



# CACTUS

GETTING TO THE GOOD ON THE INSIDE

# APPLICATION FORM

CACTUS PROGRAMME  
Administered by the Wairoa Young Achievers Trust  
Wairoa College, Lucknow Street, Wairoa 4108  
PO Box 373, Wairoa, 4160  
Phone: 06 838 8303  
Email: [de@wairoacollege.school.nz](mailto:de@wairoacollege.school.nz)  
[www.wairoayoungachieverstrust.co.nz](http://www.wairoayoungachieverstrust.co.nz)

# CACTUS PROGRAMME INFORMATION

## FOR APPLICANTS & THEIR PARENTS/GUARDIANS



## THE PROGRAMME

CACTUS is an intensive elite leadership and life-skills training programme for young people 12-18 years of age. CACTUS graduates have learnt to apply effort, discipline and commitment to overcome obstacles and achieve daunting personal and team challenges. Carefully targeted life skills training, career education and 1:1 mentoring is offered on each course.

CACTUS includes early morning one hour physical training sessions three times a week based on training developed for armed forces personnel. This is followed by hot showers, a hearty breakfast and coaching and goal-setting activities that finish in time for students to start school for the day. Group and individual guidance and mentoring is provided for trainees to prepare for and achieve a series of very demanding personal goals and team goals. Depending on the time of year and resource availability, the course also includes field trips and some evening or weekend activities. On the last day of training "The Longest Day" participants demonstrate initiative, creativity, stamina and teamwork skills to achieve a series of tough personal and group challenges. The end of the course is celebrated with a special graduation event for trainees and their families, the wider CACTUS support crew and invited guests.

## COMMUNITY SUPPORT

CACTUS is well regarded for its success at honing skills and attitudes young people need to play productive, fulfilling roles in society. Courses are typically run by current or former police officers, fire service or army personnel, teachers and youth workers. Successful outcomes for trainees result from the huge personal investment and commitment of dedicated CACTUS instructors and mentors who actively support trainees to set themselves high goals and overcome difficulties. Partnerships are forged with schools, community agencies and businesses for goods and services in-kind and access to recreational training facilities and equipment, and amenities for showers and breakfast. CACTUS attracts volunteers from a range of professional, cultural and social backgrounds as key community stakeholders and role models willing to share their time and expertise to support CACTUS trainees. A core group of volunteers helps to run the fitness programme and support instructors and trainees by preparing breakfast, organising speakers, maintaining uniforms and setting up equipment during the programme. Extraordinary passion and dedication from the community's CACTUS supporters is evident throughout the course and especially on "The Longest Day"

## DISCIPLINE, HEALTH & SAFETY

CACTUS trainees are obliged to conduct themselves in a manner that is respectful, disciplined, mature and lawful. The safety and well-being of everyone involved in the CACTUS programme is a paramount concern. A Code of Conduct exists to manage risk for trainees, instructors and community supporters. A serious breach of the Code will result in instant dismissal. Minor breaches (e.g. lateness) may result in disciplinary action (e.g. press-ups) not just for that individual but for their entire group. Missing three or more sessions is likely to lead to either dismissal or failing to graduate from the course.

CACTUS training, while strenuous, involves mostly low-risk exercises based on routine physical activities or sport. Every reasonable effort is made to minimise the risk of accidents or injuries and staff are trained and equipped to administer routine first aid. Occasionally trainees participate in more adventurous pursuits like abseiling, ropes training and water sports. Parents/guardians will be informed of any higher-risk training by way of a note and opt-in permission slip. Suitably qualified and experienced instructors are engaged as lead trainers for all activities. If illness or an accidental injury occurs, staff will act on prior consent from parents/guardians to seek appropriate medical attention. Trainees attend CACTUS at their own risk and their parents/guardians must accept personal liability for any loss, accident or injury that may occur.

## CACTUS CODE OF CONDUCT

While attending CACTUS participants agree to:

- willingly comply with all CACTUS staff instructions;
- arrive on time, appropriately dressed and prepared;
- actively participate to the very best of their ability in training expected to be physically and mentally tough;
- respect the beliefs, belongings and capabilities of all fellow trainees;
- cooperate with and support all fellow trainees to help them achieve their goals;
- maintain all existing family, schoolwork, employment or extra-curricular obligations and commitments;
- comply with all school rules;
- comply with the following general behaviour rules:
  - no swearing, spitting, bullying, backchat or cheating
  - no smoking, consuming alcohol, illicit drug use or misuse of any substances
  - no anti-social, threatening or criminal behaviours
- attend all training unless excused prior for good reason or on compassionate / emergency grounds (normally granted on up to three occasions only).

## HOW TO APPLY

Complete the attached form and send this to the CACTUS Course Manager along with any additional information you want considered. The Course Manager will contact you to confirm receipt of your application and to organise an interview. The number of places on each CACTUS course is strictly limited. Participants are accepted at the sole discretion of the Course Manager who may seek advice from third parties when processing applications.

