

NZOIA Quarterly

Number 27

Newsletter of the New Zealand Outdoor Instructors' Association

December 2003

National Sea Kayak Award

The National Sea Kayak Award has evolved from the meeting of the NZOIA, SKOANZ and KASK organisations held in Christchurch on the 15th and 16th of November.

This collaborative effort represents the identification of common ground (or should that be water) between the three organisations.

Developing such an award is never easy. As such the outcomes summarised in this newsletter are intended to represent the best start in this important process. The meeting, facilitated by an objective Stu Allan, explored the issues relating to the development and implementation of such an award.

Agenda objectives included;

1. **Why** do we need this award development?
2. **What** is going to be assessed?
3. **Who** will assess the award?
4. **How** is the award going to be assessed?
5. **Where** will it be assessed?
6. **How** will it be administered?
7. **What** are the process for 3 organisations?

Why: Representatives identified common ground and a need to bring together the sea kayaking award scheme given a high level of demand for sea kayak instructors, not just guides. Several advantages of collaboration including membership pooling, wider assessor experience, being a self-moderated industry, resource pooling, and creating a more efficient career pathway were identified.

What: Considerable time was spent on the issue of what was going to be assessed in order to establish a solid foundation on which the award process could continue. The syllabus was refined from an existing draft (see Sea Kayaking Award syllabi on page 6).



Who: It was decided that identification of award assessors be formalised in a transparent process that is fair to all (including those who were unavailable for the meeting).

From this discussion it was apparent that assessors would need to have adequate experience and assessor skills to deal with the sea kayak level 1 and 2 syllabus. The process to identify award assessors is as follows:

1. If you wish to be grandparented into the joint sea kayak level 2 you are required to submit a log with your experience and qualification clearly proving that you meet the criteria before the 30th January 2004, to NZOIA.
2. Out of this level 2 the assessors will be selected by a Technical sub committee from NZOIA with SKOANZ & KASK representatives.
3. From this, the assessments will be run.
4. First instructor assessment to be run in May of 2004.

The remaining agenda issues were discussed with a resolution that they be addressed further after the selection process was implemented.

It is important to remember that:

1. The naming the sea kayak levels is at draft level and may change.
2. The SKOANZ Level 1 Guides Award remains the same. (Please note that on the Monday the 17th November there was a SKOANZ Training and Moderation Assessors day. There were minor changes to the pre-requisites and to the syllabus that have been updated onto the SKOANZ website for viewing).

Naming and administering of the award will be finalised by the SKOANZ and NZOIA Executives.

I would like to thank all those who have contributed so positively and trust this process will continue into the future for the best intentions of the sea kayak guiding and instruction industry.

Andy Thompson

MERRY CHRISTMAS and HAPPY NEW YEAR

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www.safeoutside.org

From the Presidents Wine Glass



Hi all

Another year has gone by, and with Christmas looming on the horizon my thoughts are turning to this summer's adventures. In fact, by the time you read this the first summer adventure will already have occurred (weather permitting). Jim and I have a friend in Christchurch who is keen to climb Mt Rolleston so we are off to be the porters (maybe looking a bit like the load carriers in John's article on page 13). Why should we be the porters - well Katie is 88 and still keen on challenges - might be a photo or two in the next issue.

Speaking of challenges and adventures, members might notice that we have produced the calendar in partnership with Adventure Philosophy. There is good reason for this in that we firmly believe in the value of adventure and in this increasingly regulated climate (see other article on page 16), it is important to recognise the importance of providing challenge in order for individuals to grow and develop. Increasingly there is a dumbing down of experiences, and paranoia around managing risk, or should I call it butt covering, when in fact we've been doing a good job for years and giving our students great learning opportunities.

At the Risk Conference last year we looked at the causes of death in society (UK statistics) and it was not the outdoors that was killing people, it was the cardiac risk associated with lifestyle. Nutrition, lack of exercise and obesity were major contributing factors. So lets keep having those adventures and challenging ourselves.

The NZOIA Executive met recently in Nelson and the meeting was focused around achieving our Strategic Plan goals. A particular area that will see substantial changes in the coming year is Kayaking. Ian Logie has a big picture plan to completely revamp the Kayak awards, and a symposium

is planned in the North Island to look at current instructional trends. We will see a range of resources produced including annotated bibliographies, resource lists, and moderated articles. It is also likely that further resources will be produced to support the kayak assessments.

The core generics have been reviewed and these will be attached to all syllabi. It is envisaged that there will be some tasks for candidates prior to assessments to ensure thorough coverage. Revalidation is still looming and once we have implemented the changes to the kayak awards, that will be the next project along the lines presented at the Annual General Meeting.

The recent NZOIA/SKOANZ/KASK weekend (see page 1) was a great step forward for the industry and we look forward to the implementation of these awards in 2004. This project has taken years to develop, so it is good to see some resolutions at last. Thanks must go to Andy Thompson for all his work.

Our new assessment co-ordinator, Lou Drage, will have started by the time you receive this newsletter. We did try and get someone in Wellington so we could centralise our services, but were not successful. Lou has had involvement with NZOIA as an award holder for years, so brings a good understanding of the assessment process. I must say I'm glad to get this job off my desk yet again, and am looking forward to working with Lou.

Jenny Jordan has done a great job of producing a student's newsletter which will be distributed to Polytechs, and a range of other training providers, as well as being available on the website. It is valuable to have this perspective on our Executive and we are grateful to Jenny for her enthusiasm and contribution.

Well, that's it from me -

Here's cheers to those summer adventures!

Jill Dalton
NZOIA President

Lou Drage



NZOIA Training and Assessment Coordinator

Lou has a great background to take on this role for NZOIA. She has worked as an instructor with Castle Hill, OPC and Outward Bound and holds Level 1 awards in Kayak, Rock & Alpine. Recent adventures include the Length of New Zealand race, climbing Denali and kayaking in Nepal. Now faced with the challenge of being a new mother this job enables her to keep an active interest and connection with the outdoor instruction community.

"Ups & Downs" of South America

by Ray Button

My wife Maggie & I had a great 3 months (May-July 03) in Peru & Bolivia for our first venture to South America.

Lima the Capital of Peru was a place we were keen to get out of but we were forced to abandoned our southward journey to Araquipa by bus due to the National Transport strike, so we flew. This was a town of white architectiure built from the local white granite, hence the churches and main buildings scorched the eyeballs in the sunlight.

As part of our acclimatisation and fitness schedule we headed eastwards into the Andean foothills to the Colca Cayon. Some 1400m deep and twice the depth of the Grand Canyon, its main attraction was the easy viewing of Condors on the early morning thermals as they headed to higher feeding grounds. Our 3 day tramp was hot, dusty and calf breaking on the 1400m descent. We were fooled into taking duvets and stuff as it was all between 3400m and 2000m approx. but we cooked.

