

NZOIA Quarterly

Number 25

Newsletter of the New Zealand Outdoor Instructors' Association

June 2003

THE ANNUAL ASSESSORS BUNFIGHT

This talented collection of instructors met in Christchurch recently for the annual assessor training weekend. This ensures our assessor pool is moderated and consensus on a variety of items is reached, as well as revising syllabus content in the light of industry trends.

There's a photo of some who made it to the end of the weekend on page 5.

Dinner at the Dux restaurant included three Auckland assessors sneaking out to watch the Super 12 finals between the Blues and the Crusaders and muttering 'go the Blues' whilst hopelessly outnumbered by the Canterbury crowd. The weekend was co-ordinated by Lizzard (Chris Burtenshaw) who thoughtfully provided jelly snakes and jet planes as snacks.

Some things that eventuated included:

- ~ The presentation of a revalidation process for award holders. This will now undergo further design ready for the AGM in September.
- ~ A review of the Rock, Alpine and Kayak syllabus. Changes have been made to all of these and will be implemented over the next 6 months.
- ~ A review of core generic content and how we can ensure this is assessed.
- ~ Vigorous discussion on the pros and cons of when/when not to wear helmets at crags.
- ~ And more.....

2003-2004 Subscriptions are Now Due

Yes folks, it's that time of the year!

Enclosed with this Quarterly Magazine, is your annual subscription Notice (unless you are already financial for the 2003/2004 membership year).

When renewing your membership for 2003/2004, PLEASE remember that there is a **10% discount (\$20)** if your payment is received by **31 August 2003**.

This year's membership renewal giveaway is a NZOIA T-shirt. When returning your membership renewal, please be sure to indicate your preferred t-shirt size at the bottom of the payment form.



NZOIA
New Zealand Outdoor Instructors Association

www.NZOIA.org.nz WEBSITE UPGRADE

Our new upgraded, revitalized website will go live on 7 July. Check it out for exciting new features.

It will have a MEMBERS ONLY section.

Access to the members only section will be by way of a personal "login and password" that will be sent to each member very shortly.

On the first visit to the "members only" section of the website, you will need to use the login and password that you will be provided with AND then you will be able to set up your own personal login and password.

If you have not received your login and password by 9th July, send an email to: ao@nzoia.org.nz, or info@nzoia.org.nz, and the login/password will be provided to you.

Members will be able to update their personal contact details themselves, as well as make use of an on-line credit card facility.

A huge thank you must go to Jim Hepburn for co-ordinating this project, which was undertaken by Rusty from IMC.

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Advertising enquiries:

Please contact the editor at:
editor@nzoia.org.nz

Editorial team:

Steve Scott
Jill Dalton

MEMBER ORGANISATION



**OUTDOORS
NEW ZEALAND**

Contacts

Executive Committee

President

Jill Dalton
11 Viewland Avenue
Onehunga
Auckland 1006
Phone 09 634 2471
Fax 09 634 5182
Mobile 025 887 803
Email jilld@clear.net.nz

Matt Cant

50 Stansell Avenue
Tahunanui
Nelson
Ph/Fax 09 546 4602
Mobile 025 222 7331
Email matt.antoinette@clear.net.nz

Ian Logie

School of Outdoor Education
Aoraki Polytechnic
Private Bag 902
Timaru
Phone 03 684 0850
Fax 03 684 0809
Mobile 027 431 4353
Email web@nzoia.org.nz

Steve Milgate

205A Norfolk Road
RD 1
Carterton
Phone 06 378 9933 (h)
Fax 06 378 9934
Mobile 027 495 7557
Email fusion@xtra.co.nz

Chris Burtenshaw

PO 19795
Woolston
Christchurch
Mobile 025 226 6456
Email lizzard.climbing@xtra.co.nz

Jim Hepburn

11 Viewland Avenue
Onehunga
Auckland 1006
Phone 09 634 2471
Fax 09 634 5182
Mobile 025 926 823
Email jim.jill@clear.net.nz

Technical Sub-committee

Chris Burtenshaw
(see Exec. contact list)

John Entwisle
38 Wakatu Avenue
Redcliffs
CHRISTCHURCH 8008
Phone 04 384 3262
Email
johnkate@clear.net.nz

Dave Moore
PO Box 25 333
CHRISTCHURCH
Phone 03 365 8448
Fax 03 365 8447
Mobile 025 237 9281
Email
inspiredaction@paradise.net.nz

Assessment Co-ordinator

PO Box 11-090
Manners Street
WELLINGTON 6034
Phone 04 385.6048
Email assessment@nzoia.org.nz

Newsletter

Email editor@nzoia.org.nz

Website

www.nzoia.org.nz

Websmaster

Email web@nzoia.org.nz

Administration Officer

Steve Scott
PO Box 11-090
Manners Street
WELLINGTON 6034
Phone 04 385 6048
Fax 04 385 9680
Email ao@nzoia.org.nz



www.safeoutside.org

From the Presidents Wine Glass



If anyone out there is keen to get involved in the NZOIA Executive, we would love to hear from you.

