

# NZOIA QUARTERLY

ISSUE 56

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

Photo: Tree scarring and blown rapide caused by cable and tree movement.

Gemma Parkin



## EARTHQUAKES & EDUCATION:

TALES OF STRENGTH FROM A CHRISTCHURCH ROPES COURSE

It's a beautiful day at the Christchurch Ropes Course. As we set up for the day I reflect on what a strong team of facilitators I have the pleasure of working with today: Fiona Stechmann, Lara Hanser, and Matt Rowley, all NZOIA award holders with a wealth of experience. Our group is forty Lincoln University scholarship students on day two of university orientation. Today is going to be a good day!

The day begins like many others with a few warm-up activities before discussing the objectives:

1. to get to know each other and start working effectively as a team
2. to get outside our comfort zones

In smaller teams we spend a few hours in the low ropes before progressing onto our first high ropes session; Lara and Matt head to the six person giant's ladder, while Fiona and I move to the high horizontal's area containing bridges, beams and traverse climbing walls.

Like many scholarship or leadership students the team rip into it, making the most of their time and opportunities. By 12:50pm, and with lunch scheduled for 1:00pm, the session is starting to wrap up. Lara and Matt have all of their students on the ground and are tidying their ropes away, while in the horizontals area the last two climbers are finishing off their climbs.

The clock ticks over to 12:51pm and everything changes. A loud rumbling noise comes towards us and the trees begin to shake. Fiona and I look at each other. Later we'll both ▶

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Member Organisation



recall how we noticed the foot-high waves of earth rolling between us. As the pine cones start to rain down, those who aren't attached to something instinctively head for the clearings. One set of belayers perform so well you'd be forgiven for thinking we'd covered this in the briefing. They lock off, crouch in an exaggerated spotting position, and sit through it. The second set of belayers think about following their friends out of the forest but are blocked by Fiona before it becomes more than a thought.

As the shaking stops Matt comes running. His students are all OK; what about ours? The remaining two climbers are lowered to the ground and, as the aftershocks roll through, we move everyone to the centre of the main field. In the series of magnitude five-plus aftershocks that follow, we watch whole trees fall to the ground and we try to find out where the main quake was centred. It's moments like these I'm glad I have a brother who works for the media; those reporters always know everything first. Within minutes the reply comes. It was in Lyttelton, centred on land. PHEW! The ocean, which is less than 500m away, is not coming to get us!

Happy in the knowledge that we are safe in the middle on our grass field, thoughts (and text messages) turn to family and colleagues. Horizons Unlimited has fourteen staff out on various programmes today. One tutor is with eleven Adventure Leadership Programme students on work experience at Redcliff's Primary School. In the coming days we'll watch news footage of the collapsed cliff and clouds of red dust that engulfed the school. In time we find out that all of our families, colleagues and students are safe. On reflection it was a good day; just not in the way I was expecting.

Two weeks later, and after an arborist inspection, I return with a colleague to the Christchurch Ropes Course to inspect the damage. Luckily all of the trees supporting the structure are healthy and safe. The low ropes course is completely fine and, out of the thirteen high elements, only four sustain damage. The cause of the damage led to a very entertaining conversation with Karl Ratahi from Changing Altitude, who does our building and repairs. It went a bit like this:

Me: *'Hey, Karl, do you have time to come and do some maintenance on the course?'*  
Karl: *'Sure. What's happened?'*  
Me: *'The trees have moved closer together. I need you to come shorten the cables.'*  
Karl: *'What?!?!'*  
Me: *'The trees have moved.'*  
Karl: *'The trees have what?'*

That's right. The cause of the damage was that the trees have moved closer together; still standing, still healthy, but physically closer together.

For two elements this simply meant shortening the cables, which were now too slack. The traverse climbing wall needs some redesigning; it's now too big for the gap it hangs in. And the giant's ladder, where Lara and Matt had been on the day of

the earthquake, will need to be rebuilt somewhere else; the cables now rub on each other and one of the trees (pictured).

## Tales of strength / what did we learn?

Teenagers are amazing! The maturity and calmness demonstrated by the forty students we had at the ropes course continues to impress me every time I think about it. The way they hung in there, some literally, through the shaking and supported each other through the wait afterwards – wow! Out at Redcliff's Primary School, Adventure Leader students, who had just seen the cliff fall right onto the school boundary, could be found out on the school field comforting primary school students, red dust and all.

We often explain to our participants how strong and safe ropes courses are, and you know what: we're right. This course has now stood strong through two major earthquakes measuring 7.1 and 6.3. Yes, we had some damage, but no structural failure (the rapide pictured was not a structural component of the course). None of the backup systems even came into play. The course today still hangs the same as it did prior to the earthquake, just a little bit wonky.

## Moving forward

After thorough checks the majority of the course is now open and operating as it did at 12:50 on the 22<sup>nd</sup> of February. Within the remainder of the year the remaining two activities will be repaired and the Kahikatea Adventure Education Trust, who own the course, plans to go ahead with extensions planned prior to the earthquake. We look forward to seeing hundreds more participants, including Lincoln University, back out there in the near future.

## Objectives

1. **To get to know each other and start working effectively as a team** ✓✓✓
2. **To get outside our comfort zones** ✓✓✓✓✓



*Scratched strandvice caused by rubbing against lower cable.*



*Gemma is a NZOIA Bush II and Rock I award holder and Ropes Course Trainer. She has been working for Horizons Unlimited since 2004 where she manages their adventure education delivery.*

*All photos credited to the author.*

# President's Report

Welcome to the non-winter! I am sure snow is just round the corner to meet my new telemark skis, but for now they stay snuggled in their bag plagued with wishful thinking! Only yesterday (10th June) I sea kayaked around Nugget Point, Catlins. Admittedly, a little frosty at the start, but once our paddles dipped into the open ocean the balmy warmth engulfed us. It made me wonder about our seasons; what climatic changes we face in the future, and how we will adapt to more unpredictable weather patterns. As seasons never really mirror the previous one, this is like the changes we see in the outdoor industry sector every year. The only constant we all face, is change!

The NZOIA executive team is keeping up with industry changes. Our sector faces major adjustments and hot topics high on the agenda are presently around; the adventure tourism review, the qualification debates, our operational relationship with Skills Active, NZOIA's internal systems & staffing, training and assessments, etc. The list goes on...

To help, each time we have an executive meeting I have committed two days to be in Wellington. NZOIA is by no means flush with staff, so this helps when I primarily work with our CE, Matt Cant on issues requiring attention. The extra day also allows me to catch up with other industry people. I have initiated meetings with the chairs on ONZ, EONZ AND MSC etc. By face to face meetings, we can discuss issues surrounding the outdoor sector. You can't beat a meeting of this nature, especially compared to emails or phone. I hope it allows us to; communicate more efficiently, break down barriers and develop stronger relationships' for the common good of our outdoor industry. New Zealand is far too small (and often been criticized) for secular and fragmented operations. This initiative is only a small part of our communication, but will help carry on the great relationship work other Presidents have done.

## Our Executive and what they are doing (aside from decision making)

**Mark Lewis:** Is working on the member's handbook making some excellent progress with required changes. This document gives key information about NZOIA, membership benefits and processes.

**Heather Rhodes, Jo Parsons:** Working hard on re addressing our members' survey. It is critical we get feedback from you. The survey was last conducted in 2006, and now being used to develop key questions. We need your input which helps steer the executive decisions, and gives you a voice where you would like to see the organisation go in the future. Also Heather and Jo are working on improving NZOIA's communication strategy and ways to strengthen our brand nationally.

**Simon Graney & Steve Milgate:** has been involved with relationship strategy meetings.

**Sam Russek:** Has developed the facebook social fan page – check it out at <https://www.facebook.com/pages/NZOIA-Excellence-in-Outdoor-Leadership/>

**Ajah Gainfort:** My gosh! What would we do without Ajah? Keeping the Quarterly going, managing articles is an ongoing and time consuming task. The Quarterly is one major way we communicate with members. So to all people who have submitted articles, photos etc, a huge thank you for your contributions; please keep them coming.

**Mike Atkinson, Chairperson Technical Sub Committee:** Mike fields many requests and emails. He continues to do an excellent job. A latest development is between him, myself, and John Entwisle we have worked with NZMGA to introduce a guiding part to the Bush Instructor qualifications. Excellent progress is being made and we hope to have this finalized very soon.