A days effort on the bus saw us crossing into Bolivia via the southern area of Lake Titicaca 3800m to the lake shore town of Cocapabana (the equivalent to Taupo). Definately worth a trip to the Isle De Sol, an island which is the centre of Inca mythology.

Our next stop was La Plas a startling city of contrasts and great jumping point to the Cordelliera Real the northern Bolivian Andes. Our highlight was 9 days in the Condiriri area with ascents of Pequena Alpamayo (little Alpamayo) 5400m & Condiriri 5667m.



Pequena Alpamayo (little Alpamayo) in Bolivia

Back to Peru and met up with an old UK climbing buddy from teenage days to do the Inca cultural experience in the Sacred Valley which included Machu Picchu, a must see. Finally to the town of Hauraz in the north which is base for the Cordillera Blanca, parhaps the most well known climbing area in Peru. An excellent acclimatisation area is the Ischinca valley with easy peaks up to 5400m.

We linked into local guiding companies to arrange transport and burro's (donkey's). A word of warning: we had stuff stolen in the Ischinca valley but it seems pretty conclusive it was a visiting band of Argentinians posing as climbers that did the deed. The locals were very upset and the word was that other valleys had got done and these characters were likely to have been present.

The final goal was Alpamayo 5960m. The approach walk up the Santa Crus Valley is a wonderful trekking trip in its own right. My mate Mike & I were the only ones to ascend Alpamayo as unfortunately Maggie suffered from altitude.



Alpamayo in Peru (the big one). Col camp at about 5300m

We went up the Ferrari Route (the standard climb) which this season was not in good condition and was threatened by a massive cornice on the summit ridge.

Two days after our success the cornice collapsed killing 8 climbers which included novices being guided. It didn't matter what skill level you had it was fate that dealt the cards.

2004 NZOIA Calendar

order via the NZOIA website

~ www.nzoia.org.nz ~



Thinking about the future...

by Marty Beare, NZOIA members and assessor, and NZMGA guide.

When I got back home I set to completing the standard tasks to be done before a guide's job is over. First, rope, boots, gloves, and rain weather gear hung out to dry, technical climbing apparatus checked and stored, sleeping bag aired, clothes into the washing machine, food sorted, and items for repair put aside. Next, I started on the desk-work. After stacking to one side the bills and letters that had accrued over the last week I put in an hour writing the company trip report and supervising guide's comments. To lift my spirits I also wrote the invoice. Last of all, I began work on the HSE requirements. With the GPS wired into the computer I downloaded the Linda Glacier legs and the journey out over Cinerama. I checked the occasional waypoint and then added in from my climbing diary the times that we had gained key features. This information I saved to a file signed with my coded name and the date of the first day of the trip. My old computer took its time coming on-line, but eventually I managed to download a copy of the GPS file to the NZMGA/HSE "business-as-usual" storage site.

On my desk were the two cassettes that I had recorded with my helmet video-cam. I rewound the first cassette and put it in the helmet-cam, then plugged in the cables. Once the cam was wired to the CPU I hit "play" and viewed the footage. Yep, there was the initial shot of the client's equipment, and (bugger it) didn't the crampons stick out. I surf-fast-forwarded some and saw with satisfaction that even the night-shots lit by my head-torch were recognisable. It was with relief rather than satisfaction that I confirmed that my snow-anchors across the Shelf and entry gullies stood up well to the dispassionate eye of the video-cam. Next was the snapshot footage of each of the rock anchors – not much for HSE to go on since these were all in-situ anchors and commonly used by every guided party. It was the following footage that concerned me.

I thought back to what had happened, and tried to weigh in my mind just how significant it was. My client Helga and I had taken the mandatory rest on top of the Summit Rock gullies. We'd shared a word or two with Pete and his client. Pete's fox-terrier zeal always put me on edge. I felt a guide should have an attitude tainted by a whiff of cynicism and paranoia, not bravado. Most of all, I never trusted him not to take advantage of a situation for himself. It was this ambivalent feeling of mine towards Pete that was fuelling my concern over what had happened.

I had been short-roping Helga onwards from our resting spot. As you know, the summit ridge on Aoraki above the Summit Rocks narrows as well as dropping off precipitously on each side. I am always on edge here, trying to figure out if short-roping really is going to cut it or if I should whip in a few pitches. We were moving like two old septuagenarians, one limb at a time, with me scoping out the next section when I felt Helga's weight on the rope shift momentarily.

I reflexively jerked my body away from her. Helga dropped onto one knee with both hands on the ice, axe and hammer picks turned sideways. I strained against her with the shortened rope, and yelled at her to get secure. She was scrabbling ineffectively with her downhill boot. The crampon was off, dangling from its ankle retainer. I turned into the slope and held her firm. Despite what was going on I looked back at Pete fifty metres away and saw him reach his hand up to his helmet cam and look directly at us. I remember giving him a wry grin and a salute with my ice-axe before pushing my thumb into the start button of my own cam. Now, looking at the video footage on the computer screen, I saw Helga's panic as she smacked her ice-axe and hammer into the ground. I watched my own hands clear away the surface snow and wind an ice-screw into the brittle ice underneath. There came a confusing sequence of close-ups of karabiners, rope-work and another ice-screw, with rapid changes in camera angles and Helga's face looming large in the screen. The choppy scenes then abruptly changed to serene footage of cloud and dark-blue sea, with Mt Hicks resembling an upturned seashell, and the brazen stare of the Balfour Face.

I fingered the keypad and freeze-framed the following footage of Helga's broken crampon. It was an older meccanno-construction, and on the flickering screen was the evidence of a missing Allen-screw and the resulting mis-shapen crampon chassis. I released the freeze-frame, and watched my cautious extraction of spare parts from the innards of my pack and subsequent restoration of the crampon. I had kept the camera running until the crampon was once again attached to Helga's right boot. After that the footage abruptly stepped forward to the next ice-screw anchors one pitch above. I sat watching until the summit footage had screened and then turned the cam off.

I sat back at my desk and wondered how this was going to pan out. In my trip report I had detailed how at the start of the trip I had warned Helga about the possibility of her crampon screws loosening. I had given her an Allen-key and asked her to tighten them. I had got the key back from her later, but did not check her work. Now I was faced with dealing with the consequences. That bastard Pete was sure to send his cam-footage to the NZMGA/HSE "near-miss" site, with accompanying documentation. I was compelled to do the same. How many demerits was this going to earn me? I had already built up three over the last couple of seasons. Two more and I would be attending a re-training course, with its mind-numbing exposition of the definitions of "risk", "hazard", and "peril". Worse, until I completed the course I was not allowed to work as a mountain guide, and there was no course programmed for another six weeks. The technical review guide's committee was not meeting for a fortnight so at least I could do the next job, but after that...