It seems a long time now since Jim and I went to South America to set sail with the Adventure Philosophy boys (Graham, Marcus and Mark), assorted other Kiwis and a handful of Australians off through the Beagle Channel to pick up the kayaks that had been secreted at the foot of a huge tumbling Tierra del Fuego glacier (see other story). What a great time we all had, and with over 600 slides to catalogue, there's plenty of look at.

In the meantime NZOIA continues to go from strength to strength. Some recent events include:

Strategic Plan

The Executive Committee met in Christchurch for a strategic planning day facilitated by Stu Allen (who in a previous life was Director at SEHOPC amongst other things). Stu steered us through a series of key objectives for the organization over the next three years. It was rewarding to find that most of our previous strategic plan objectives had been achieved as well. As soon as the draft plan is finalized it will be up on the website for comment.

Maritime Safety Authority

Ian Logie, Graham Charles, Glen Murdoch (NZRCA) and I met with representatives from MSA, including Mike Eno – Chief Investigator. Collectively we presented an information sharing session on the current state of kayaking in New Zealand, the equipment used, what we can offer MSA in terms of accident investigation using industry award holders, and look at the way forward with respect to accident investigation. The outcome is that a memorandum of understanding is being finalized so that in future a small group of nominated investigators will be called on by MSA. This will also include further training in accident investigation.

Training

We have developed a training policy so that Level 2 award holders will be able to offer NZOIA related training, as well as planning a series of Kayak & Rock workshops to be held in September/October.

Industry Contacts

Brigid McKay was contracted to develop a database of contacts to assist us with marketing to various groups. This list is now complete (or is it ever complete??), and will be of enormous use in future.

Resources

We have printed a NZOIA poster which is now available and will be distributed to various organisations in the near future.

Marcus Waters of Deloitte Touche Tomatsu (also a NZOIA member) has developed an Employers Resource called 'Getting it Right'. This will be available to employers and will assist with HR issues involved with employing and managing staff in small to medium outdoor businesses.

People

Unfortunately Kate Bowes our Assessment Co-ordinator has resigned and we are currently looking for a replacement, to be based in Wellington. Kate has decided that the demands of motherhood and organizing assessments don't quite fit. We are grateful to Kate for all the work she has done, and for the cheerful voice on the end of the phone.

Jason Marra our Executive Committee member who looked after marketing has also had to resign. Jason has put together a great marketing plan for the organization and also been in the design of our brochure and poster.

Trademarking

Watch this space for news on trademarking our logo (and maybe our awards). Steve Milgate is presently organizing this with a legal firm in Wellington.

Outdoors NZ

Matt Cant and I are on this Board. We recently received the resignation of Chris Knol who has been the Executive Director since the inception of ONZ. Interviews have been held for a replacement and an appointment is about to be made.

Wine

In the spirit of adventure we undertook an extensive search for the cheapest bottle of wine we could find in Tierra del Fuego. This was discovered at the local supermarket in Ushuaia at a cost of (NZ) 90 cents. We reckoned the bottle was most of the cost. The taste - well lets say we gave it to the Marcus, Jonesy and Graham to consume!

Finally

Subscription renewal is on us again and we hope you will continue to support your organization.

Renewing members this year will receive a NZOIA tee-shirt as part of their membership pack.

Cheers!

Jill Dalton

"Erratum" & Apologies

NZOIA's representative on the Joint Sea Kayak Awards working party is Gareth WHEELER from CPIT not Gareth Hare! (Who incidentally has also done lots of work towards this but with ATTO 'hat' on!).

Too many Gareth's...and we are not even in Wales!

Congratulations ~

to the following members who recently obtained NZOIA Instructor Awards

Bush 2

Paul Chaplow
Anna Hughes
Angus Hulme-Moir
Mark Johns
Sash Nukada
Darren Rooney

Cave 1

Alastair Bramley
Zane Burdett
Regan Edwards
Hayden Roberts
Grant Whiteheat

Kayak 2

Steve Morris
Ian Olson

Rock 1

Jamie Brown
Glenn Browne
Jeff Carter
Rob Cox
Rob Dunn
Andrew Dyer
Daniel Rieten
Kate Finnerty
Dominic Hammond
Lara Hanser
Nick Hight
David Lang
Howard Manins
Rob Moore
Melanie Richardson
Bevan Smith
David Smith
Matt Smith
John Sorensen
Doug Sowerby
Hayden Titchener
Jason Trevarton
Alisa Woodruff

Rock 2

Charles Martin
Sash Nukada
Alan Wilkie
Christine Worsfold

Sea Kayaking and Canoeing Seminar

What formal safety standards, if any, should be developed to promote the safety of commercial sea kayaking and canoeing in New Zealand?

That was the question put to a group of kayaking and canoeing operators by the MSA at a seminar in Paihia on Friday 16 May.

There have been a number of serious accidents in these sectors over recent years, some of which have resulted in a loss of life. Those accidents have prompted suggestions that the safety record of the kayaking and canoeing sector could be improved by the widespread adoption of national safety standards.

Suggestions have ranged from the wider application of voluntary codes such as those promoted by the Sea Kayak Operators Association and Qualmark, through to compulsory regional council licensing or the introduction of national maritime safety rules along the lines of those applied to commercial rafting and jetboating under Maritime Rule Part 80.