Emails, phone calls and meetings continue to be frequent, i.e. weekly, and each executive member continues to play an integral part of keeping NZOIA moving forward. Honest genuine, hard working people on the executive are doing their bit to ensure this association continues to make positive progress. Like each season, we will continue to keep up with the pace of change.

I look forward to seeing you in October at the ONZ Forum.

*Andy Thompson, President, NZOIA*

## Custom & Contract Courses

**NZOIA courses not being run at a suitable time or location?  
Want to get all your staff sorted when and where it suits you?  
Got a group of 3 or more people and a date / location in mind?**

Whether it be training, assessment or revalidation we are happy to run a custom course for you. Contact the Training and Assessment Coordinator to discuss your needs and we'll do our best to make it happen. Costs may vary from scheduled courses and minimum numbers of participants dependent on the course type will apply.

**Email: [assessment@nzoi.org.nz](mailto:assessment@nzoi.org.nz)**

**Phone: 04 916 4373**

## Kayak Instructor Training

### Funding subsidies still available!

We still have funding available from Water Safety NZ to subsidise any sort of kayak, sea kayak, or canoe leader / instructor training or safety / rescue workshop. If you have a group of three or more people please get in touch asap and we'll endeavour to meet your needs. Courses may be run midweek or weekends.

### Course costs

\$80 per person for a 1 day course, \$160 per person for a 2 day course. **This is a 50% subsidy!**

# Executive Update

## Ministerial Risk Management and Safety Review

As reported back in March the Minister of Labour has directed the Department of Labour to provide funding for the Tourism Industry Association and Outdoors New Zealand to coordinate and work with outdoor sector and government bodies, to deliver the initiatives that came out of this review. Unfortunately progress has been delayed by a combination of manoeuvring between TIANZ and ONZ, and because of concerns raised by NZOIA and other national body stakeholders about the implementation plan.

The implementation of these initiatives and the imminent regulation of commercial providers in terms of safety auditing will be important milestones in our history, and consequently getting it right is of paramount importance to NZOIA on behalf of you as members; this is a most significant event and is expected to impact on our future considerably.

ONZ has now established a Project Management Committee to provide a governance function for the project, and NZOIA is a part of this small group. This is a positive and welcome response to our feedback and expectations.

## Qualifications debate

In part leading on from the above, SPARC through the Sir Edmund Hillary Outdoor Recreation Council, convened a meeting to garner from a range of national organisations their position regarding qualifications. The aim of this was to assist SPARC in developing its own position, and in particular with regard to the notion of mandatory qualification requirements for the commercial sector. This was an interesting meeting with wide ranging views expressed. I was interested to note that the current arguments against mandatory qualifications are virtually identical to those presented when the establishment of NZOIA was debated in the 1980's.

For those who, like me, were not around when NZOIA was set up, there were a number of factors that brought things to a head. Amongst these was the death of a young man on Mt Ruapehu while under instruction. This tragedy raised the spectre of government imposed standards and gave impetus to those who preferred to see national standards set from within the industry; in effect self-regulation. Out of this and the more general drive for professionalism, was born NZOIA. It's hard to miss the parallels to today's situation.

## ICT Project

As many of you will have noted from a recent email this project is now underway and aims to be completed over the next three months. Inevitably there will be things to iron out over time but hopefully you'll see an improvement in our administration and in the functionality of the website. Some patience and understanding will be appreciated during the transition as the new system is brought on line and as staff become familiar with its operation.

## Staffing

Chris has been with us for three months now and is finding his feet in the new Technical Field Officer role. Kim has departed to work for Skills Active having done a marvellous job as Training and Assessment Coordinator during her short time with NZOIA; we wish her well. We are pleased to welcome Mandy Armstrong who is filling the gap left by Kim until an appointment is made for the new role of Programme and Membership Manager.

## Canyoning

In April we ran a four day grand-parenting workshop for the newly developed canyoning instructor qualifications. The aims of this were to confirm the level 1 and 2 syllabi, test these syllabi in an assessment situation, assess key industry personnel against the syllabi and award them with qualifications, and identify future assessors. All the above outcomes were achieved; 10 Canyon Instructor Level 1 and 5 Level 2 qualifications were awarded, the syllabi are now in the final stages of being written, and four assessors are now recommended for entry to the assessor pathway.

In terms of our organizational achievement we have progressed from commissioning research late in 2009, to holding an industry forum in September 2010, to developing qualifications and awarding the first 15 in April 2011. A further assessment is being scheduled for later this year and you can expect to see the new syllabi on the website soon.

## Assessment centres

we are in the process of establishing a number of tertiary education providers as NZOIA Assessment Centres. This will mean that they are able to integrate the Leader qualifications into their programmes and assess their students as part of their course. This is a way of reducing barriers to student participation in the qualifications scheme, and overcomes the situation that has prevailed in a number of institutes where students are assessed against course criteria by NZOIA assessors during the week, and against NZOIA criteria by other NZOIA assessors at the weekend on our assessment events. Other tertiary providers who have not yet discussed these opportunities with NZOIA yet are very welcome to do so and should contact me directly.

Well, I spent last weekend in the Marlborough high country and for the most part was in shorts and a tee shirt... I don't know what's happened to winter but let's hope it arrives soon for all those whose livelihood depends on it, and for those of us who have planned to get out there and enjoy the snow!



Matt Cant, Chief Executive, NZOIA

# Qualifications: Professional Outdoor Instruction

Andy Thompson

- Attitude and passion
- Experience
- Professional training
- Qualifications
- Leadership skills
- Decision making skills that suit the conditions
- Maturity
- Ability to understand one's own personality
- Empathy with others

On reflection the seeds were sown at a young age. I got into the outdoors by going out tramping with mates at school through Scouts. This grew into a passion for adventure with more trips, cycling, climbing and paddling. Our philosophical mottos; "there is good in everything, glass half empty", and, "life is short" all formed the biscuit base of our outdoor enthusiasm and personal experiences. Whilst at school I started to realize I did not want a desk job. So, I joined the NZ Forest Service! No professional outdoor training or qualifications existed then. Times have changed and I reflect where qualifications fit into the bigger picture now.

## 1. Training – this needs time and can be quite intensive

New Zealand has outdoor training course for people wanting to become outdoors professionals. Tertiary providers, private training providers, week long to year's long courses allow people to embark on intensive training programmes. In the 1980s, the one professional course offered was the Outdoor Pursuits Centre (OPC) Outdoor Educators course for 10 weeks. Now, that same course is still offered amongst a plethora of others from tertiary organisations and private training providers offering certificate, diplomas and degree programmes, short courses across New Zealand, all for those wanting to become outdoor professionals. Training programmes have come a long way since then and encompass varied topics on sustainability, leadership, fitness etc.

## 2. Experience

According to the Oxford English Dictionary "experience" is defined as 'knowledge or skill gain over time'. Many old hands will attest to their depth of experience. However there are pitfalls. 20 years implementing the wrong techniques still amounts to plenty of experience, but ingrained bad habits', poor technique and role modeling is no place for contemporary outdoor instruction. Experience may season the old timer, but today we require quality feedback and peer reviewing, change (where needed) and an ability to embrace new ideas.

## 3. Qualifications – the taste test

An excellent way for professionals to verify if they have attained minimum standards is by assessment. NZOIA's core business is qualifications and training. It is what it does best and its assessment methodology allows qualifications to be reviewed as time and techniques progress. Tests for competency in a variety of disciplines are conducted. This is an integral part of our professional check list. Knowing your progress, your next step and improvements are critical to the professionals' development and the industry's ability to employ people. Assessments allow demonstration of sound judgment and leadership skills, technical skills sustainable practices and cultural and historical interpretive knowledge. Assessing allows us to gauge progress, thus establish minimal standards and award qualifications. However we need a big picture view with qualifications. They are not the be all and end all for an outdoors professional. They do not guarantee risk elimination or the chance of a fatal accident or disaster. They can lure people into a self sense of over confidence. Many other factors need consideration like, personality, maturity, weather, environmental conditions etc. Qualifications' are part of a long learning journey which should never stop.



NZOIA provides a revalidation scheme for outdoor qualified professionals. This requires reviewing; however it checks for currency. Instructors can fall victim in traps like; becoming complacent, settled into routines and continuing to 'do it the way it has always been done'. Qualifications' completed some years ago may need re testing and checking. Experience and currency can allow a person to operate efficiently and effectively. Thus maturity can develop adding depth. Often it is demonstrated in a revalidation course, however I suggest what we may lack is the ability to assess empathy and personality – a grey fuzzy area we have not addressed well.