Oh well, time for a stiff drink and a good think about the future.

SEA KAYAK NATIONAL AWARD

to be endorsed by

S.K.O.A.N.Z, N.Z.O.I.A. and K.A.S.K.

Sea Kayak Proficiency Award

Scope

For recreational sea kayakers seeking formal recognition of their skill and knowledge, and for those who are starting on the pathway to higher-level awards.

Refer syllabi as written for ATTTO

Sea Kayak Level 1 Award

Scope

For *professional* sea kayak guides working in a commercial environment who take clients on kayaking trips involving coastal, lake or open water paddling

SKOANZ Sea Kayak Level 1 will be *competent* and familiar with the use of both single and double sea kayaks in a guiding environment

SKOANZ Sea Kayak Level 1 shall be able to demonstrate the required skills outlined in this award in *adverse* conditions

Refer web site for syllabi at: - www.skoanz.co.nz. Guides' Syllabus Reviewed 17th November 2003.

Sea Kayak Level 2 Award

1. Scope

For those who instruct clients to become competent sea kayakers with the skills and knowledge contained in the Proficiency Award.

2. Pre-requisites

Prior to the assessment, candidates are required to submit suitable evidence of the following:

- Sea Kayak Level 1 Award Completed.
- 35 personal sea kayak days.
- In addition to the Sea Kayak Level 1 Award there must be a further 30 sessions which equates to a minimum of 60 hours instructing a range of groups in sea kayaking in variety a of coastal locations an conditions.
- Current First Aid Certificate.

3. Skills and Experience

The Sea Kayak Level 2 should be able to instruct any aspect of the Proficiency award and demonstrate the skills to a role model standard (refer Proficiency Award criteria).

Sea Kayak Level 3 Award

1. Scope

For those who lead expedition sea kayaking, train guides and instructors, and are capable of overseeing sea kayaking programmes within an organisation.

2. Pre-requisites

Prior to the assessment, candidates are required to submit suitable evidence of the following:

- Sea Kayak Level 1 and Level 2 Awards.
- 30 days personal experience, including multi-day trips in a variety of locations.
- 30 days leading expeditions
- 90 sessions of training guides/instructors.
- Current Outdoor First Aid Certificate.
(It is recommended that the Sea Kayak Instructor Level 2 obtain a P.H.E.C. Course or equivalent.)
- Coastguard Boatmasters Course.

3. Skills and Experience

The Sea Kayak Level 3 should be able:

- Lead expedition kayaking;
- Demonstrate competence in instruction, leadership and management of intermediate and advanced sea kayakers in exposed coastlines with limited landing options on multi-day (greater than 3 days) trips.
- Train guides and instructors
- Teach the content of the Sea Kayak Level 1 and Level 2 Awards.
- Role model sea kayaking proficiency skills.
- Demonstrate the ability to analyse safety plans, understand the legislative requirements and make suitable recommendations to ensure the organisation meets its legal and moral obligations.

Definition Notes: For the purpose of this award

A personal and or guided sea kayaking day would normally be considered not less than six hours from start to finish.

An instruction session would normally be considered not less than two hours.

An instruction day would be normally equivalent to three instruction sessions.

An expedition is considered greater than three days, where exposed coastlines are encountered, with limited landing areas.

“Tech Notes”

Wise Up to the White Stuff - No 1

by Matt Barker

This is part one of a series of articles looking at white water safety and rescue. In this article safety issues are discussed. Future articles will discuss the principles of white water rescue and the latest equipment and techniques that can be used when your safety has gone wrong.

Many kayakers see white water as threatening, dangerous or as an unsafe environment. The facts are that white water can be as safe as any other branch of canoe sport as long as participants enter into it with an appropriate attitude, which must be based upon **“prevention is better than cure”**. The development of this is underpinned by a set of core safety principles, these are;

Principle of Mutual Support

Principle of Line of Sight

Principle of Calculated Risk

Principle of Clear Communication

Principle of Visibility

Principle of Prevention

Principle of Mutual Support:

It is vitally important that **all** group members see themselves as part of a mutually supportive team, not as a group of individuals or as a group being led. If group members are expecting to be part of a team then they will naturally be looking for opportunities to safeguard other members and not sit in eddies thinking to themselves “Thank god I survived!” but more like, **“That was tough! Where should I be now? How can I help the rest of the team?”** Even just knowing you have a team around you can lead to safer paddling. With greater mutual support a person’s anxiety levels can be dramatically reduced leading to more controlled and efficient paddling. This allows the kayaker to meet the demands the water places on them and not get out of control, miss eddies or safe lines.



Principle of Mutual Support

Principle of Line of Sight:

There are two parts to this principle, the first is ensuring you can see safe clear water from where you are, to all the way to where you want to get. **Never run anything blind**, never run a drop that you haven’t seen the bottom of, never drop into an eddy that you can’t be sure is clear and safe, but most importantly don’t go past the last eddy that you can back yourself to make. You will never find yourself in the position of being committed to or having to run anything that you hadn’t planned on. The second part is line of sight between group members, **be in view of at least one other team member at all times**. It is only by being in clear view that the team knows exactly what is going on and where team members are at all times so that they can react accordingly if things do not go to plan.

Principle of Calculated Risk:

Always weigh up the risks involved and the likely benefits in all situations. Don’t rush into any situation without carefully pondering it first. Listen to your inner feelings. We all have off days, don’t push your luck when everything is not perfect. As long as it continues to rain in New Zealand and the power companies stay away, the rivers will continue to flow and there will always be a next time, just make sure you are around to enjoy it.



Principle of Calculated Risk

Principle of Clear Communication:

It is of vital importance that all team members understand all signals and that mistakes are not made with translation. A good way to ensure that messages have been understood is to confirm all communications before any action is taken. Ensure that all members of the team can communicate to the whole of the team at any given time. There may have to be a chain of communication when the river bends or an obstacle obscures line of sight to all members of the team, signals can then be relayed from one to the other. This is linked to the principle of line of sight so that signals and other communications can be passed to all members at all times.

Principle of Visibility:

Personal visibility is vitally important and so is the visibility of your equipment if you want team members to know where you are, or be rescued, or to get your gear back. In terms of personal visibility in the water the helmet, buoyancy aid and paddle jacket should all contrast with the aquatic environment. Colours that seem to contrast in most conditions are **yellow, orange and red**, but when we look around a gear shop we see a predominance of green, blue and black. Some manufacturers are slowly coming to the party with their new ranges and it is up to you to make wise choices. Bright paint or reflective tape on paddles and helmets can be used to good effect, if you are on a tight budget. I would like to see the silver reflective shoulder straps replaced with reflective orange so that it can be easily identified day and night. Good visibility can make the difference between a minor and a major incident.