The seminar was the first in a series around the country in which all interested parties - operators, industry organisations, training providers and all other interested parties - will be invited to share their knowledge and experience of the safety performance of the kayaking and canoeing sectors and explore whether there is a case to be made for developing national standards applicable to all operators.

Once these seminars have been completed, the MSA will distribute a discussion document for public comment which sets out the different views and suggests a way forward.

Meanwhile, the Paihia seminar considered each sector's accident record and considered each safety system in turn. Overall, the group concluded that now, or at least in the near future, that the industry would have a safety problem.

It was agreed that some action needed to be taken to address the problem, but there were different views on how this should be achieved. While some favoured the introduction of compulsory safety standards for all operators, others considered further work needed to be done first to identify all operators and determine the extent of the problem.

If you are interested in attending a seminar on this subject in the coming months, please contact John Marshall on freephone: 0508 22 55 22.

2003 NZOIA AGM

The 2003 **NZOIA AGM** will be held in **WELLINGTON** on **Saturday 13th September** (in conjunction with the Outdoors New Zealand AGM and Forum - Friday 12th and Saturday 13th September).

The programme for the weekend is currently being planned, however at this stage, indications are that the programme will include the NZOIA AGM on Saturday afternoon, dinner Saturday night and a "**NZOIA Training Day**" on Sunday 14th. Details will be issued to all members with the formal AGM notice.

Rock 1 Assessment DUNEDIN

We have been asked to conduct a Rock 1 Assessment in the Dunedin area, however the number of persons currently interested are insufficient for a viable assessment.

If you are interested in a Rock 1 Assessment in Dunedin September-November this year, please contact the NZOIA Administration Officer

- email: ao@nzodia.org.nz
- phone: 04 385 6048,
- mail: PO Box 11-090, Wellington.

Another Potential Member?

Stanbridge-Brien Clan

We are pleased to report that Mike is now totally out numbered with another daughter, **Marama**, joining the Stanbridge-Brien clan on Wednesday 11 June at 4.57pm. A sister for Mikayla.

The word is that Anita and Marama are well, Mikayla is happy and dad is just holding up under the strain of the new addition to the household.

SURVIVORS FROM THE ASSESSORS WEEKEND



Front row (L--R): Jill Dalton, Andy Thompson, Don Paterson, Chris Burtenshaw, Linda Wensley, Marcus Waters
 Standing (L--R): Mike Atkinson, Nigel Sutherland, Jim Hepburn, Mark Jones, Gareth Wheeler, Lyndsay Simpkin, Van Watson, John Entwisle, Ian Logie, Steve Chapman

Letters to the Editor...

“P” Endorsement on your Drivers License

I have recently had to turn down for employment a couple of suitable applicants who have gone through three years of training to become “Outdoor Professionals” and had gained Diplomas in Outdoor Recreation Management, Adult Teaching and Management and also held more than one NZOIA Level 1 award, **but still held a Restricted Drivers License.**

This means that they will have to hold a full license for two years before they become eligible to gain a “P” endorsement. All our vehicles bar one need a “P” endorsed driver. This means that these candidates, who are suitable in every other way, cannot drive our clients (or anyone else’s) for two years and this basically makes them unemployable.

Some training organisations (such as OPC) are starting to include driver training and assessment for “P” endorsement and a Class 2 license on their courses. This has been working reasonably well for us except that some students are not eligible to pass as they are still sitting on a restricted license.

The reason they are doing this is that it saves them the cost of obtaining a full license which can be quite substantial when they are on a student allowance/loan. Kind of false economy in the end if they can’t get a job instructing for two years after their course.

I have heard for years about the greatest risk to students in an outdoor programme is being driven to and from the activity/ Centre. So..., how come very few training organisations provide driver training for their students?

Driving in winter conditions here at OPC it can be quite hazardous (2 staff have written off their personal vehicles in the last year or so, including the Operations Manager) and we find it costly and time consuming to get everyone through their basic licenses let alone provide ongoing driver training.

I would think it would be much easier for students to complete an Outdoor

leadership programme having been trained and assessed to transport clients to and from activities in a safe and efficient manner.

It would help us out a lot if we could get this message to as many prospective instructors as possible as it is an ongoing problem that causes us enormous headaches.

Thanks for your help,

Kerry Palmer

Field Manager, Sir Edmund Hillary Outdoor Pursuits Centre of NZ

The moral of the story being, get your FULL drivers license and endorsements as soon as practical - they are almost a mandatory part of the qualifications of an outdoor instructor - Ed.

Random Thoughts

I have this belief that everybody wants to make a difference. Don’t get me wrong, I wouldn’t describe myself as an optimist as I can be quite critical – perhaps a “realistic optimist” is more accurate. Either way, like so many others I am living the experiential learning dream of teaching/ facilitating and all the while learning as I go.

I was one of those ‘I want to save the world’ types in high school who was surrounded with happiness and good health and eager to make a difference. Four years of study and some work experience in Guyana left me disheartened with my place in the ‘International Development’ realm.