Qualifications do not stop the risk of an accident. However they certainly serve the industry well in maintaining a quality assurance programme for the industries professionals. They are a key to the tapestry of safety checks we need. Qualifications are an important part of the bigger picture in the development of outdoor professionals.

## 4. Experience and continued training

Other opportunities can grow the outdoor professional like; relationships, children, overseas travel, management, other types of employment etc. These all add to the varied make up the wonderful variety of people in our industry.

The New Zealand outdoor sector has come a long way to developing measures and opportunities; however it will never be free of accidents. Professional practice will help reduce the severity of incidents. Vigilance will be our best allies and by working collectively we can minimise the worst response as necessary to alternate any pain of heartbreak that may occur. We have witnessed some horrible accidents with people that have been qualified, and what we would consider experienced, but accidents still happened and have left us wondering why?

The answer is not simple, however understanding the bigger picture, utilising and developing the present checking systems, researching, talking and reviewing these issues are critical to our sector to strongly continue forward.



*Andy Thompson, President, NZOIA.*

*Photos credited to Andy Thompson.*

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## Field Officer Update: Chris Burtenshaw

**I'm pleased to be on the NZOIA team and while my new role has presented me with many new challenges, it's nothing to compare with piling a few more stressful life events on top all at once. Hopefully I'm through the thick of it!**

I've been out completing my first moderations of new Leadership Assessors, visiting workplaces, sitting and running assessments. The moderations have been a wonderful journey in working it out as I went along. Not knowing quite what to expect, the role became obvious almost immediately; I helped with assessor feedback, jumped into assessing hints and tips, and sidestepped into filling in with the odd learning opportunity. I even leapt off my perch to help with a bit of student logistics. It pays to be flexible in this industry!

Next came a horrible welcome back to the New Zealand outdoor instructing scene! The Rock 2 I was assessing was the most atrocious in terms of weather I've ever experienced. Well done to the candidates and a big "thank you" to the awesome model students. I'm still cleaning mud out of my cams, clothes and slings.

### 2012 National Training Symposium

I've been up to The Sir Edmund Hillary Outdoor Pursuits Centre, Turangi, meeting with Kip and sussing the place out as a venue for the 2012 National Training Symposium.

The Symposium will run in the October school holidays and we'll tag the Annual General Meeting and Assessors Conference onto it.

**The Symposium will be an awesome opportunity to:**

- network and meet with fellow outdoor instructing industry members
- revalidate a number of NZOIA qualifications all at once
- a chance to listen to some Outdoor Instructing Key-note speakers
- train and up-skill
- dance! Since I'm organizing this there will definitely be a band or DJ for a night of social fun in there

I'm excited about having OPC as a venue, there are a daunting number of accommodation options to consider and I'm still not sure I can navigate my way around the place.

In the mean time we're compiling an organizing committee to put the Symposium together and looking for contributors. If you want to contribute let me know. It's early days for organizing this event but exciting to see it coming together one step at a time.

Just to let you know, we're hoping to have early-bird tickets on sale from January, so keep your ear to the ground for these.

We'll be providing you with updates and information on the Symposium via the Quarterly, so keep your eyes peeled.

As this goes to press I'm organizing a road trip to Queenstown for sometime in June. If you need a revalidation of your award done (in the rock arena) and you live down Central Otago way, then let me know, maybe we can work something out.

All the best, Chris Burtenshaw  
[fieldofficer@nzoia.org.nz](mailto:fieldofficer@nzoia.org.nz)

# NZOIA members recognising excellence

NZOIA is privileged to have many skilled and generous people within their membership. Three of these people – John Entwisle, Jill Dalton and Jo Straker have been kind enough to spend a considerable amount of their own time working on the NZOIA Excellence Awards. This sub-committee has been responsible for revising the Excellence Awards guidelines, which are approved by the Executive Committee and also receive and decides upon the recipients of these awards.

From the NZOIA Executive Committee, thank you so much John, Jill and Jo for the efficiency, commitment and knowledge that you continue to bring to this process.

**\*\* NOMINATIONS CLOSE 31 AUGUST 2011 \*\***

## Outdoor Excellence Awards Nominations

The *Outdoor Excellence Awards* recognise the highest achievements of individuals and organisations involved in outdoor recreation and education in New Zealand.

The following awards will be presented at the Outdoor Excellence Awards Forum Dinner in Wellington on Friday 28th October 2011.

Nominations are requested from the membership for this year's NZOIA Tall Totara and Emerging Instructor Awards and nominations for Life Membership.

### 2011 NZOIA TALL TOTARA AWARD

*Tall Totara – Awarded to a current instructor who personifies 'excellence in outdoor instruction'. A highly respected role model, someone who has contributed significantly to outdoor education in New Zealand through both work with clients and with aspirant instructors:*

- Currently active as an instructor
- Well regarded by peers as an inspirational role model, and someone who constantly strives for improvement and excellence. A minimum of two referees from different perspectives e.g. employer, peer are required
- Generally holds one or more NZOIA Level 2 qualifications
- A member for minimum seven years
- Strong technical, instructional and educational skills
- Demonstrated high level of achievement in personal outdoor pursuits and a role model in this regard

Last year Ray Hollingsworth was presented with the Tall Totara Award, and previous award holders have included: Ian Logie, David Mangnall, Ian Barnes, Linda Wensley, Ray Button, Lindsay Simpkin, Don Paterson, Mick Hopkinson, Mark Jones, Jo Straker and Graham Charles.

### 2011 NZOIA EMERGING INSTRUCTOR AWARD

*Emerging instructor – Awarded to an instructor who displays great potential for the future, and who demonstrates strong commitment to professional development and qualification acquisition. The ideal recipient should preferably have at least one NZOIA qualification and be recognised as a talented instructor who stands out from the crowd. Generally awarded to a young person but older people who are new to the instructional scene will be considered:*

- Young person or someone new to the industry
- 3-4 year commitment to working as an instructor or outdoor educator

- Current NZOIA qualification holder
- Two referees
- Outstanding amongst their peers
- Demonstrated commitment to personal outdoor recreational participation and a high achiever (relative to age and experience)

Last year John Hannam from YMCA Christchurch was the recipient of the Emerging Instructor Award.

### NZOIA LIFE MEMBER

*Life member – Awarded to a member who personifies the very best combination of an excellent instructor, a high achieving personal performer, and an outstanding contributor to the work and promotion of the association:*

- Long term contribution to NZOIA for a minimum of 15 years
- Diverse areas of contribution including (but not limited to):
  - Assessment
  - Governance
  - Technical committees
  - Administration / qualifications development
  - Newsletter articles
- Voluntary contribution to the work and promotion of the Association
- Recognised high level of achievement in personal pursuits and a role model in this regard
- Recognised academic, management, leadership, governance, educational, literary, or technical achievements

**Please forward your written nomination by 31 August 2011 with reasons detailing the nomination to:**

NZOIA Administration Officer – email: [ao@nzoia.org.nz](mailto:ao@nzoia.org.nz)  
or send to: **PO Box 11-090 Manners Street Wellington**

## Outdoor Excellence Awards





# NZOIA NATIONAL TRAINING Symposium

4th – 7th October 2012

Sir Edmund Hillary Outdoor Pursuits Centre, Turangi

- /// **An annual opportunity to train, up-skill, and revalidate in any of the NZOIA qualification areas**
- /// **Inspirational speakers and trainers**
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**Early bird tickets on sale from the end of January 2012**



**NZOIA**  
*Excellence in Outdoor Leadership*



The NZOIA National Training Symposium will be an annual event that will change location and season each year. NZOIA is pleased to partner with OPC for this inaugural event.

# 'Got me?' 'Got ya.'

The idiom 'what goes up must come down', when taken literally is probably the easiest way to describe gravity. Climbing and gravity go hand in hand and how climbers get back down to the ground is of critical importance. At the top of a climb that has fixed anchors (bolts) there are two options for the climber to transition from climbing to descending; setting up a top rope, or abseiling. Suggested below are ways of teaching these two transitions.

Mike Atkinson

## Transition to Top Rope



1. Clip quickdraw into one of the anchor rings



2. Create a top rope anchor: snap gate biners into anchor rings and clip sling through both biners.



3. Pull sling down in the middle, trying to keep each arm of the sling evenly tensioned and in the direction of where the force will apply.



