manawatu

**Porirua, Wellington**

25 Prosser Street,  
Porirua, Wellington

**Christchurch, Canterbury**

16 Hickory Place, Islington,  
Christchurch, Canterbury

**Dunedin, Otago**

100B Cumberland Street,  
Dunedin, Otago

**Training also available at these locations:**

**Tauranga**

Classic Flyers Aviation Museum  
5 Dakota Way,  
Mount Maunganui

**Nelson**

Heslops Group,  
7 Kotua Place,  
Stoke, Richmond

**Queenstown**

Wakatipu Rugby Club  
Templeton Way,  
Queenstown

**Hawkes Bay, Napier**

Taradale, Sports Association,  
20 Symons Lane,  
Taradale,  
Napier

**Invercargill, Southland**

ILT Stadium Southland,  
Surrey Park Sports Centre,  
Isabella Street,  
Glengarry, Invercargill



**BOOK TODAY!**

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