I moved to Outdoor Education and now to Environmental Ed. And am currently riding the “more you learn the more you realise how much you don’t know” wave. I am immersed in random thoughts of inspiration and desperation and intrigued by every encounter.

Working with school groups is great food for thought: One student recently explained to me the benefits of screening potential friends through text messaging and therefore avoiding that ‘awkward stage’ of getting to know someone.

I responded with: “When I was growing up, the only people that had cell phones were DRUG DEALERS!!!” And as the words came out of my mouth I started to wonder whether I was just a technophobe or in fact an old fashioned fart who needs to get with the times.

Two of the students were affectionately referring to me as “Nat-Dawg” (American Idol lingo) so I knew I was at least accepted.

As I met with yet another school group I was reminded of the uniqueness of working at Outward Bound (my previous job) where the group starts as strangers. Instead of a pre-conceived pecking order is an opportunity where a culture can develop before the students’ eyes (and under your guidance).

School groups are definitely the more common form of Outdoor Ed, and behind all the sexual innuendoes, incessant swearing and cell-phone addictions are nice kids who like everyone in society are just trying to find their place. To discover what’s important to them and to have the confidence to be themselves.

I have huge faith in the influence of Outdoor Education in people’s lives. I also believe that we as ‘role-models’ can do more to make people think twice. How many school camps or businesses actively separate rubbish from recyclables or better yet compost? Are these expectations realistic? Am I just a born-again hippie who spends too much time at the computer and not enough in the field? I welcome discussion.

Natalie Walsh

nsw4@student.canterbury.ac.nz

Contributions to the NZOIA Quarterly ~

The *NZOIA Quarterly* welcomes articles, 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@nzoiq.org.nz

"DUFFEK DIED OF A BAD STROKE"

What follows is a personal view, equivalent to Daniel walking in to the lions den or putting my neck out on the proverbial chopping block. The title is not meant to disparage Czech paddler Milo Duffek, who is generally credited with perfecting and performing a turning stroke for slalom boats back in the 1950's. Rather this article seeks to simplify and offer some insight in to the seemingly exclusive dark secrets that surround the world of the 'duffek' and 'hanging stern draw.' Both of these strokes are part of the current NZOIA Kayak 1 syllabus and indeed are problematic for both candidates and assessors if recent deferment criteria are analysed. Hopefully this article will generate some thought and response, ideally with the aim of making things less confusing...not more so!

Firstly, the big picture...both of these strokes are best considered in relation to *what, where, why* and *how* you want to make a turn...NOT as strokes in isolation. Performing these on flatwater will be different to doing them on slow moving water, which will in turn be different to faster moving water. Beyond the scope of this article, but no less important, is the understanding of what happens prior to, and after these strokes. Kayaking and kayak instruction today is more than just looking at strokes in isolation.

Secondly, I believe understanding and utilising the concepts of directional **Boat Speed** and **Spin Momentum** are integral to improving ones paddling. If one considers slalom, then the essence is to go as fast as possible with a minimum of mistakes over a set course...speed and precision are the keys; admirable goals for **all** types of kayaking. As boat designs have got shorter and the planing hull more common, the issues of boat speed and spin momentum are just as (more?) crucial whether we are river-running or playing. The ability to accelerate, generate speed, control and maintain boat speed and spin momentum throughout a variety of moves is as important for the racer and recreational paddler as for the rodeo hot dog. Why is it that many of the top rodeo boaters have a slalom background or seek to incorporate slalom into their training? Hmm...maybe there is something more to that than they are letting on!

Keep the issues of **Boat Speed** and **Spin Momentum** in mind as we consider the 'duffek' and 'hanging stern draw.' If any aspiring kayak instructor were so keen as to research the 'duffek' prior to their upcoming assessment they would no doubt be left scratching their heads as to what in fact it really is....

Fact 1. There are as many interpretations as there are grey-beard assessors or indeed resources now on the market! Read on, a quick survey reveals all...! Which do you subscribe to?

- Ken Whiting in the Liquid Skills video essentially calls the duffek an "open face bow draw...a stroke to turn the long boats or playboats aggressively."
- "The Duffek is a compound vertical stroke where a sequence of slices, pushes and pulls of the blade are used to turn the kayak in a tight radius," from the NZOIA Kayak Instructors Manual.
- Two time World Champion Eric Jackson refers to an "open face...braking stroke...invented for long slalom boats," in his video Kayaking with Eric Jackson: Strokes, Concepts and Bomproofing your Roll.
- Stephen Uren in his book, Performance Kayaking talks of it being a "bow draw...initially a static one-a vertical high brace with an open blade angle."
- From Kent Ford's video The Kayaker's Edge, "When I want my boat to spin on a dime, I pull out my duffek."...a stroke placed in at the knee with a open blade angle (power face towards your feet)...a static stroke, a 'post' you swing around...used to tighten up a turn. "A more active duffek is often called a bow draw...where you pull/drive your knees around the planted paddle."
- The Breakthru video...identifies:
 1. the "active bow draw" where you lead with your head and chest, and again drive your feet and knees towards your blade,
 2. the "C-stroke" which is an active bow draw with a closed blade angle,
 3. the ""(running) Hip-draw" which helps to control spin momentum like a keel under our boat and has a range of blade positions depending on the type of turn you want to do,...and
 4. impressive drumroll...the "Classic duffek" which is an "abrupt sliding turn...an open blade angle...placed far forward...to stop the bow and get the stern swinging around...followed by a minimal forward stroke...less used with shorter boats." (I wonder why/why not?!) The video exhorts us to "experiment and compare" these multiplicity of variations!