Principle of Visibility

Principle of Prevention:

Make the best use of manpower and equipment to try to prevent situations from starting or developing and ensure "clean rope" as much as possible. The loose end of the throw bag should have no knots or handles on it, it is then said to be 'clean' and therefore allows the end of the rope to run through hitches and belays, plus it will not jam between boulders on the side of the river or in the riverbed. My first practical demonstration of this was when my party came across a kayak apparently auto surfing upside down in the middle of a river, a throw bag had been clipped by the bag end to the inside of the kayak and the occupant had taken a swim, some rope had worked its way out of the bag and the handle had subsequently jammed in the riverbed pulling the rest of the rope out and holding the kayak in the flow, where it was found wildly thrashing from side to side. What if the kayak was a person around whom the throw rope had become entangled.

The core principles of safety if used on every trip would mean that kayakers would never have an accident. Unfortunately we can all be guilty of pushing our frontiers or underestimating our skill to challenge balance and sometimes things just plainly go wrong.

Future articles will build on this introductory one to equip every level of kayaker with the tools to enjoy safe and rewarding paddling, even when things have gone awry.



Matt Barker

~ has been coaching white water kayaking for nearly 20 years. He has worked throughout Britain and Europe and was a member of the 12 strong British Canoe Union team developing the current white water safety and rescue course. He moved to New Zealand in 1999 to take up an appointment as senior lecturer at Auckland University of Technology. He holds a Coach Level 5, the BCU's highest award. He is currently in the process of cross-crediting his qualifications and assessor status to become part of the NZOIA scheme.

Wise Up to the White Stuff - No 2

by Matt Barker

In the first article in this series we looked at the principles of safe paddling, but on occasions even the best-laid plans go awry. Any paddler may misjudge the skill/challenge balance or perhaps come across another group of boaters in trouble so it is vital that every paddler is aware of the principles of rescues and the techniques needed to carry them out. Here we will look at the principles of rescue. These principles should ensure that any techniques that you use to solve rescue scenarios will have a greater chance of quick and efficient success and not add to the crisis situation.

Any situation that calls for a rescue is, by its very nature, an uncontrolled and unplanned occurrence; it is therefore vital that, as quickly as possible, it becomes a planned and controlled event. The moving aquatic environment is such a dynamic setting that quick thinking and decisive action are required in order to bring an, often escalating, situation to a quick and successful resolution.

One major dilemma with the white water rescues is that you cannot call for a time out; the situation is likely to get more life threatening and harder to successfully resolve, the longer you leave it.

It is therefore necessary to have a rescue attempt started as soon as possible, but then to have multiple plans in action at any one time. So often, would-be rescuers get stuck into a loop, trying to make a doomed plan work instead of trying something new or coming at the problem from a different angle. Multiple plans allow a rescue party to change tack quickly without wasting valuable time having to start from scratch. A simple plan will be faster to set up and it will soon become apparent whether it will solve the rescue or not.



In the meantime, the groundwork for more complex plans can be undertaken which can quickly take over in the event of an unsuccessful first attempt. The minimal first plan will have had its chance to solve the problem simply and with least equipment. Rescue attempts are often over complex, not using time and resources to optimal effect.

In order that multiple plans can take place at the same time it is imperative that these attempts are coordinated. The most experienced rescuer must resist being sucked into the hands-on rescue effort, but rather should distance themselves. From this perspective they can set other plans in motion, give advice and most importantly, step back and objectively assess the likely merits of the rescue systems that are being used. The rescue coordinator can quickly assess the various strategies, directing the focus and manpower to where it will be most effective.

Lets now look at the principles of rescue and their implications.

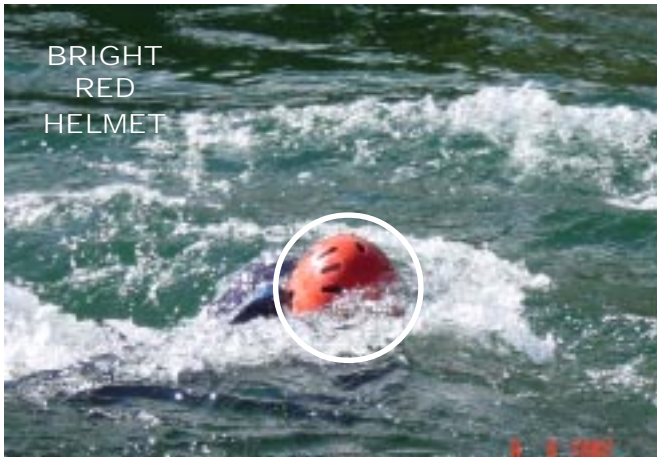
Principle of Personal Safety:

You must be careful not to add to the state of crisis; every action you take must be seen as a carefully calculated risk. You must minimise the potential for putting yourself and your fellow rescuers in danger.



Principle of Maximum Usefulness:

In every rescue situation it is vitally important to fully utilise your resources to make an expedient rescue. One of your key resources is manpower; people must be in the position of maximum usefulness and know what roles they have. This is where having the rescue manager is so important, they can delegate responsibility and direct the personnel to the most demanding places and roles. For the equipment carried to be most useful it is often necessary to have, not the most specialised gear but the most versatile.



Specialised gear often has only one use and if that particular function is not necessary then it is rendered completely redundant. Of more use is a smaller selection of non-specialised gear that can do a greater variety of functions, in that way you have more of your bases covered with a more compact, lighter set of equipment.

Principle of Clean Rope:

Selecting appropriate gear and knots is imperative. Knots need to be releasable under load and/or be able to pass through an HMS or pear shaped karabiner. Rescue ropes should have any knots or handles removed from the loose end so that the end of the rope can pass harmlessly through any belay or anchor if it is necessary to release the system. It is accepted that clean throw bag rope is harder to hold onto but in the event of a swimmer becoming tangled in the throw rope (just ask anyone who has swum through a stopper or been pendulumed through a big swirly on the end of a rope) and the rescuer has to let go of their end, then a clean rope is far less likely to jam in the boulders on the river bank or bed thus avoiding a life threatening scenario.

If there is any danger of the rescuer not being able to hold on to the rope or losing their footing then the rope should be belayed. It is also important to put the bag end where it is unlikely to become jammed in the system, riverbank or bed where ever possible.