4. Tie an overhand or figure 8 knot, called the focal point.



5. Attach locking biners into the focal point loop.\*

*\* Debate and confusion arise about whether there should be one or two locking biners at the focal point. The answer is that it depends. One factor to consider is whether you are setting the top rope up for a group, or groups, where it will be there all day, or just setting it up for a friend, or friends, to top rope once or twice. Another is whether there is a chance the biner will push against rock and have the potential to open. The fact is that screwgates do undo even if the gate is facing down. Therefore, two opposing locking biners is preferable in my opinion.*

**6.** Clip the rope through the focal point.

**7.** Communicate visually and verbally with the belayer and before climber weights the rope.

*Climber: Make eye contact with the belayer*

**'Got me, Simon?'**

*Belayer: Takes in the rope so it is tight.*

**'Got you, Karen.'**

*Lowers the climber to the ground.*

**Note: The climber stays on belay throughout this transition**

## Transition to Abseil



**1.** Clip quickdraw into one of the anchors and attach cowstail into the other anchor.



**2.** Clip the quickdraw into the loop of the cowstail.

*Climber: 'Safe. Take me off belay.'*

*Belayer: Puts both hands up in the air as if being arrested.*



**3.** Communicate visually and verbally with the belayer that you are safe.

Make eye contact with the belayer and then:

*Climber: 'Safe. Take me off belay, Simon.'*

*Belayer: Puts both hands up in the air.*

**'Off belay Karen.'**

Undo the locking biner and detach the rope from the belay device.



**4.** Climber pulls up two metres of rope, ties an overhand knot on a bight and attaches it to a biner on the gear loop of their harness. This prevents the dropping of the rope while untying.

**5.** Unite the knot that is connecting the rope to the harness (figure 8 or bowline) and thread the rope through both anchor rings.

**6.** Tie an overhand knot at the end of the rope so you do not abseil off the end of the rope (if it does not reach the ground) and untie the overhand knot that is attached to the harness.



**7.** Feed the rope to the ground. Get belayer to confirm that it has reached the ground.



**8.** Attach abseil device to rope.



**9.** Take in rope through the abseil device so weight comes onto the rope and off the cowstail.



**10.** Wrap rope around thigh 3 times and attach prussic (usually French).



**11.** Take both the cowstail and the quick-draw off anchors and attach to harness.



**12.** Unwrap the loops around thigh and abseil down. Collect the quickdraws on the descent.

There are a number of different ways of doing transitions and the above steps are but one way of doing these. This is not the 'NZOIA way' of doing transitions as there is no such thing. There are many ways of achieving safe transitions. It is useful to keep in mind why some of the above steps are there and the following examples help point this out:

## **Knot in end of rope/feeding rope to the ground**

Chris abseiled off the end of his rope. This happened after he was distracted by others at the base of the crag while he was feeding the rope to the ground to transition to abseil. Neither he nor his belayer noticed that the rope had only made it half way to the ground. He had also forgotten to tie a knot in the end of the rope he was feeding to the ground. He abseiled off the end of the rope, fell 4-5 metres to the ground and rolled a further 10 metres down the hill. Luckily for Chris he walked away.

## **Safety of two anchor points**

Many climbers will just clip into one anchor and call 'Safe'. On an assessment a couple of years ago a candidate was about to call 'Safe' after clipping into a single bolt when she noticed that the anchor bolt wobbled in its hole. Always check the bolts and clip into two anchor rings before coming off belay.

## **Communication**

John reached the top of a climb and called to Dave 'OK', to which Dave replied 'OK'. Dave proceeded to take John off belay. John was expecting to be lowered and Dave assumed John was going to abseil. Luckily for them both, they realised the problem before it was too late. Dave and John had collective climbing experiences that equated to 55 years.

## **Clipping quickdraw into anchor**

One particularly big lead fall I remember vividly was when a student had made it to the anchor but had yet to clip anything into it. She was pumped and the last bolt was 2-3 metres below her. Her cowstail did not easily reach the anchor and she fell before clipping in. Treating one of the anchor rings as another bolt, and clipping a quickdraw in while you get sorted at the anchor, helps a lot.

## **Testing / weighting system**

Before taking your safety off (cowstail and quickdraw) to abseil, weighting the abseil device first is very important. One student had forgotten to attach the belay device to the belay/abseil loop and left it on his gear loop. The gear loop broke when he weighted the abseil device but he was still on his safety. Always have your body weight on the rope/abseil device before taking your safety or cowstail off.

## **Secure the rope**

I once got to the top of a 25 metre pillar pretty well pumped. While untying the figure 8 knot, so I could thread the rope through the anchors to abseil off, the rope slid through my fingers and down to the ground, much to my belayer's amusement. Stranded, with no chance of walking off, I waited for my belayer to stop giving me grief and then find someone to belay him so he could climb up to rescue me. Luckily he did but I am still hearing about it 14 years on.

## **Lowering or top roping directly through anchor rings**

One of my personal bugbears is climbers who set up top ropes, or lower off, running the rope directly through the anchors rings or chains. Although this is not initially unsafe it creates wear and tear on the anchors, which means they need to be replaced far too often. Having spent many hours, and much of CPIT's money on bolts and anchors, I am more sensitive to this than most. Although it seems I am not alone. The NZ Alpine Club website [www.climbnz.org.co.nz](http://www.climbnz.org.co.nz) states in the Albert Terrace section, '**All climbs have double rings at the top, which makes it a user-friendly crag, but please, if top roping, do not take the "European Approach" and run your rope straight through the rings as this creates wear and tear.**'

Climb safely and teach other people systems that involve redundancies in the process. We can all make mistakes and many times there are no second chances, especially when gravity is involved.

NB: The French prusik attached to the leg loop below the abseil device has been the most common used in New Zealand in recent times but it has some limitations and there are alternatives. These limitations and alternatives will be discussed in the next Quarterly.



*Mike Atkinson is a Senior Lecturer in Sustainability and Outdoor Education Programmes at Christchurch Polytechnic Institute of Technology. He is also Chair of the NZOIA Technical Sub Committee. He resides in the mostly 'munted' city of Christchurch with his partner and two kids and has no interest in ponies despite owning two.*

*All photos credited to Mike Atkinson.*

# SPRAINED, STRAINED OR BROKEN?

Most of us are reasonably confident that we possess the 'know how' to decide what course of action to take should an injury occur while leading groups in the outdoors. Examples are RICE for soft tissue and splinting for fractures. Often the assessment of these injuries can be a little more confusing, so the following article is designed to offer some tips on helping you distinguish between the above injuries – soft tissue and fracture. This may assist to answer questions such as, 'Should we try and walk the patient out or fly from site?'

## Definitions:

**A fracture** is any break or chip of a bone. Fractures include open and closed, stable (where the bone maintains its structural integrity) or unstable (floppy), avulsion (bone ripped off by muscles, ligaments or tendons), hairline cracks, comminuted (where the bone has broken into many pieces), spiral fractures caused by twisting of the bone, and many more.

**A sprain** occurs when a joint is moved beyond its usual range of movement or position and the ligaments holding the joint together are stretched or torn. Common sprains involve ankles, thumbs, knees and wrists.

**A strain** involves damage to a muscle or a tendon as a result of over stretching or contraction. Common strains involve groins, hamstrings, necks, backs and calves.

There can be difficulty telling these injuries apart. Factors that can add confusion are swelling, unusual pain levels in the patient, proximity of the injury to a joint and anatomical differences between different patients.

The biggest myth about fractures is: 'If you can move it, then its not broken.' How many fractures have been missed by this well meaning but misplaced piece of advice? Patients are usually able to achieve some limited movement of a fractured body part, sometimes with very little pain.

Our best assessment tool when it comes to fractures is to palpate (touch) the injury site and check for pain. Where possible, we should push the bone and, if this causes the patient pain, then we should assume there is a fracture involved. This is straightforward with bones such as the ribs or ulna but more difficult when dealing with bones surrounded by large muscles such as the femur or humerus. Instead, we can gently apply pressure to the bone ends by tapping or weight bearing and assess the level of pain produced by this force.

Be brave. A proper assessment will often cause the patient a certain level of discomfort.

Fractures close to the skin may also present with a deformity that can be felt or seen with careful assessment. An unstable fractured bone may also exhibit crepitus (bone ends grating together), which may be heard or felt.

Often a patient with a sprain or strain will be able to bear weight but pain will increase with joint movement. A fractured bone, however, will often be very painful if the bone is compressed.