3 x World Cup Champion, Scott Shipley in his book *Every Crushing Stroke* talks not of duffeks but “Draw” strokes and the difference between “pivoting,” “carving” and “sliding” draws. He also offers the following interesting information: “Draw turns, much more than the usually abrupt sweep strokes, tend to transition from one type of turn to another.” “The carving turn opens a whole new can of worms when done with a draw.” “The British, who knew the stroke all along, call it a bow rudder, which seems to make sense once you get the stroke figured out.”

Whew! Indeed! When you turn up for your assessment I’m now expecting you to be able to not only give a historical overview of the development of the ‘duffek,’ but to be able to demonstrate, role model, intelligently discuss **and** teach as required by the syllabus...yeah right!

My guess is that more than one person has been deferred in New Zealand on the above, and that get a gathering of kayakers, (is this known as a ‘swill’?) and the discussions will rage into the night with consensus more likely in the Middle East or the Solomons! What has happened here in NZ? The ‘duffek’ referred to by many instructors here doesn’t even come close to any of the above...or does it? Somehow, somewhere things have been lost in translation or passed into ‘NZ Kayak Instruction lore/syllabus/speak’ without question. I am of the belief that it is only recently that with the arrival of better quality video and written resources that there has been awareness of a ‘different’ view. Indeed, who am I to argue with various fully, sponsored World Champions, generally from an extensive slalom/instructional background, funded by the ICF (there’s another acronym you will need to know for that upcoming assessment!)

Fact 2. Milo Duffek did exist and there was a stroke he used to great effect to turn more radically and efficiently those 13’ (that is 4m for you young uns!) slalom boats. For the history buffs, he was a Czechoslovakian who in 1953 was heading for victory in the Kayak Slalom champs but chose to take an intentional penalty and so avoid post race media, in order to facilitate his defection to Switzerland. This stroke was (as far as I can gather) executed with the power face open and placed somewhere (Surprise, surprise; there seems to be confusion!) between the hip and bow as a pivot around which the boat was driven.



Fig.1 - Bow Draw



Fig.2 - Draw



Fig.3 - Stern Draw



Fig.4 - Open



Fig.5 - Neutral or Normal



Fig.6 - Closed

Anyone who has placed their paddle with an open power face at speed into even flatwater will have realised that there are some significant forces at work here. No doubt a lightweight fibreglass boat and years of training, coaching and competition to get that Schwarznegger physique lessens any shoulder popping potential! Unfortunately we are not all blessed physically or motivation wise, let alone paddle fibreglass with any sort of regularity these days.

So where does this leave us? A start might be to see the 'duffek' not as the be all and end all, but more realistically, as one combination/compound stroke in an array that we might use. Increasingly, in an attempt to standardise my language with 'other' resources, I am using Eric Jackson's terminology found in his excellent book *Whitewater Paddling Strokes and Concepts*. No where is the 'duffek' to be found! In the accompanying video, he consigns it to history and argues logically and coherently for the bigger picture of controlling the radius of a turn from the inside, with a range of Draw strokes. He talks of a **Bow Draw** (by the knee) Fig.1, the **Draw** (at the hip) Fig. 2 and the **Stern Draw** (behind your 'butt' or hip) Fig.3...hmmm, seems pretty simple thus far. Jackson also uses the idea of three different blade angles to be used with each draw. The power face of your blade can be **Open**, i.e. the leading edge is turned away from the boat, (Fig. 4), **Neutral or Normal** ie blade is parallel to the side of your boat, (Fig. 5), **Closed** ie where the leading edge of your blade is turned towards the boat. (Fig. 6) He then argues, *Most turns should be made with a closed or normal power face angle as an open face is "...a braking stroke that kills your momentum. You might as well drop an anchor."* Not what is needed trying to make that ferry in your latest 7 foot long, flat bottomed, looping machine!

What I have heard/seen some Kiwi instructors calling a 'duffek,' he simply calls a **Draw**. Whiting talks of the "Gliding Draw," Shipley of a "Carving Draw," Breakthru of the "(running) Hip Draw" and our own Steve Chapman has coined, "gliding vertical draw (GVD)," all of which have many similarities and degrees of effectiveness. Essentially, I think they are talking about the same thing...a stroke(s) on the inside of your turn which can be used to control the radius or arc of your turn (**Spin Momentum**) whilst maintaining as much **boat speed** as possible. Further, and ideally, any stroke combination used will also have the potential to generate even more speed!

I don't know whether that helps, but I've had enough, it's time to look briefly at the '**Hanging Stern Draw**.'