Principle of Presumed Insanity:

Never underestimate the power of a nearly drowning son to try to save them self at any cost, even at the expense of the rescuer. Always assess the mental state of the victim before getting within arms reach and know how to get them off should they grab you. Don't let the victim drown the rescuer.

Core Principles of Gear Recovery

Rescues should never be confused with gear recovery; rescues need instant action to avoid the situation spiralling out of control, and people are in mortal danger. In gear recoveries people are not in danger except of a long walk or a night out under the stars and, as such, the rules of engagement have a very different focus. Of primary importance is to not endanger anybody.

Principle of Least Risk:

Is the recovery of someone's gear really worth it? How much is it worth in relation to someone's life or even a finger or scar, should anything go wrong? What value would you put on it compared to the value of your boat and paddle? Therefore, time is of little consequence and careful consideration must be made and the time taken to double-check and ensure everybody's safety. Try all the least risk options first and then carefully consider the possible consequences before anyone tries a method where there is potential for injury. It is important to remember that the use of ropes, knives and water, moving or not, all carry risks and the risk/reward balancing act has got to be thought through very carefully.

The greatest material gain I have ever made in a gear recovery situation has been a box of beers but I reckon I've put myself in a few compromised situations for that \$20 gain and in hindsight most of them were not worth it, certainly my wife and kids wouldn't think so. Never let the situation or bravado get in the way of rational thought, particularly in gear recoveries.



NOT MY FAULT !

Principle of Clear Communication:

When the time pressure is off in gear recoveries it is doubly important that mistakes are not made in your communications. Check, recheck, and then confirm all instructions and actions before any attempt at recovery is made, so that all parties are aware of what is happening and what their roles are to be. Mistakes can be very costly in both time and peoples lives.

Principle of Using Natural Forces:

Make it easy, let nature help you. Working downhill and with the flow of water wherever possible will mean that recoveries are usually easier and quicker to complete.

Principle of Diminishing Returns:

Use the minimum mechanical advantage that gets the job done, over complex and too great a mechanical advantage use up valuable equipment, cause greater friction, use up rope length and create less movement at the item to be recovered compared to greater movement at the end where people are pulling.

Using these principles in conjunction with the subject of the next article, **rescue equipment and techniques**, will help you resolve the scenario quickly, efficiently and with a minimum of risk, the next time you meet an unplanned predicament on the river.

**The Eskimo Roll by Bev Smith**

A practical guide for instructors and students of kayaking. Available directly from:
Bev Smith, 12 Runuku Grove, Turangi.
Cost: \$20 each (inc.P&P).

Maritime Safety Authority view of the Part 91 provisions for PFD carriage

The following outlines the progress made in resolving the questions around the carriage/use of fit-for-purpose but non-NZS 5823 certified PFDs in kayaking, canoeing and river rafting applications.

These questions are in consequence of the coming into force of Part 91 of the maritime rules, which imposes PFD carriage requirements on the person in charge of a "recreational craft" - which term is defined to include all vessels that are solely powered manually. Our advice, which is preliminary, is that:

- in those regions where navigational safety bylaws are in place, the Part 91 provisions for PFD carriage do not apply, notwithstanding that such requirements (that is for PFD matters) may only be made for pleasure craft. In other words, the making of Part 91 has had no impact on PFD requirements for kayaking, canoeing and river rafting in regions where navigational safety bylaws are in place;
- there may be scope to use the Director's power under s47 of the Maritime Transport Act to exempt, on certain conditions, the person in charge of a recreational craft from carrying PFD certified as complying with NZS 5823. The exemption would be conditioned around the PFD satisfying tests specified by the Director.

On the question of the impact of Part 91 PFD carriage requirements on raft guides, we are inclined, at this stage, to the view that the specific buoyancy aid instruction in Part 80 overrides the general provision in the navigational safety rules. In other words, the advent of Part 91 has no impact on this explicit provision in the rafting rules.

As noted, this advice is preliminary. We will shortly provide more definitive guidance.

The above was provided by:

*John Marshall
Manager, Safety and Environmental Standards
Ph: 04 494 1242
Fax: 04 494 1263
john.marshall@msa.govt.nz
www.msa.govt.nz*

If you are interested in being added to the MSA e-mailing list for kayaking and canoeing, please forward your details to: simon.obrien@msa.govt.nz

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The Cost

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Email: rob_maclean@nols.edu

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Phone: (08) 9331 6033
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Equity, Equality and Ageism Issues in Interpersonal Load Dispersal.

by John Entwisle

NZOIA member & assessor and IFMGA Guide

Abstract

A chronologicalistic post-blokism neo-feminist analysis of the dispersal of both quintessential and luxurious items among the component members of a gender and weight diverse outdoor experiential party. Somewhere in amongst all of this obtuse verbiage is a possible grain of common sense.

Methodology

This eminent paper has a foundation of many years of quantitative painstaking character building research accompanied by qualitative interviews and surveys of other backcountry user-participants. This foundation has been given structural underpinning by an authorial reading of the relevant theoretical material which is quoted in the text so as not to hinder the flow of a discerning reader's perusal of this paper.

Equity Discussions

Historically the pack was the thing. The heavier the better. It was only to be carried by those of the male gender without any regard to the size or strength of those carrying it. In fact any sign of weakness at shouldering such a burden would subject the unwilling burdenee to criticism about their gender orientation. Such was the unreconstituted world of blokism as recorded in the diaries of Crispin Knarly (Library of the Tarawhatsit Tramping Club 1923-35).

The advent of modernism coupled with, and alongside of, the decline of rugby, the invention of crampons and the reluctance of the country to engage in large scale internationality conflicts has led to the appearance of the less than 60 kilograms weakling in the outdoors. Hence, as well as notwheretofor, to achieve equity there has arisen the necessitation to distribute loads on a basis of proportionalitiness of body mass. The epistemological backbreaking ground work on this can be found in studies of the French existencialists Roi Dabble and Jean Mixteau (University of Ou-allez-vous 1970-3).

More recently, in possibly the pre-post modernistic epoch, these far reaching studies have been refined and redefined to embrace the conceptualisation of lean body mass. The development of globalisation has internationalised the deposition of extraneous adipose tissue so the crucial issue, at this point in time, is the relationship between load and lean body mass.



~ bloke in training in Nepal !

A crude comparionalisation of size and weight is not enough to achieve the necessary equity of load sharing that is demanded by - no is the fundamental right of every outdoor explority group nowadays. For a fully detailed perspective on this issue I recommend "Mass, muscle, metaphors and motivational digressions in a hostile climate" by Dr Spike Youngmaleperson, University of Notdunraining Press 1989.