Swelling may be present in fractures, sprains and strains, so is not always a great tool to use to distinguish between these injuries. Remember to take into account the mechanism of injury as this can give some big clues as to what injury is likely to occur.

Assessment of the distal circulation (blood supply beyond an injury) is also very important as, without this, the patient has an increased risk of losing that limb. This may involve removing gloves and boots to observe.

If there is still any confusion surrounding which injury is present, always treat it as the worst it can be. Even medical professionals can find it hard to assess this without an x-ray. Remember: people can sometimes walk around with spine and leg fractures. Therefore an in-depth, detailed assessment is always necessary.

*The Peak Safety crew specialise in teaching a range of Outdoor Emergency Care to those who manage groups in our wilderness settings. They combine with Horizons Unlimited in Christchurch to deliver Outdoor PreHospital Emergency Care throughout the country with a particular emphasis on scenario based learning in challenging locations.*



For more information please contact us on:  
**info@peaksafety.co.nz** or visit **www.peaksafety.co.nz**



## EMAIL COMMUNICATION WITH MEMBERS



We send out occasional emails to members. These are often about matters such as:

additions/changes to the Course Calendars – Training, Assessment and Refreshers, requests for model students for level 2 assessments, new jobs on the Job Board and recently, on courses scheduled in the Christchurch area.

If you are not receiving occasional emails from NZOIA, then we either don't have your current email address, or the email address in your membership account is incorrect.

**PLEASE check the email address in your membership account, as email is the main method of regular communication with members. Alternatively, please contact the NZOIA office if you do not have a login and password for the 'Members only section' of the NZOIA website, and would like to be able to check your membership and revalidation details online.**

## Advertise in the Quarterly

Avertisement	Format / Size	Cost
Half-page advertisement, black & white only	horizontal 186 mm wide x 132 mm high	\$100 + gst
Quarter-page advertisement, black & white only	vertical 90 mm wide x 132 mm high	\$70 + gst
Third-page advertisement, black & white only	horizontal 186 mm wide x 86 mm high	\$70 + gst

Advertisements should be in black & white PDF file format. No 'bleed' advertisements accepted. Colour files can be converted to black & white but tonal contrast may alter. Please enquire for affordable advertisement design rates. Send your advertisement to:

The Editor, NZOIA, PO Box 11-090, Manners St, Wellington 6142 Email: [ao@nzoia.org.nz](mailto:ao@nzoia.org.nz)

## 2011 Revalidation Refresher Workshops

### Workshop Course Costs

LAND based workshops cost \$160. WATER based - Kayak /Canoe/ Sea Kayak - cost \$80 (with Water Safety subsidy)

**The Revalidation Refresher Workshop calendar is now published only on the NZOIA website and is separate to the training calendar [http://www.nzoia.org.nz/refresher-workshops/training\\_calendar.asp](http://www.nzoia.org.nz/refresher-workshops/training_calendar.asp)**

**You will be informed by email each time it is updated**

**In addition we will inform you of any unscheduled events that have spare places**

### Applying for a refresher workshop

Applications for enrolment can be made online or by contacting the NZOIA Office. Applications need to be received at least six weeks before the actual course date. However, applications will be accepted beyond the closing date until the course maximum is reached. Places on courses are allocated on a 'first-in (with completed application form and course fee), first-accepted' basis.

Course cancellation – if minimum numbers are not achieved the course may be cancelled and a full refund given. You will be advised of this soon after the closing date for applications.

### Refresher Workshops by special arrangement

It is possible to run workshops on other dates, either by special request or if sufficient candidates and trainer / assessors are available. Workshops can be run at other locations, including your workplace. Please contact the Training and Assessment Coordinator to register your interest. **Email: [assessment@nzoia.org.nz](mailto:assessment@nzoia.org.nz) Phone: 04 916 4373 or 0508 4754557**

## NZOIA Merchandise

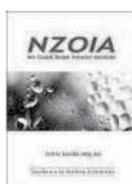
### Waterproof Notebooks

Mud, rain or shine, this waterproof notebook loves tough working conditions. Lead pencil or ballpoint pen can be used under all conditions, even under water. NZOIA branded.

#### Cost (inc. gst)

Members: \$6.00 Non-Members: \$7.50

Bulk Order: \$5.50 minimum purchase of 6



### Thermal Mugs

highly durable and light weight thermal mug in NZOIA colours.

Cost (inc. gst)

\$14.50



### NZOIA T-Shirts

Size - XL only available - grey

Cost (inc. gst)

\$10.00

**SOLD OUT!!**

## PROFILE: Sophie Ballagh



Where are you now and the pathway there, where have you been? Well currently I'm in the Marlborough Sounds recovering from recent ankle surgery, so not that exciting but where I have been and how I got there is a little more interesting.

I studied at Otago Institute of Sport and Adventure (Dunedin Polytechnic) on the two year Outdoor Leadership program in 2005/6 and loved almost every minute of it. I became a freelance instructor then got offered a temporary full time position lecturing/tutoring at the Polytechnic. Super stoked, I took the job and before you knew it, four years had passed and I was still there! During summers I worked in Queenstown as a funyak guide up the Dart River, tramp guide on the Rouburn and Milford, house keeper/cleaner, painter, kindergarten teacher and what ever else would make ends meet! So it wasn't all glamour! I worked hard to get to where I was. Just this summer been, I was a sea kayak guide in Fiordland and loved it.

### **NZOA Quals, current, future, dreaming:**

Currently I hold Bush 2, Kayak 1, Rock 1, Sea Kayak Guide and almost Sea Kayak 1 once I get my boat masters! I guess eventually I'll aspire to get each of those qualifications in level two and maybe branch out into alpine, but in the mean time I'm quite happy, just need to keep them current.

### **Last adventure/last epic:**

Te Anau was an epic place to be based over summer. Climbing mountains, paddling rivers and wake boarding on the lake on sunny afternoons, not to mention the epic slack lining at out flat! I'm about to embark on an amazing adventure, travelling the world! Its been done before, but not by me!

### **Passion/what turns you on:**

Other than tall dark and handsome! Any good adventure in the outdoors with fun people!

### **Something philosophical:**

It's not all about first descents/ascents/peaks, more often than not its about the journey getting there!

What challenges me about working in the outdoors, what I love about working in the outdoors?

I was just explaining to my parents as we sat on the deck watching two guys try to roll and practise their sea kayak rescues in the bay, that I love the challenge of working with a student and finding a learning style that works for them. I love getting people hooked on the outdoors. I love that you learn something about yourself every trip out and watching others learn about themselves.

## PROFILE: Cameron Walker



**Kia ora** my name is Cam. I grew up on the North Shore of Auckland and spent many a holiday sailing in the Hauraki Gulf with my family. At a young age my parents took my two sisters and I on many South Island adventures, tramping and canoeing. It was these experiences, which gave me the passion

and motivation for the outdoors and adventure now. Before becoming an outdoor instructor I was a chef for five years working in restaurants and hotels in New Zealand and Australia. This lifestyle was not conducive to my interests in the outdoors although it did teach me to work under pressure and I can cook a pretty good feed in a camp oven too. After spending four days on a Mountaineering course up Mt Taranaki with Guide/ Instructor Chris Prudden, I was hooked, I wanted to be a mountain guide. Since then I have given up the cooking and in 2009 graduated from the Auckland University of Technology (AUT) with a Diploma in Outdoor Recreation and Leadership (DORL).

**I am currently working** at Tihoi Venture School around the western side of Lake Taupo. My job is an awesome balance of teaching first aid and outdoor education in the class room for three days a week and working in the outdoors instructing a wide range of pursuits for three days a week. Last year over a busy six months I achieved my Bush, Alpine and Kayak level one awards. Each of these assessments was a great experience and opportunity to learn and observe other instructors. In the near future I would like to sit my Rock one and with more experience my Alpine two.

**I am first and foremost passionate about** personal adventures and journeys. I believe this not only helps your skill level as an instructor but the sharing of an experience had on a wilderness trip can both inspire and encourage young or old people to seek their own adventures and in doing so, reach their full potential.

**The last adventure/ epic I had** was attempting to sea kayak around Stewart Island and having massive hay stack waves exploding around us five hundred metres from shore as we rounded a small headland. Prior to that, a winters full moon climbing mission to climb all the Central North Island mountains including Taranaki in under twenty four hours, we made it in twenty three hours and one minute!