Hmm, this particular stroke seems to only exist in name in NZ! No where in my travels and research have I found a 'hanging stern draw.' The terminology reminds me of the infamous 'Hanging Telemark Turn' of years gone by...get some Brits of a certain vintage and robust shoulder musculature to demonstrate or look it up in old BCU Manuals! To my knowledge the only mention that might come close, is in the *Kayakers Edge* video, where there is a very, very quiet "Hang at the end of the stroke to set your direction!"

The stroke in focus is the Stern Draw. A worthy discussion would be to ponder the date of production of the video (1992), it's arrival and spread as a resource in NZ (199?), the return of Kiwis and others exposed to this technique from the USA (199?), and the subsequent inclusion in the rewritten NZOIA Kayak Syllabus (1999?). Again, I am now using the term "Stern Draw" rather than 'Hanging Stern Draw,' to bring my terminology in line with other resources out there that folks might be using to complement their learning. (Sometimes I might use the words "hanging or hang" as a cue or prompt when introducing/teaching the stroke!)

Confused? Well, I think any language and terminology we use needs to be as clear and useful as possible. We need to differentiate between cues we might use teaching and what appears to be common usage or understanding elsewhere. This is not to say we shouldn't develop a uniquely Kiwi kayak style, understanding or 'speak;' but that if/when we do, to be aware of this and ensure our students/clients have an understanding about where and how this all might fit in to the bigger paddling world. We owe as much to those we teach and assess.

In closing I find this thought from The Kayaker's Playbook by Kent Ford, Mary and Phil DeReimer instructive! **"Today, there are many names that describe** subtly different bow turning strokes. Rarely are these names used consistently. To make matters worse, different English speaking countries use different terms. The end result is many shades of grey in wording, and many books and instructors disagree on semantics. Words aside we all agree these strokes are worth learning."

I'd welcome any comments or thoughts on the above!

Many thanks to Steve Chapman, Jo Straker, Ashley Cheeseman, Dave Ritchie, Dave Irwin, Matt Cutler and Marianna Smith for help in developing and refining this article.

GARETH WHEELER

Gareth is tutor at Christchurch Polytechnic, a NZOIA Kayak Assessor, and currently holds Kayak 2, Alpine 1 and Rock 1.

Ed.

Want to learn ? some new skills ?

SKILLS



At OPC we can make the outdoors happen for you. Enjoy either our weekend or week long courses in mountaineering, kayaking, caving or rock-climbing, or turn your passion into your career and enroll in one of our instructor training courses.

FOR FURTHER INFORMATION:

TEL: 0800 OUT THERE (68 88 43)
EMAIL: opc@opc.org.nz
WEB: www.opc.org.nz

Another easy to untie- Tie In knot

Sick of being unable to untie after a good plummet?

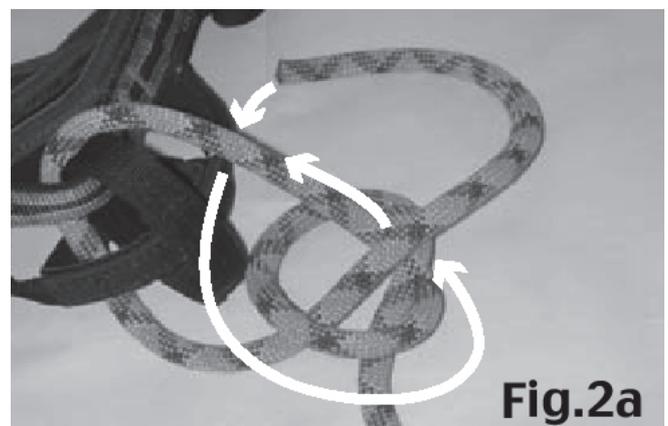
Try this on for size. I have been using this for over 12 years being introduced to it by Swiss ace Eric Talmadge whilst he was living in New Zealand. It is sometimes known as the Competition knot as it used to be the World Cup knot, but is more commonly known as the reverse Water knot or Ring bend.

Simon Middlemass,
NZOIA Rock Assessor.

1. Tie an overhand knot



2. Feed through harness and follow back through the overhand knot towards you.



3. Tuck the tail into your harness.

Outdoor Recreation and Access to Rural Land

In January 2003 the rural affairs minister, Jim Sutton, set up a land-access reference group. One of the group's aims is to "review access onto private rural land to better facilitate public access to and enjoyment of New Zealand's natural environment".

On 14 April 2003, Federated Farmers of New Zealand issued a media release saying that "there is little evidence that there is a problem with current land access provision".

Pete McDonald has just completed a diary that might challenge the accuracy of the Federated Farmers statement, especially if duplicated by evidence from elsewhere. "Going Out for a Bike Ride: An AOK Diary, 2002-3" describes some recreational mountain-biking in the Dunedin area and in North and Central Otago. Here and there in the generally enthusiastic narrative lie several accounts of access difficulties. The second half forms a supplement to the diary, looking first at access matters local to Dunedin and Otago, and then at several national access issues.

A web version of "Going Out for a Bike Ride" is available from:

<http://homepages.paradise.net.nz/petemcd/gob/gob.htm>.

It's eighty-four A4 pages, 2.4 MB, about a 13 minute download if using a standard modem internet connection, **but well worth a read.**

ROCK TIP !