The expansionist tendencies of monetarism paralleled with the proliferation of acronyms has given rise to a partial military-corporatising of the outdoors type of experience as typified by such institutions as STACK (Services Tax Avoidance Climbing & Kayaking) and NICO (Not Indoors Chasing Organs). These FGO's (Fund Gobbling Organisations) have quantified the aforementioned theoretical writings so that a correctly burdened participatory person should be carrying 25% of their lean body mass. So a typically sampled male, drawn from a mean and modal distribution, with a body mass of 80 kg should carry in relative comfort a load of 20 kg. In more extreme circumstances weights of up to 33% may be portaged. For matrixed tables quantifying load spread around the standard deviation visit the works of I'm Massive and Rant Gravytrain at their respective websites:

www.IMSTACKED.GETSHOT.NZ and
www.RANT-NICO.CORP.NZ

Unfortunately for the good old kiwi bloke the advent of deconstructing feminist critiques has reduced him to the status of a mere humble male bordering on the marginality of extinction. The perceptive reader may here turn to Bo Starker's opus "The Role and Roll of the Incidental Male Outside of the Kitchen: Erewhon." However I digress which to be honest (not such a good idea in a paper like this) Now where was I? Must try and find myself. Is that a quote and do I have to attribute it? Well I'll attribute the next one to Ms Linda Brandy who said "that it is unfair for women to carry the same loadmass as an equivalent weightwise male and if you argue with me I'll punch your lights out". Windy Saddle Hut conversations with some boring old fart 1999, from Chapter 9 of her autobiography "To the South Summit and Beyond?"

Ms Brandy's thesis is based on the physiological factuality that even a fit woman is percentage-wise more adiposely endowed than the equivalently fit male. Hitherto she should carry a lesser kilogramage than a male of the same equivalent body mass, so for instance, if a 80 kg male person's load is 20 kg then for equitableness to occur the 80 kg female's load should be 16 kg, that is for those of you arithmetically disadvantaged, 20% of her body weight.

So to facilitate a summarisation of the equity issue let me take a sampled (Lippa Synch et al, Examination of Outdoor Dopes, Journal of Flopsical Educationalism 2001) outdoor party consisting of a 100 kg male, a 80 kg female and a 60 kg male who had somehow sneaked in. Now according to the Knarly Diaries each should carry at least 40 kg, but now from our restructured neo-modernist viewpoint we know that the loadal distributionality should be.....

- answers on a postcard to the editor please.



~ bloke after training in Nepal !



~ the author, slightly younger, after a particularly trying day of empirical research !

Equality Issues

The equity debate has been centred on the externalities of the crude mass of the pack. Equality issues examine the contents therein. One has only to perform a subttextual analysis of the seminal work "The Miscalculation of Friskiness in the Outdoors" by Clarissa Codpiece, published by Mouton Cadet 1993 (a very good year: ed) to know the critical importance of what is carried. All of the following must be distributed for personal consumption with absolute equality irrespective of body mass and who carried them: chocolate, fruitcake, cheese, alcohol and any other consumable of the goody grouping. For a full definitionality of this group I refer you to the article "Choc, cheeses and claret" by Slender Wensleydale in Kayaks, Aid climbs and Cuisine NZOIA 2003.

Ageism

The population dynamics - or lack of them - in contraceptional westernised societies has led to the proliferation of a type, rare in the age of blokism, namely, the greybearded outdoor instructor and/or participant. This figure once sought refuge in employment institutions like banks or insurance agencies, but the growth of computerisation and the elevation of the post-work-relaxation age has left them stranded, like ship cast detritus (sorry about the non-green imagery) between the tide marks of life.

These risible figures can literally no longer pull or carry their weight, but until the publication of "Zen, Zimmerframes and Zinfandel; The Function of the Chronologically Challenged Instructor: Charlatan or Savant" by Long Bentwhistle and Riccardo Zip-Phastner, OAP Review 2003, no one had produced a paper on their plight, let alone quantified their load bearing capacitation.

This research is still in its formative stage but its general drift implies a slow (disputed) decline in the male after 40 years and a rapid (undisputed) one after 60. Hence for every year over 40 a male person's crude pack weight should decline by 0.5 kg and for over 60 by 1 kg/year. There is a lack of data on the relative decline of the female, surely scope for a PhD. *(No! The female does not decline, like fine wine she improves, Ed).*

Conclusion

If you thought about grabbing your pack and enjoying the outdoors with a group of friends please think again. There are vast and complicated issues to consider before you perform such a rash equity/equality/ageist fraught venture. I recommend that before move you consult the vast store of readings available on these delicate issues. Much more research needs to be done prior to you venturing out.

Contributions to the NZOIA Quarterly ~

The *NZOIA Quarterly* welcomes articles, photos, letters, news, details of coming events and bits and pieces from all readers. Submissions may be edited.

Please forward all items to: Administration Officer
PO Box 11-325
Manners St
Wellington

or by email to: ao@nzoia.org.nz

Book Review

“Beneath the Cloud Forests”

by Van Waston, NZOIA member and assessor.

(A history of cave exploration in Papua New Guinea) – Howard M Beck. Published in 2003 by – Speleo Projects, Caving Publications International, Lettenweg 118, CH-4123 Allschwil, Switzerland.
E-mail: info@speleoпроекts.com

(One of the reasons for putting all the contact information is that this book is certainly worth tracking down, reading and then definitely owning a copy.)

Ever since Showell Styles blundered around under England somewhere looking for a lost pothole, there has been a shortage of good caving books to read. Sure there have been Expedition Reports, mindless studies on insignificant bugs and the odd technical manual on how not to fluff your change-overs, but, as for a good solid read, this has been a long time coming.

To get to Papua New Guinea can be a hassle; to travel on the road system can be dangerous; to head off into dense rain forest for two months can be fairly wearing; to then sort out caving gear and explore flood-prone cave systems; well, that puts you a bit further out than just being 'out there'.

Abseiling with bush-knives, thirty-hour trips underground, tyroleans across 5 cumec flows, a caver being washed through a sump, groups huddled on ledges for 20 hours waiting for the water to go down. Hey, this is gripping stuff and shows that decision making on the sharp end of exploration can have a range of dramatic outcomes.

You'll have to read it to find the answers; Did they cut the rope? Why thirty hours, why not just twenty? What does a cumec sound like? Did the caver live? Did the water go down?

The book is well laid out and catalogues the major steps of PNG cave exploration from the tentative sorties of Fred Parker in 1963 right through the Australian/NZ expeditions to the Muller Range and incredible river system exploration by French and Swiss teams. There are about 350 pages and a wealth of good quality photos to add some visuals to the stories.

There are quite a few NZ and Australian cavers who have taken part in these different expeditions. I was up that way in 1971-73 and ever since then when I've bumped into others I've figured out some of the places and events but this has the big picture. This is human endeavour pushing the boundaries.