**The last CD I purchased** was the "Old crow medicine show" and CCR's greatest hits, I love solid gold!

**For the next six months** my fiancée and I are going to be in the South Island driving around towing our newly purchased 1978 CR Munro pop top camper (retro as) hopefully doing some contracting and lots of adventures in the hills. So hope to get amongst it and meet some of the South Island enthusiasts and keen folk out there. Come say hi if you see us out and about in the camper. Kia Kaha, Cam.

## PROFILE: Stewart Dempsey



### Where I came from....

My playground as a child was a selection of backcountry sheep and cattle stations in the North Island, abundant with fault lines, caves, bluffs, bush, rivers, and waterfalls. Post school I spent close to three decades in suburbia chasing the elusive \$ and found it hard to make the time

or find the energy for serious recreation. One evening I decided on a career change, made the decision to get back into nature on a more full time basis and figured outdoor instructing would be a cool way to do it. I've not looked back, life now has the missing ingredient...getting paid in a job I love! (Living on fish and rice, but I'm happy).

### What drives me...

Adventure...simple as that. Every time I venture out I come home with learning of some sort and a sense of achievement. There's no other place like the outdoors for feedback, be it from the environment or my mates...it's a very special process. I guess I love the connection with nature because it's honest, real and uncomplicated. It's a place where I can be and explore me...let's not go too deep into it, however I feel it needs a mention. It's a recharge, time out for simple thoughts, a chance to get dirty and be primal. There's also those special moments like first ascents/ descents, free climbing, beating the weather home. I think the most important element for me though is the companionship of likeminded people with a no BS approach to life, it's cool to be around. This goes with permission to experience, learn and grow from the medium with a watchful eye on you.

Along with the PD comes the currency from mixing with different people, recommendations on new toys, AND opportunities to trash my old toys so I can buy new ones...I mean, what else would you spend your money on ay!

Professionally I'm driven to open the door for people to have the same opportunities I have. My belief is that everyone has an adventurous streak for some reason, it just occurs on different levels for all of us. Recognizing that space in each client, creating the opening and getting a desirable outcome has given me some of the most rewarding experiences as an instructor. That's why I do it, otherwise it would be just work!

### My biggest challenge...

Working in the outdoors...sorting out the when, why and how recipe for each individual client, and there are days when I just don't get it right!

### What I drive...

Hobbitville on wheels, aka Toyota Hiace. No place like home, 120000km in last two years. I highly recommend it.

### What I want to drive...

I saw a creek boat on a mini once, looked kind of sick.

### What I would write about for an article for the quarterly...

The title would be 'Assessments for Beginners.'

### Latest mission...

Exploring Bulmer cave for the first time Jan 2011. Very cool place, awesome adventures, great company and lots of food.

### Next mission...

Planning on an alpine trip in the South Island soon, off to sleep with snakes and spiders for the winter with Outdoor Education Group in Australia, then home paddling November -January so will get up north and bust out some coast runs as well.

## PROFILE: Jo Martindale



**I currently** co-run an outdoor education business with my partner Stu called Murihiku. One of our main aims is to provide learning experiences that bring the curriculum to life. My work life is kept interesting and varied as I work not only with schools, but also several tertiary institutions in the South Island.

**I arrived in Aotearoa** in 1998 and haven't looked back since. I graduated from Aoraki Polytechnic in 2001. Experienced my first NZOIA assessment while there getting my Alpine One. In 2002 I achieved Rock Two and to add to that I now also have Bush Two. I'm not too sure of my next step! I have started to look towards giving back, and am starting down the assessor line for rock.

**I like** keeping busy and along with working full time I graduated from CPIT in 2010 with a Bachelor of Outdoor Education. This year has found me embarking on a Post Graduate Diploma in Sport and Leisure Studies through Waikato University. It is great to exercise the mind as well as the body.

**I am passionate about** education and the environment. I am all about living with the seasons, and being a part of the environment rather than just experiencing it and using it as a back drop, along with that I am about using the outdoors for EOTC (education outside the classroom) and trying to bring the curriculum learning to life.

**I have only ever wanted** to work in the outdoors. I worked for my first outdoor centre at sixteen and knew there was nothing else for me. The amount of time away from home is challenging, yet I have a job I enjoy getting up for every day, is varied and challenges me in different ways.

**The last MP3 I bought** was Pitch Black. I drive a Nissan Navara and would love to own a VW Beetle in either Red or Black =)

## NZOIA EXECUTIVE PROFILE: SIMON GRANNEY



“ I’ve been working professionally in the outdoors since 1997, starting my career as a kayak instructor in Germany. I spent a few years at OPC as an instructor and then Training Officer, and then spread myself around gaining other valuable experience – sea kayak guiding in the Abel Tasman, ski patrolling on Mount Ruapehu, driving a desk for Sfrito, in the corporate training world and as a self-employed instructor and consultant. Having seen things from a few perspectives, the outdoors is where I want to be – close to the action of people developing, going on adventures, and having a great time.

My own journey has taken me to a lot of great places, and along the way I’ve grabbed a fairly mixed bag of skills in many disciplines. I can honestly say I relate well to people who don’t pick up physical skills quickly, as my own natural level of unco-ordination is pretty high. I’ve had to take the approach of breaking stuff down and analysing it, in order to pull anything off. I may have been heading for the record of the most NZOIA Level 1s without progressing further, but unfortunately blew that last year by getting Sea Kayak 2. Kind of ironic, as I’ve spent a lot more time on rivers and mountains than the sea. But the sea is where my focus is now – with the arrival of kids, my wife Brigid and I decided that sailing is more family friendly than crags and creeks. We started off with a trailer-sailer and have graduated to a keelboat. As part of my job as Centre Manager at OPC Great Barrier I’m also at the wheel of a 12 metre passenger launch, tripping back and forth across the Hauraki Gulf to pick up clients from the mainland.

The last couple of years have been a steep learning curve in running a centre, driving a jet boat, and living in the middle of nowhere. Great Barrier is the kind of place where one minute I need to be making sense in a meeting in Auckland, the next minute I’m dismantling a tractor, the next I’m walking home through the high tide. My family might have to put up with the usual demanding hours of this industry, but this is a great place for us to catch fish, grow chickens and vegetables and a great place two young kids to grow up.

As far as NZOIA goes, I’ve just started assessing so there are a whole lot of new skills to develop there. I’ve been a member of the NZOIA Executive for five years or so now, long enough to see a few changes, although my ambitions to see some positive changes have not yet been completely fulfilled. One of these ambitions has been to see a coherent pathway of qualifications that captures people early in their careers. We’re finally getting some traction in this area, although plenty left to do. It’s an honour to work on the Executive, even though I feel a bit ‘part-time’ sometimes as in summer it’s hard for me to escape the island. NZOIA has a very high level of credibility in qualifications and training and I’m keen to boost that and leverage off it. I get to see the outdoor industry from a few points of view – not only from the NZOIA Executive, but also as an employer of both experienced staff and relative novices, as a ROSA auditor, and as an occasional instructor of young people, tertiary students and corporates. I have some frustrations both with the industry and with NZOIA’s processes but I am involved because I see a positive way forward and an interesting future for quality and professionalism in the outdoors. Cheers, Simon. ”

### \* \* Congratulations \* \*

**Congratulations to the following members who recently gained NZOIA Qualifications:**

<b>Abseil Leader</b>	Dan Cullen, Elizabeth Jacobson, Ashleigh Kersten, Stephanie O’Rourke, Esther Hickin, Gareth Bradnam, Dean Murphy, Daniel Moir, Natalie Cameron, Billy Georgieff, Alex Monteath, Charryl Moody, Michael Mosher, Toni Sturt, Benjamyn Allen, Jordan Auld, Tyler Hopkins, Natalie Looyer, Claire Maskill, Joe McEwan, Shannae Sherriff, Sharon Skelton, Zac Taylor, Kate Walsh
<b>Bush 1</b>	Adrian Fastier, Edwin Rimmer, Alexandra Rose, Matthew Rowley, Anita Sword, David Williams
<b>Bush 2</b>	Allan Kane, Sekita-Ra Mennie, Steven Parker, Chris Burtenshaw, Michelle Grant, Cherie Alexander, Catherine Kircher, Mathew Barlow
<b>Canyon 1</b>	Koryn Gould, Fay Mackman, Sam Hollyer, Mike Enright, Grant Prattley, Andrew Humphreys, Ross Fraser, Tony Church, Cam Bowen
<b>Canyon 2</b>	Neil Foxcroft, Toine Houtenbos, Kip Mandeno, Annette Phillips, Dave Vass
<b>Kayak Leader</b>	Dan Cullen, Irvin Torralba, John Lawson
<b>Kayak 1</b>	Cat Kearsley, Josh Reynolds, Angus Thompson, Tony Wright, Ashley Whitehead
<b>Rock 1</b>	Ryan Malcolm, Sarah Poepjes, Wayne Goodchild, Curtis Vermeulen, Owen Lee, Ed Rimmer, Sean Ellis, David Ryan, Prajot Sabnis, Tracy Stock, Samantha West
<b>Rock 2</b>	Keith Riley, Matt Wight
<b>Sea Kayak Guide</b>	Craig Moore, Torrey Archibald, Adam Exler, Jack Finn, Daniel Berger
<b>Sea Kayak 2</b>	Peter Townend

# PROFILE: Adventure Specialties



Now in its 28<sup>th</sup> year of operation Adventure Specialties Trust operates from bases in Auckland and Christchurch and has a current fulltime staff of 13.