I've just passed NZOIA Rock 1. Even though it was an assessment, there were some good opportunities for learning. I'd like to pass on one of them -

You've just arrived at the top of a climb leading and you want to set up a top rope anchor. You have 2 bolts, 3 biners and a short sewn sling.

Simon Middlemass suggested tying a loose overhand knot in the middle of the sling, clipping a biner through the middle of the knot and then clipping the loops to the bolts. Move the loose overhand knot and tighten to equalize, you have also made the anchor redundant. I like it!

(It would be neat to see more articles on technical and or Instructional changes or ideas in different pursuits written in the Quarterly.)

Happy climbing,
Hayden Titchener

From the

AdventurePro website ~
www.adventurepro.com.au

The Australian & New Zealand Outdoor Adventure News

Coroner: Cannabis may have contributed to climbers death ~

Te Anau coroner, John Donaldson, has found during the inquest into the death of a German graduate from the Tai Poutini Polytechnic outdoor recreation course last year, that cannabis use may have contributed to his death.

Jonas Thiess, 27, died after falling around 200m from a ledge on Mitre Peak, overlooking Milford Sound, last November.

Statements from members of Mr Thiess' party told the inquest they had consumed cannabis the night before the accident.

The inquest heard that Mr Thiess had left the group to retrieve a hat he was "very fond of" during the descent and had then failed to return.

His body was recovered two days later.

A subsequent toxicology report showed Mr Thiess had THC in his bloodstream.

Mr Donaldson criticised the group's use of cannabis saying that climbing required attention and quick, clear thinking and the use of cannabis affected all three.

"Its use in that situation was cavalier and stupid," Mr Donaldson said.

Mr Donaldson also criticised the group for not carrying a "locater beacon".

The inquest found that Mr Thiess died from multiple skeletal injuries on November 25 last year, with THC intoxication as a "possible" contributing factor.

WANTED ~ ALIVE !

Your email address (if we don't already have it) - **and we don't**, if you did not receive at least half a dozen emails from NZOIA in May-June. Flick your email address to:

ao@nzoi.org.nz

and you will be added to the NZOIA
electronic information network.

Publications from NZOIA



NZOIA Logbooks

The format is an A5, plastic ringbinder (with standard 2 ring).

Cost - single copy: Members \$20, Non-members \$23 (including p&p in NZ). A discount is available for orders in multiples of 5 copies - please ask.

Abseiling for Instructors by Bev Smith

A practical guide on techniques and risk management considerations for instructors when taking Abseiling. Special - 3 for \$10.00. inc p&p, or 1 for \$5, inc. p&p.

Kayak Instructor Manuals

special price
\$10 per copy

Orders for above publications to:
NZOIA Administration Officer
PO Box 11-090
Manners Street
Wellington 6034with payment.

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).

NZOIA PROMOTIONAL POSTERS

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colour posters available.

Orders to:

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PO Box 11-090 Manners Street
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Email - ao@nzoia.org.nz
Phone - 04 385.6048

Useful and Interesting Websites !

nzoia.org.nz ~ is where you will find the **NZOIA website**.
outdoorsnz.org.nz ~ Outdoors New Zealand with many links
safeoutside.org ~ associated with Outdoors New Zealand
- Safety in the Outdoors
adventurepro.com.au ~ an Aussie / NZ "outdoors" site
climb.co.nz ~ one for the climbers
nzkayakbuyersguide.co.nz ~ everything for the kayaker
watersafety.org.nz ~ Water Safety New Zealand
www.riversafe.org.nz
www.boatsafe.org.nz
www.poolsafe.org.nz
**Websites of Water Safety NZ
in conjunction with ACC.**
sparc.org.nz ~ Sport & Recreation New Zealand
sfrito.org.nz ~ Sport, Fitness & Recreation Industry Training
mountainsafety.org.nz ~ the NZ Mountain Safety Council
nzalpine.org.nz ~ NZ Alpine Club Newsletters
acc.co.nz ~ the ACC site - a good place to check services
tourisminfo.govt.nz ~ the website for Tourism NZ
wildernessmag.com ~ the Wilderness Magazine
sunrockice.co.nz/Webcams.htm ~ weather cams in NZ
nzmgga.co.nz ~ NZ Mountain Guides Assn
seakayak.org.nz ~ Sea Kayak Operators Association of NZ
nz-rafting.co.nz ~ NZ Rafting Assn.
www.nzunderwater.org.nz ~ NZ Underwater Assn
rivers.org.nz ~ NZ Recreational Canoeing Assn
apnz.ac.nz ~ Association of Polytechnics in New Zealand and
links to at the polytechnics in NZ
refdesk.com/instant.html - the A-Z of everything website
adventurepro.com.au/outdoorjobs/outdoorjobs.cgi
~ NZ / Aussie outdoor jobs.
**~ if you have any that you think other members would
find useful, please let the Editor know.**

Web Cameras in the New Zealand mountains that may interest you.

These cameras scroll back 12 - 24 hours, and show pictures of
the weather and snow conditions at these locations:

North Island

Ruapehu Ski Club, Whakapapa Ski Area, National Park Village,
Turoa from Rangataua, and Turoa Ski Area.