Some of my favourite quotes.....

“The loan of a GQ Defence compressed air grapnel launcher was to ease progress of the British team along the Nare riverway.”

“With an estimated normal weather flow of 1-2 cubic metres per second, the Manicouagan Waterfall formed a major obstacle to the exploration of Guimbe.”

“Surface travel between the Mamo camps, as elsewhere in New Guinea, was anything but leisurely.”

Find it. Buy it. Read it. Give it to friends.

Van Watson. Waitomo Caves. NZ

Congratulations ~

to the following members who recently gained NZOIA Awards

Abseil

Daniel Berger
Aaron Carter
Shane Dobbs
Hori Erueti
Nicholas Gambino
Amanda Hape
Matthew Hudson
Kevin McGuines
Madeline Peacock

Alpine 1

John Cottle
Penny Holland
Rob MacLean
Ian McInnes
Tamra Olson
Jason Pearson
Paul Prince

Alpine 2

Brendan Lynch
Vern Meyer
Steve Milgate
Kimberley Wallace

Bush 1

Karen Bruce
Lisa Harbott
Joanna Prince
Robert Skinner
Shem Smith

Kayak 1

Nick Brown
Kathryn Downer

Rock 1

Craig Buckland
Brian Creswell
Ofer Fishler
Laura Fourie
Brent Herdson
Any Horn
Bruce Inwards
Reuban Jones
Karl Johnson
Caroline Maclaurin
Sharon McClintock
Andrew McKenzie
Stuart Moyle
Jeremy Peet
Andre Robichaud
Joshua Searle
Mike Simpson
Shaun Wilson

Risk Management: Where Are We Heading?

by Matthew Farrelly, NZOIA member,
occasional rock/outdoor instructor, masters student
and adventure guide.

The Hamner Canoeing accident, the death kayaking on the Buller, the successful prosecution of the organiser of Le Race, all have gotten me and the media thinking. The former two accidents bear many similarities, accidents of low probability and very high severity, NZOIA trained (not qualified in one case) staff, and both received mainstream media attention.

I want to say a lot more than I can in the space available, suffice to say I have studied and talked to people involved in the accidents. (Keep your eyes open for a future Journal of Outdoor Education article).

Did NZOIA do justice to the individuals involved in both water accidents? I know they were involved in the subsequent coroners reviews but were the accidents put into perspective? Were the risks spelt out and explained? Did everyone say how the media doesn't report 99.9% of trips where some of your students had peak experiences, the time of their lives. As an industry we need to protect our own interests and our members from the paranoia of the ignorant, who masquerade as the 'safety police'.

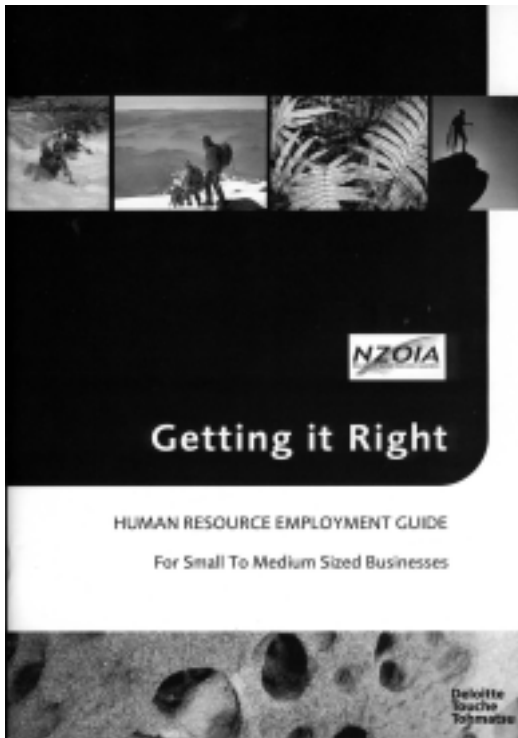
The last incident is the most disturbing. Why, because most of the risk management scaremongering came from the industry itself. Not the outdoor education but the adventure event management industry. We heard how the ruling would impose extra risk, and costs on event managers and events would be cancelled. What a load of rubbish? But wait, events were cancelled. Yes, due in large part to all the scaremongering that took place (do I hear someone say "it's a self-fulfilling prophecy"). Talk about Christmas parades being called off because event managers didn't want to be sued if someone got hit in the eye with a rogue mintie were true. Yet, they bear no factual link to the finding of the court in the Le Race case.

When someone speaks-out about a 'freak' outdoors accident that has received widespread media coverage, then put into perspective for them. Make an analogy so someone can understand it better. Do you still drive even though more than 400 people die on the roads each year and thousands are injured? Some of them even died in 'freak' instances when they swerved to avoid animals running on the road or a driver high on 'P' hit them head-on.

There is no adventure unless somewhere, at sometime, someone is paying a price. We have to be vigilant and be as safe as possible. I wonder how many instructors still think it is appropriate to be having full-scale adventure with their students, rather than through them. We need to remember we are there to provide a safe-learning environment for them not to just have fun and see where it takes us. It is a fine balance between good experiential learning (what's dangerous) and experiencing the dangers themselves.

It is your duty to be an active risk manager and to know when people are being unfactual about the risks in your industry – speak out. Lets be informed and rational rather than being carried away with what are very emotional and difficult events.

ITEMS available from NZOIA



“GETTING IT RIGHT”

This is a Human Resource Guide for small to medium sized employers - a NZOIA resource written by Marcus Waters of Deloitte Touche Tohmatsu.

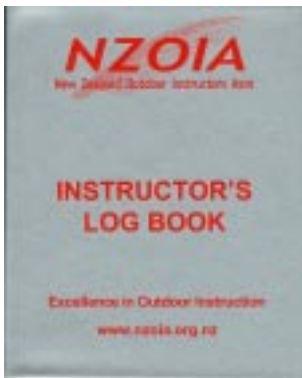
This manual has been written for **employers in the outdoor industry**, employers such as adventure tourism providers, outdoor education providers, guiding and trekking companies. The information is structured for the busy employer who is grappling with taking on their first employees or for the small company that employs a few staff, most of them seasonally.

Contents include chapters on recruitment and selection of employees, employment agreements, performance management and leadership, induction and training, remuneration and rewards, health and safety, and much more.

By providing quality information through this employer resource, NZOIA hopes to continue to add value to businesses and help ensure a safe and healthy outdoor industry.

Priced at \$30 for members (\$50 non members) (Inc. P&P)
 Order: via the NZOIA website ~ www.nzoia.org.nz
 or: from the NZOIA Office, PO Box 11-090 Wellington

NZOIA Logbooks



The format is an A5 plastic ring-binder (with the standard 2 ring).