The Trust is not a 'centre based' organization but transports client groups and equipment to a wide variety of locations and utilizes a wide range of adventure activities to meet its client's need. This can see staff tramping one week in the Central North Island, sea kayaking at Whangaroa Harbour the next. This flexibility is one of the strengths of the Trust.

All Adventure Specialties Trust instructors are NZOIA members and are provided regular training and support to achieve NZOIA qualifications. The Trust also has Outdoors Mark, is a Maritime New Zealand compliant white water rafting operator, and a certified provider of programmes for Child Youth and Family Services.

Along with a love of adventure, Adventure Specialties Trust staff also share a commitment to Christian faith and believe that the teachings of Jesus have great relevance to the health and wellbeing of individuals, families, communities and society at large. If the development of young people or the "health" of families is to be addressed in a truly holistic way then the spiritual should not be ignored. While this may be addressed through formal processes like discussions and informally through conversation it is also achieved through staff role modelling their beliefs. Actions so often speak louder than words.

Much of the Trusts work involves coming alongside other organisations adding an adventure component to help them achieve their aims. Clients of the Trust include schools, youth development agencies, family counselling centres, disability and mental health providers, drug and alcohol rehabilitation programmes, prisons and some international university groups.

"Journey" is a big theme in Adventure Specialties Trust programmes. While the Trust does deliver technical skills programmes from mountaineering and rock climbing to caving and sea kayaking, the heart of its work is in facilitated youth and family development programmes that utilize a combination of stories, discussions and experiential learning initiatives delivered in the context of adventure activities and wilderness environments. Examples of these programmes include The Journey, an expedition style adventure for Year 10 students identified by their school guidance counsellors as struggling or 'at risk'.

The Journey is designed to be a catalyst for change and challenges student's values, their perceptions of their ability to handle adversity and their ability to set goals and seek the type of relationships and environments that will see these goals realised. As Julian, a Journey participant remarked, when some time after his experience he was questioned about what the Journey had meant for him, "Near the end I realised it would be kind of good to fix up some stuff. Year 10 was my down year, it was a good chance to talk to people and get support. The stuff I was doing prior to going, I'm not doing anymore."

Te Wero Aki is another of these facilitated adventures and is a partnership programme with Man Alive an anger management counselling organisation and targets 12-14 year old "young offenders" referred by CYFS. To complement the work of the counsellors, instructors receive training in the "language of anger management" and restorative approaches to dealing with discipline issues.

The Trusts programmes alongside family counselling centres and community and family service agencies are an interesting facet of its work. While financial hardship is a common thread among these families it is often a poverty of spirit and mind-set that needs to be addressed. Children of these families are growing up without the experiences that many functional families have that create great memories, strengthen relationships between them and their parents and expose them to healthy outlets for their energy. They are also in danger of succumbing to, what Richard Louv in his book "Last Child in the Woods" coins as, "nature deficit disorder" and its consequences for society and our "wild" places.

While some programmes such as a recent 4 day rafting trip down the Motu River with students from Te Whanau a Apanui School require the risk management of the potential for physical harm others such as programmes with teenagers with intellectual and physical disabilities are more challenging for staff at a creative level. Creating adventure outside the normal "adventure box", modifying expectations of what "processing" might be achieved and realizing that the "camp concert" needs to be tackled with just as much preparation, enthusiasm and energy is all part of being successful in this rewarding area of work.

The Trust has had significant involvement in delivering training and has a strong commitment to encouraging other Christians who are employed or volunteering in the adventure field to get qualifications, strive for excellence and gain understanding of the relationship of the wilderness and adventure to faith. Anyone who has spent time examining the Bible will see how strong this relationship is. For the last 20 years it has hosted an annual conference for this purpose.

Like many other adventure organisations Adventure Specialties Trust also faces the challenges of increasing compliance requirements and financial sustainability in times of economic recession. To meet these challenges the Trust recently restructured appointing a Chief of Operations to oversee all the day to day functions of the Trusts core areas of operations and a CEO to pursue alternative funding streams, explore opportunities for more strategic partnerships and develop a longer term plans for the Trusts direction while keeping the essence of what the Trust was set up to do.

Perhaps the words of a teacher reflecting on Journey students experiences and likening it to being on a diving board reflects the Trusts wish for all its clients; "They're on the edge waiting to do their spectacular dive and the Journey [substitute family or other programme] is the vehicle that encourages them over the edge to achieve that. It's huge. Kids [people] grab at it, because they're at a stage where they know there has got to be something more to life than this."

For more information go to [www.adventurespecialties.co.nz](http://www.adventurespecialties.co.nz)

# The importance of taking leave

**Richard Dunn**

**Leave from your profession is important. I was lucky enough to be granted a years leave from my job in 2010 to travel to Europe. Many of us are on contracts or in institutions where it is possible to negotiate, or build into our employment, time off. It is both refreshing and invigorating and a chance to learn new skills, possibly skills that are totally unrelated to our professions.**



*Richard and Josh up to their elbows in 40 litres of sheep milk making cheese.*

While my job in New Zealand is split between teaching Outdoor Education and Chemistry, during the year I was able to learn new things that complement both areas of teaching. Our year comprised of four WWOOF or HelpX exchanges. We were based in France for the majority of the year so why not learn skills in cheese and bread making, two things close to any French persons heart. Ideally we would have complemented these with wine making but ended up in a brewery instead! With my background I explored the chemistry of these three artisans. We are myself, my wife and my two young sons, who were one year and four years.

Our first exchange involved working on a farm that had no mains power or water. We were living in the bush! Our challenge here was to fix things with a limited number of hand tools. A good problem solving / jack of all trades / she'll be right / fix it with a piece of number eight wire kiwi attitude was required. Important skills to have in an expedition team in remote areas.

Some of my time during the year involved a lot of walking in the mountains. At times I would be shepherding a group of fifty animals through oak forest on a steep mountainside. The group comprised of experienced goats, young goats and young sheep all of who have different needs and tastes. Because of the small number of animals on a farm, each animal was known to the farmer and a precious entity. I reflected on practises back home where the outdoor industry standard ratio for this environment is 1:10. Other times I was walking in the alps of the Pyrennes in full wet weather gear caught in a late snowfall during the transhumance, that is, the shifting of the animals up to their summer alpine pasture.

Mention bread and France and most people think baguettes and croissants. Another of our exchanges was in contrast to that; baking bread made from grains such as spelt and older

grains low in gluten, in a wood fired oven. The oven could fit thirty kilograms of bread at a time and was filled four times over in a day. We only baked three days a week, the other days we were tending the fields or working with the horses that were used to cultivate and plant the crops or sawing wood. Here we were immersed in the organic culture of France and have been reasonably impressed to return to New Zealand and find more organic food readily available.

We hoped to finish the culinary tour with wine making, but through a last minute change we ended up producing beer instead. The small boutique brewery was based in Normandy which is the cider region of France. We filled large bottles of beer which were sealed with a cork and metal swivel just like a champagne bottle. While it was fun producing amazing flavoured beers and getting to understand how to make it from the four basics, beer flowed freely and at times a lot of beer was consumed. Returning to Nelson it has been interesting to explore the micro brewery industry of the region and have a better understanding of the brews.

It is also important to build in some outdoor recreation and adventure or undertake a large expedition to professionally advance. Travelling with a family with two young sons we still managed a nine day tramp in the high Pyrennes, possible by staying in refuges that provided dinner and breakfast. Sitting outside Oulettes de Gaube at 2,150 metres looking up at Vignemale (the highest peak in the French Pyrennes) one kilometre away and one kilometre vertical above us as the sun set at eight o'clock was a moment to savour.