South Island

Nelson Lakes St Arnaud, Hanmer Springs, Mt Olympus Ski Area,
Mt Hutt Ski Area, Mt Cook Hooker Valley, Treble Cone Ski Area,
Cardrona, Remarkables & Coronet Ski Areas, Lake Whakatipu,
and Lake Wanaka.

You can find the link at:

www.sunrockice.co.nz/Webcams.htm

NZOIA ASSESSMENT CALENDAR for 2003

Course & Location	COURSE DATE	Closing Date	Course & Location	COURSE DATE	Closing Date
Kayak FW			Rock 1		
Auckland	November 8-9	October 11	Christchurch	Sept 20-21	August 22
Kayak 1			Auckland	October 18-19	September 19
Christchurch	October 17-19	September 19	Christchurch	Nov. 8-9	October 11
Central NI	November 14-16	October 17	Rock 2		
Christchurch	November 21-23	October 24	Whanganui Bay	Nov. 14-16	October 18
Abseil 1			Bush 1		
Auckland	November 22-23	October 24	South Island	Nov 29-Dec. 1	November 1
Cave 1			Bush 2		
Waitomo	September 13-14	August 15	North Island	Nov 7-9	October 11
Cave 2	On request		Alpine 1		
Canoe	On request		North Island	September 6-8	August 8
Climbing Wall	On request		South Island	Sept 20-22	August 22
			South Island	October 18-20	September 19
			Alpine 2		
			South Island	October 9-12	September 12

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 administration officer (or website) and return it 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, first-served 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.

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 or Steve Scott, Telephone 04-385 6048.

ASSESSMENTS in SEPTEMBER, OCTOBER and NOVEMBER 2003

Current indications are that for some assessments scheduled later this year, there will be more applicants than places available !!!

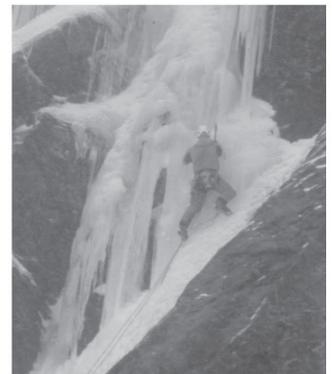
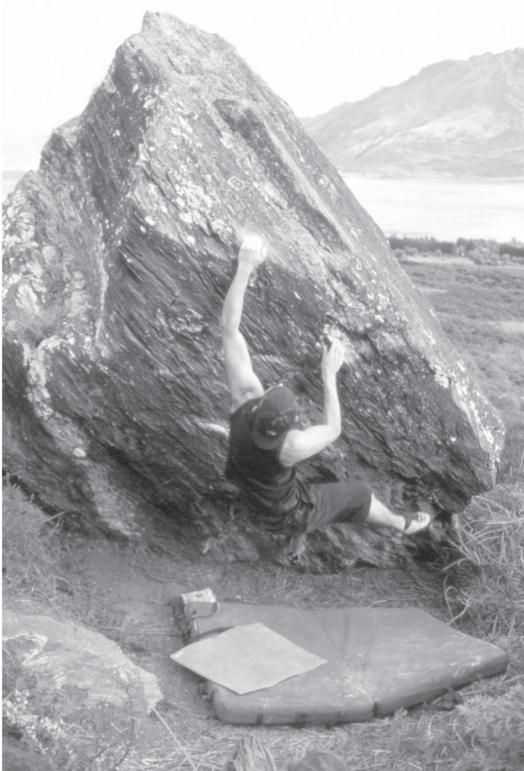
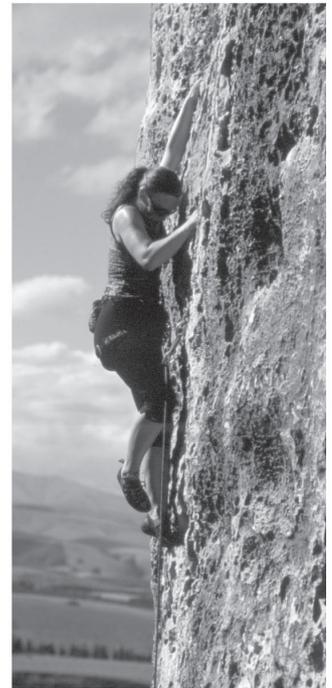
If you are intending to participate in an assessment later this year, don't be disappointed - please secure your place early - **don't delay in forwarding your application and deposit.**

NZOIA Cave 2, Canoe and Climbing Wall

These three 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.

NZOIA KAYAK 2

As the scheduled Kayak 2 Assessment for March was unable to take place due to a lack participants, anyone interested in a **Kayak 2 Assessment** in the latter part of the year - **Oct/Dec 2003**, should contact the NZOIA Administration Officer at: ao@nzoia.org.nz



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Phone 04 385 6048, Fax 04 385 9680 Email ao@nzoi.org.nz



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Half Page	(170mm wide x 125mm high, OR 85mm wide x 245mm high):	\$100 + GST
Quarter Page	(85mm wide x 125mm high):	\$70 + GST

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www.nzoi.org.nz

**your comments and
suggestions are
welcome !**