Members - \$20,
 Non-members - \$23
 5 or more copies - \$18
 (Inc. P&P)

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 or from the NZOIA Office
 PO Box 11-090 Wellington



NZOIA Information Brochure

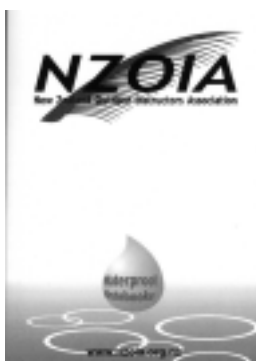
~ outlining NZOIA the aims and activities, including the Award Scheme.

email: ao@nzoia.org.nz,
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Kayaking is Life ~ a FREE Beginners Guide to Kayaking

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 for a supply.

NZOIA ASSESSMENT CALENDAR for 2004

Course & Location **COURSE DATE** **Closing Date**

Kayak FW

Auckland October 30-31 October 1
Christchurch November 6-7 October 8

Kayak 1

Christchurch February 20-22 January 23
Central NI March 15-17 February 13
Christchurch March 22-24 February 20
Murchison April 16-18 March 19
Christchurch October 15-17 September 17
Central NI November 19-21 October 22
Christchurch November 26-28 October 29

Kayak 2

Murchison March 26-28 February 26

Abseil 1

Auckland November 21-22 October 22

Cave 1

Waitomo April 10-11 March 12

Cave 2

On request

Canoe

Christchurch November 13-14 October 15

Climbing Wall

On request

NOTE: Check the NZOIA website for additional assessments that may have been scheduled since the publication of this Quarterly.

Course

& Location **COURSE DATE** **Closing Date**

Rock 1

Christchurch March 11-12 February 11
Auckland March 13-14 February 13
Christchurch April 17-18 March 19
Central NI April 17-18 March 19
Christchurch September 18-19 August 20
Dunedin September 23-24 August 20
Auckland October 16-17 September 17
Christchurch Nov. 6-7 October 8

Rock 2

Christchurch January 16-18 Dec 15 2003
Whanganui Bay Nov. 12-14 October 15

Bush 1

South Island April 16-18 March 16
Central NI April 24-26 March 26
South Island Nov. 27-29 October 29

Bush 2

North Island Nov 16-18 October 15

Apline 1

North Island September 4-6 August 5
South Island September 11-13 August 13
South Island October 16-18 September 17

Apline 2

South Island October 28-31 September 30

Booking for a NZOIA assessment !

Booking Routine - You must have completed the prerequisites before applying for assessment; check the syllabus - they are all available on the NZOIA website at: www.nzoia.org.nz. You must also be a current member of NZOIA as at the date of the assessment. To apply for a place on an assessment, obtain an assessment application form from the website (or administration officer) and forward it to NZOIA by the closing date with:

- a \$100 deposit;
- a **copy** of your log;
- a **copy** of your current first-aid certificate, (and the application form).

APPLICATIONS close 4 weeks before the assessment date.

We allocate places on assessment courses a on first-in, with deposit, first accepted basis. After the closing date, we will send you confirmation of your booking. You must pay the balance of the course fee before the assessment. If we cancel the course, we will refund all fees.

If you withdraw before the closing date, we will refund your deposit. If you withdraw after the closing date, we will refund 50% of your deposit. If you withdraw within one week of the course, fifty percent of the course fee will be retained.

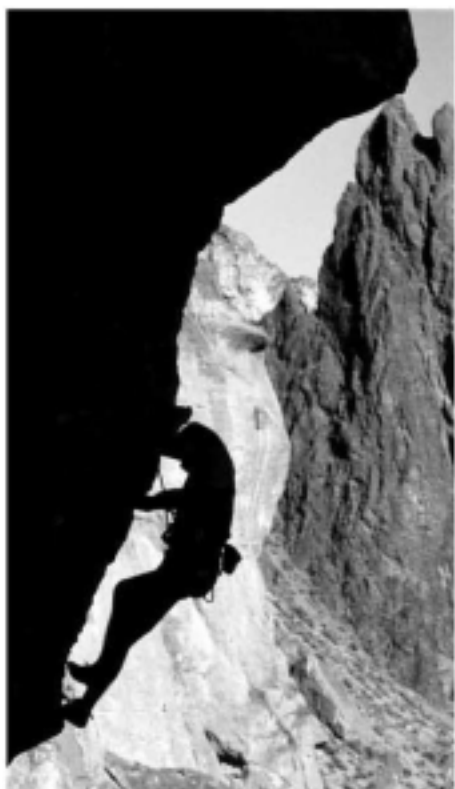
Course fees: Two day - \$370
Three day - \$495
Four day - \$640

Assessment by special arrangement - It is possible to arrange assessments on dates other than those scheduled (generally subject to the availability of assessors). Contact the Assessment Co-ordinator (email - assessment@nzoia.org.nz) or Steve Scott, telephone 04-385 6048.

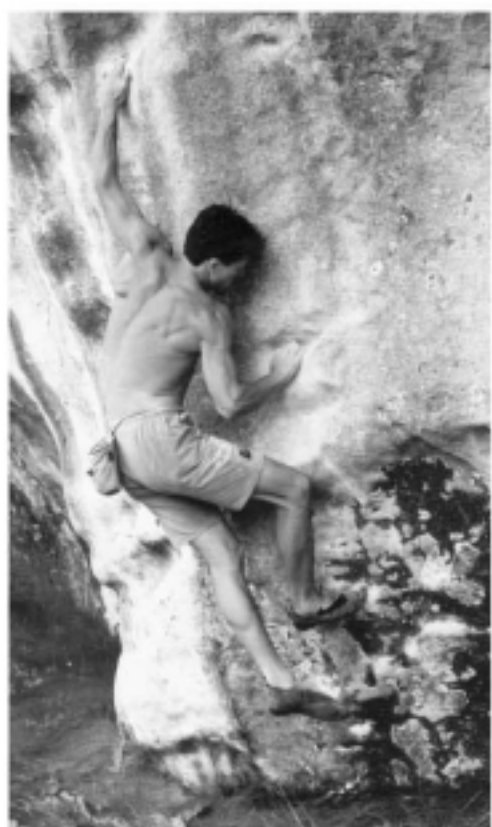
If you are intending to participate in a particular assessment, don't be disappointed - please secure your place early - don't delay in forwarding your application and deposit.

NZOIA Cave 2 and Climbing Wall Assessments

These assessments are conducted "on request". If you are interested in participating in one of these assessments, please contact the NZOIA Administration Officer at: ao@nzoia.org.nz. When we have sufficient interested persons, we will organise an assessment.



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