We were in France during the ski season, so we spent three weeks in the Alps in two different resorts. The skiing is outstanding with long runs, ski in / ski out apartments and a wonderful culture to ski in. Sitting at the café at the top of Flaine ski area at 2,500 metres the whole family enjoyed hot



Dale, Josh, Richard & Micah high in the Pyrennes.

chocolates or coffees, while the local French ladies walked their tiny dogs!

Later in the year we spent three weeks cycle touring in Brittany. The cycling facilities and network of cycleways is incredible. We rode for two weeks on designated cycle routes before

we had to ride on some quiet country roads. Often the routes paralleled the canals so the gradients were very easy. Each day we would pass by small villages which we could detour into to buy the daily baguette and croissants. New Zealand is heading down the pathway with Te Araroa for walking but in comparison with the Grand Routes of France we are a long way behind in some developments.

So, before you sign that next contract or roll over your employment for another year, consider building in some professional development in another field. It was great for changing my perspective on my job and keeping me sane!



Richard Dunn teaches at Waimea College in Richmond. He is a long time supporter of NZOIA and has recently served on the Executive.

Photos credited to Richard Dunn.

## Revalidation Reminder!!!!!!!!!!!!!!!!!!!!

Who needs to come in for revalidation this year?

### Qualifications gained before 30 June 2006

Not yet revalidated one of your qualifications? You need to contact NZOIA as you have missed the 31 December 2010 deadline.

### Revalidated one or more qualifications already?

You need to attend a revalidation refresher workshop for all remaining qualifications at any time BEFORE 30 June 2012

### Qualifications gained 1 July 2006 to 30 June 2007

You need to contact NZOIA if you have not yet attended the relevant revalidation refresher workshop.

### Qualifications gained 1 July 2007 to 30 June 2008

You need to attend the relevant revalidation refresher workshop before 30 June 2011

### Exceptions

- Overseas or heading overseas for an extended period? Contact us.
- Work with or know an assessor in the relevant discipline who can sign you off? Talk to them directly.
- Work as a trainer for NZOIA? You are automatically revalidated for the qualifications we employ you to train others in.
- Work as an assessor for NZOIA? You are automatically revalidated for the qualifications we employ you to assess in.

**Book early so we can plan ahead and so you get a place on a workshop.**

For revalidation dates for qualifications gained at other times or for any general information check out the website, read through the booklet 'A Guide to NZOIA Qualification's Revalidation and Registration December 2010', or contact us.

Members can check the date(s) by which they need to attend refresher workshops for their qualifications by logging into the members only section of the website and viewing the qualification record. Direct link is:

**[http://www.nzoi.org.nz/member\\_only/your\\_details.asp#qualifications](http://www.nzoi.org.nz/member_only/your_details.asp#qualifications)**

Contact the NZOIA office directly if you are unsure of how to log into the members only section.

# Assessment Calendar

The assessment calendar is now published only on the NZOIA website [http://www.nzoi.org.nz/qualifications/assessment\\_calendar.asp](http://www.nzoi.org.nz/qualifications/assessment_calendar.asp)

You will be informed by email each time it is updated. In addition we will inform you of any unscheduled assessment events that have spare places.

## Assessment Fees

Climbing Wall	\$265	Sea Kayak 1 upgrade	\$265
Bush Walking Leader		Abseil Leader	\$495
Kayak Leader		Rock Climbing Leader	
Cave 1		Rock 1	
Canoe 1			\$665
Bush 1 + Bush 2		Rock 2	
Alpine 1		SKOANZ Sea Kayak Guide	
Cave 2		Sea Kayak 2	
Kayak 1		Kayak 2	\$845
Alpine 2			

### BOOKING FOR AN NZOIA ASSESSMENT

1. Complete the prerequisites as detailed in the syllabus - all available on the website
2. Submit an application form available from the website or NZOIA office by the closing date together with the required fee, a copy of your logbook and a copy of your current first-aid certificate
3. Applications close SIX weeks before the assessment date
4. Places are allocated on a first-in with fully completed application and fees, first-accepted basis
5. After the closing date we will confirm that the assessment will run
6. If we cancel the course we will refund all fees
7. Refunds are generally not provided where a candidate withdraws after the six week closing date irrespective of the reason (see website for full details of refund policy)

### Assessments by special arrangement-

It is possible to run assessments on other dates, either by special request or if sufficient candidates and assessors are available. Please contact the Training and Assessment Coordinator to register your interest.

If you are getting ready for assessment, do let the Administration Officer and Assessment Coordinator know! We may be able to run a special assessment if we have sufficient numbers or include you in an unscheduled assessment that does not appear on the calendar.

Email: [assessment@nzoi.org.nz](mailto:assessment@nzoi.org.nz) Phone: 04 916 4373

[http://www.nzoi.org.nz/qualifications/assessment\\_calendar.asp](http://www.nzoi.org.nz/qualifications/assessment_calendar.asp)

# Training Calendar

The training calendar is now published only on the NZOIA website and lists courses run both by NZOIA and other providers:

[http://www.nzoi.org.nz/training/training\\_calendar.asp](http://www.nzoi.org.nz/training/training_calendar.asp)

You will be informed by email each time it is updated. In addition we will inform you of any unscheduled training events that have spare places.

### Training Course Costs

All courses run by NZOIA are discounted for members; this includes full, associate and student members. If you are not already a member it is probably worth joining to access discounted training.

All water based courses including kayak, canoe and sea kayak are supported with Water Safety NZ funding.

Course Duration	NZOIA members	Non - members
1 day courses	\$80	\$160
2 day courses	\$160	\$320

All other courses including bush, alpine, rock and cave

Course Duration	NZOIA members	Non - members
1 day courses	\$160	\$265
2 day courses	\$320	\$425

### Further information

Details of courses run by NZOIA, prerequisites, application forms and online payment are all available on our website. Where courses are run by other providers you will need to contact them directly.

### Who are the courses for?

Instructor training courses are designed for people who have already developed their personal skills in a particular activity; have begun leading and instructing others under supervision; and who wish to train and qualify with NZOIA as instructors. Your technical skills should be close to the standard expected on assessment (see individual qualification syllabi on the website). The instructor training course, while generally following the qualification syllabus, will be tailored by your trainer to meet the specific needs of the group to ensure everyone gets best value. It will provide you with new skills and knowledge and assist you to identify any gaps that you will need to fill before successful assessment.

### Training courses by special arrangement

It is possible to run training on other dates, either by special request or if sufficient participants and trainers are available. We are happy to run courses at any level, at other locations or in your workplace; and will be pleased to discuss your individual or organisational needs. Please contact the Training and Assessment Coordinator to register your interest. Email: [assessment@nzoi.org.nz](mailto:assessment@nzoi.org.nz) Phone: 04 916 4373

[http://www.nzoi.org.nz/training/training\\_calendar.asp](http://www.nzoi.org.nz/training/training_calendar.asp)



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Bivouac Outdoor is a 100% New Zealand owned company with a business model that gives the flexibility and scale to provide you with the best outdoor clothing and equipment available in the world today. "Committed to adventure" is not a throw-away line, it's a mission statement that we'll bring you the best of the best.

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### Outdoor Research Men's Igneo Jacket

The fully seam taped, waterproof, breathable Pertex® Shield of the Igneo Jacket keeps the wet out and the EnduraLoft™ insulation provides extra warmth when you're skiing out on backcountry slopes. To keep the snow away from your skin and stop your base layers from getting wet, the Igneo features a zip-out powder skirt. And when you need extra ventilation while tramping back up to the top for another run, there are double sliding pit zips and a zip off hood.

Waterproof/breathable 2-layer Pertex® Shield fabric with a brushed tricot lining

60g EnduraLoft™ insulation down the front and in the arms with 40g EnduraLoft™ in the back and under the arms

Fully seam taped with water-resistant pocket zips

Zip-off, dual-pull adjustable, non-insulated hood sized to fit over your helmet

Front zip with external stormflap

Double-sliding pit zips for versatile ventilation

Articulated elbows for unrestricted movement

Zippered internal pocket with media port

Two zippered hand pockets and a zippered napoleon pocket

Zip-out nylon/spandex-knit mesh powder skirt with gripper elastic

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# PLANTING THE SEEDS OF ADVENTURE



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Photo contributions are welcomed for the back page series 'Planting the Seeds of Adventure'  
Please submit as files of no less than 700 KB in jpg format.