# CACTUS APPLICATION FORM



## APPLICANTS DETAILS

Full Name:		
Date of Birth:		
Home Address:		
Home Number:	Work:	Mobile:
Email Address:		

CACTUS Course Details (if known)

- Basic  
 Extreme  
 Advanced

Start Date:

End Date:

Are you a New Zealand Citizen / Resident?  Yes  No

### ETHNICITY

- NZ Pakeha / European
- NZ Maori  
Iwi: \_\_\_\_\_
- Asian  
Nation: \_\_\_\_\_
- Pacific Islander  
Nation: \_\_\_\_\_
- Middle Eastern  
Nation: \_\_\_\_\_
- Latin American  
Nation: \_\_\_\_\_
- Other (specify below)  
\_\_\_\_\_

Who or what prompted you to apply for this course? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are there any specific goals or outcomes you want to achieve through CACTUS?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PARENTS' / GUARDIANS' CONTACT DETAILS

Primary Contact's Full Name:		
Home Number:	Work:	Mobile:
Email Address:		

Secondary Contact's Full Name:		
Home Number:	Work:	Mobile:
Email Address:		

*PRIVACY STATEMENT: Personal information provided on this form will be treated as confidential by CACTUS staff and advisers and handled in accordance with the NZ Privacy Act 1993. Anonymous statistical data obtained from applications will be used for course planning, fundraising and grant accountability reports. CACTUS also reserves the right to use participants' names, comments and photographs for marketing or public relations activities (including to sponsors) and to carry out post-course follow-up activities.*

Any issues that may impact on the applicant's ability to cope with a physically and mentally demanding training regime MUST be disclosed. No specific conditions or constraints automatically prevent someone attending CACTUS but good behaviour, fitness and health are generally needed to meet course requirements. There may be scope to explore options to adapt training to accommodate specific individual needs and further information (eg a medical assessment or doctor's consent) may be sought for some applicants.

## PERSONAL HISTORY Tick one

Yes No

• Are there any personal confidential issues the Applicant prefers to disclose verbally? *	<input type="checkbox"/>	<input type="checkbox"/>
• Are there any personal confidential issues the Parent/Guardian prefers to disclose verbally? *	<input type="checkbox"/>	<input type="checkbox"/>
• Has there been any significant change in the Applicant's personal circumstances recently?	<input type="checkbox"/>	<input type="checkbox"/>
• Does the Applicant have any food allergies or intolerances or dietary restrictions?	<input type="checkbox"/>	<input type="checkbox"/>
• Does the Applicant have any of the following health conditions?		
asthma, diabetes or heart problems?	<input type="checkbox"/>	<input type="checkbox"/>
muscular-skeletal or spinal injury?	<input type="checkbox"/>	<input type="checkbox"/>
allergies?	<input type="checkbox"/>	<input type="checkbox"/>
fits, dizziness, fainting or blackouts?	<input type="checkbox"/>	<input type="checkbox"/>
psychological or mental health condition?	<input type="checkbox"/>	<input type="checkbox"/>
disability, impairment or other significant health constraint/s?	<input type="checkbox"/>	<input type="checkbox"/>
• Is the Applicant significantly overweight or significantly underweight?	<input type="checkbox"/>	<input type="checkbox"/>
• Has the Applicant undergone surgery or any other major health intervention in the past year?	<input type="checkbox"/>	<input type="checkbox"/>
• Is there a history of behavioural problems or difficulties interacting with others at home or school?	<input type="checkbox"/>	<input type="checkbox"/>
• Is the Applicant in the habit of smoking cigarettes, drinking alcohol or using prohibited substances?	<input type="checkbox"/>	<input type="checkbox"/>
• Has the Applicant been subject to any disciplinary action for unacceptable behaviour at school in the past year?	<input type="checkbox"/>	<input type="checkbox"/>
• Has the Applicant been involved in any criminal activities or investigations? Are any charges pending?	<input type="checkbox"/>	<input type="checkbox"/>
• Are there any other reasons the Applicant may struggle to cope with strenuous physical or mental challenges?	<input type="checkbox"/>	<input type="checkbox"/>

If you indicate "yes" to any of the above, provide further details (eg frequency, severity, medication taken etc):

---



---

Note here any prior commitments (eg family, sport) that may affect the Applicant's availability to meet course requirements:

---



---

## DECLARATIONS & CONSENT

- ✓ We have read and understand the CACTUS programme, discipline, health and safety information provided.
- ✓ Contact details and personal history information provided is / \* will be / comprehensive and correct.
- ✓ We consent to the Applicant's name, comments and photographs being used to promote CACTUS.
- ✓ We understand CACTUS trainees participate at their own risk and we accept personal liability for any loss, accident or injury that may occur. We authorise CACTUS personnel to seek any medical or other care deemed necessary for the Applicant.
- ✓ We have read, understand and agree to comply with the Code of Conduct if the Applicant is accepted on a CACTUS course.

CACTUS Applicant's Signature:

Date:

Parent/Guardian's Signature:

Date: