

NZOIA QUARTERLY

ISSUE 60: OCTOBER 2012

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

Be RiverSafe in action - Wild Earth Adventures

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NZOIA
Excellence in Outdoor Leadership

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Articles should be submitted in Word format. All photos must be supplied individually in jpg format and cannot be used if embedded in a Word document.

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EMAIL COMMUNICATION WITH MEMBERS

Emails to members are one of the primary methods that NZOIA communicates with its members. These emails are often about updates to the member only job board, spaces on assessments, refresher workshops and trainings, changes/updates to current initiatives/reviews within the outdoor industry, Executive updates and updates to the assessment, refresher and training calendars and requests for model students.

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

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

ADVERTISE IN THE QUARTERLY

Please contact the Editor for prices. Email: editor@nzoia.org.nz

NZOIA gratefully acknowledges the financial support of the following organisations:



Member Organisation



2011/2012 NZOIA President's Annual Report

Kia ora NZOIA Members

2012/2013 will be a time to celebrate success and challenges because NZOIA is 25 years old this year! Let's enjoy the years of dedication and hard work so many have given to this Association. Personally I would like to thank every one of you for shaping this Association into what it represents today.

The Executive

The Executive members have been working hard throughout this last year grappling with new challenges facing the Association and the changing environment around us. This has required us to reset our strategic direction and refocus our priorities.

Recently, we completed Board review and training with Graeme Nahkies from Boardworks International. This was in response to recognising that as a changing and growing organisation with enhanced capability on the staff team, our Executive functions are shifting away from management and operations to the complex and challenging task of good governance. Our work with Graeme has been highly beneficial and has lifted and refocused the team. The proposed changes to our constitution are an outcome of this process and essential to building a new governance framework that we believe will assist in leading the Association forwards. Although there will be changes to the Executive from this AGM, the main cohort from this training remain.

Funding

There is no doubt that funding for NZOIA remains a constant concern and strategic priority for the Executive. Our current Sport NZ funding ends in mid-2013. The funding climate is ever changing, and so we must adapt our approach to maintain funding at a level that will sustain the services members expect and the quality of our training and assessment system. In the 2011-2012 year 45% of our income was derived from external sources and the sustainability of this level of support is the most significant risk we face. With that, I want to acknowledge and thank our funders: Sport New Zealand and Water Safety New Zealand. Their continued support allows this Association to maintain high standards for the sector.

TROQ

As mentioned in past Quarterlies, I am involved in the Targeted Review of Qualifications (TROQ) for outdoor, sport & recreation. I was elected as a representative of an ITP and this is my focus. However, I can see this through the eyes of NZOIA too and endeavour to offer input from both sectors. The outcomes and effects on NZOIA are still yet to be realized, however. Within the next 5 months we will have a clearer idea and a proposal of new qualifications will be submitted to NZQA as part of the first stage in early 2013.

Tragedy

On a more sombre note, without a doubt the outdoor industry has felt the horrific effects of the latest tragedy that occurred at Paritutu Rock in Taranaki this year. Our deepest sympathies go to the families that have lost loved ones, and to our colleagues in the field that are left to consider the aftermath. On behalf of all NZOIA members I sincerely wish you all the strength that is required. May you find a positive way forward to keep the essence of outdoor instruction and education alive and well – kia kaha.

Thank You

Many thanks must go to our Executive, made up of volunteers from our elected members: Jo Parsons, Ajah Gainfort, Simon Graney, Heather Rhodes, Jon Lasenby and Mike Atkinson, and our co-opted member, Steve Milgate. All of their input has been an asset. Each Executive member's contribution for this past year has been outstanding and I encourage our membership to get in touch with these people and thank them for their dedication and hard work they voluntarily put into this Association.

I would like to make special mention of two Executive members, namely Heather and Simon. Heather is completing her term and the Executive and I thank her for her contribution and the way she articulated her points of view well. Simon has been on the Executive since 2006 bringing a depth of experience and perspective from having worked in many organisations within our industry. His contribution has been, and always will be, priceless.

On behalf of the entire Executive, thanks also go to Penny Holland and Natalie Mathews for their contribution throughout the year. And thanks also to Dave Mangnall for his work this year on the qualifications review and symposium. We wish Dave the very best for his new employment appointment.

Additional thanks goes to Matt Cant as Chief Executive of NZOIA. Matt continues to work passionately for NZOIA and, whilst bearing the brunt of many people's opinions, he tirelessly continues to work in the best interest of the Association and its members. We are lucky to have such a dedicated CE.

Finally, thanks to my family for allowing me to continue in this role with NZOIA. Extra time away, and less time with family, creates added pressure, so I thank them for their continued support. Two years have passed extraordinarily quickly. My position as servant to the Executive, Association, and its members, has been a very enjoyable experience. Thank you also to all members. Your ongoing support, the positive feedback and contribution through surveys and technical committees make a difference and shape the things we do. We take good heart from the growing membership and the confidence this provides that for the most part we are on track. While we can't be perfect in everyone's eyes, we are doing our best on members' behalf and are most definitely 'of the industry and for the industry'.

The future

With 25 years behind us we are now a long way from the 1986 inaugural meeting. Where will we be in 10 to 20 year's time? We must consider challenges such as a more representative multi-cultural membership, our position in industry and with other organisations, and where we stand with regulation. All this while we understand our customers better, maintain fit for purpose qualifications, develop new assessment methodology and maintain high standards. The grass roots leadership demonstrated by all members continues to be inspiring. I encourage you all to take every opportunity to be part of, and promote NZOIA.

I wish you a fantastic 2012/2013 year and look forward to talking to you all sometime soon.

tena koutou

Andy Thompson, President, NZOIA



Chief Executive's Report 2011-2012

NZOIA has continued its strong growth trend over the past year and in this sense continues to perform well. With growth comes workload and the office now has four full time staff; a significant increase from the three part-timers six years ago. New staff members Penny Holland and Natalie Mathews have now been with us for a year; and we have just welcomed additional new staff in Emma Gray (Admin Assistant) and Jen Riley (Quarterly Editor). Dave Mangnall will be departing soon from his 12 month contract managing the syllabi review process and convening of the Symposium. It is now a year since we shifted the office to Nelson and that has proved to be a good move; we enjoy both a pleasant work environment and the wider Nelson environs; key factors in attracting quality staff. It has been my policy to ensure the office is staffed by outdoor professionals and I am confident that the membership recognises the benefits of having our association run by people who are of the industry.

Registrations have increased to 898 representing 23% growth over the year. Total membership peaked at 1012, a 14% increase. Assessment activity increased 12% with 340 candidates of which 120 were through Assessment Centres.

Adventure Activities regulations

The most significant development in the external operating environment of our sector has been the implementation of the new Adventure Activities Regulations by the Ministry of Business, Innovation and Employment (formerly the Department of Labour). NZOIA has worked hard to represent member interests throughout the Adventure Tourism and Outdoor Commercial Sector review that led to this; and our efforts are being maintained through continued involvement in the advisory group to MBIE. In addition we have dialogue directly with MBIE to look after member interests and particularly those who do occasional freelance work; our aim being to secure appropriate recognition of both NZOIA qualifications and our registration process.

Performance against strategic objectives:

The following represents our achievements against the strategic objectives set for the 2011-2012 year:

Improving accessibility to the qualifications

- NorthTec, and NMIT have joined us as Assessment Centres in the past year, increasing to eight the number of institutes within this scheme; with AUT University and Otago University both working towards a similar relationship.
- This AGM marks the final event of our inaugural National Training Symposium; an initiative aimed at promoting continuing professional development through refresher workshops and training.

- The 'Free Range Assessor' model for Leader qualifications has been developed and is now being rolled out to assessors. This aims to remove further barriers to participation in the qualifications scheme, by enabling assessors to work with their own clients and within their own workplaces.
- Supporting the above are a suite of assessment resources for the Leader qualifications based on simplified outcome focussed syllabi. New candidate and assessor guidelines provide enhanced clarity to both assessors and those preparing for assessment; while workbooks enable more theoretical elements of the syllabi to be studied and tested prior to the summative assessment event.

Developments to the assessor pathway

- The TSC has worked to refine the assessor selection, training, and development process, with significant changes in terms of assessor revalidation and recruitment. The assessor pool now totals almost 100 people or 1:10 members.
- Assessor manual has been completed to incorporate the above changes plus the Safety Management System and improved reporting processes.

Review of the level 1 and 2 qualifications

David Mangnall has worked for us as Programme Development Manager on this project. Following guidance from an Educational Advisory Committee, discipline specific technical committees have met and worked on four of the syllabi (Rock, Bush, Alpine and Kayak). Sea Kayak will also be tackled before the end of 2012; and Canyoning transferred across to the new syllabus template. Roll out of these new syllabi will commence in January. Work on Canoe and Cave will take place during 2013.

New qualifications development

- Canyon 1 and 2 are now well established. After the initial grand-parenting assessment last year, a further nine candidates undertook assessment at Geraldine this year. That event, overseen by Kip Mandeno, also completed the assessor training process for the new Canyon assessors.
- Work is now underway with White Water NZ to review the river safety and rescue programmes; and a group is being established to redevelop the Multi-Sport Kayak Instructor qualification.

Member survey

The recently completed member survey provided some interesting and constructive feedback regarding member satisfaction with the association; and views on revalidation, our independent qualifications, and communications. These results together with the demographic data provided, will influence decision making over the coming three years.

Provide financially accessible training and assessment

- Sport NZ funding ends in June 2013 and we are working to prepare for the next funding application process
- Water Safety NZ funding has been secured for the 2012-2013 year to support kayak instructor training and assessment. Overall our funding from this source has reduced with a number of initiatives unable to be funded.

In 2006 our member survey results indicated that 96% of members thought NZOIA should run a training programme and calendar of events. On this basis considerable effort has been put into generating external funding to support subsidised training, particularly from Water Safety NZ. Uptake of training opportunities has been disappointing to say the least, despite exceptionally low fees for aquatic based programmes.

Website

NZOIA's new website has been up and running since August. This was many months delayed due to the amount of work required and under-scoping by the web developers; however our contract with them has prevented cost blow-out. We are now heading into the second phase of development with enhanced functionality and additional features that will improve functionality and administrative efficiency.

International alignment

Concurrent with the redevelopment of the level 1 and 2 qualifications NZOIA has applied to the UIAA to accredit our bush / alpine / rock qualifications. Steve Long of the UIAA Training Standards Working Group will be visiting us as the first stage in this process at the 2012 Symposium.

External relations

Renewed dialogue has occurred with long term allies White Water NZ and NZ Speleological Society with a view to both formalising and strengthening relationships. NZ Alpine Club has also been a focus and it is pleasing that as the Affiliate

body to the UIAA they are supportive of our application for accreditation. All of the above, and the Kiwi Association of Sea Kayakers, have nominated delegates for the technical committees of interest to them as part of ensuring our qualifications are fit for purpose for volunteer as well as vocational instructors.

More generally we have put considerable effort into improving levels of customer service, particularly in terms of professional support and information. At the current time our growth and the additional funding it generates, is insufficient to enable our administrative capability to keep up, despite efficiency gains through the website. This is a challenge in terms of future resourcing.

Our policy is to provide support to members following serious harm incidents, and the recent TOPEC tragedy required such action. We strive to improve in this area within our means, and believe we have and continue to act in the best interests of those directly involved in this recent incident and the wider membership.

Staff

My thanks to Penny as the backbone of the office crew; her conscientious work as Programme and Membership Manager is making a real difference, as is her considerable contribution and expertise on the TSC and all the technical committees. In addition to keeping me on track, Natalie has grown rapidly into the accounts technician and website management roles she currently undertakes; both tasks she was completely unfamiliar with before joining us. To Dave for his excellent work and attention to detail in rewriting the syllabi and assessment resources, and for all the effort it has taken to pull off our inaugural training symposium. Also to Chris Burtenshaw for his brief time as our Field Officer; and to Anne Johnston our graphic designer and Angela Mangnall our accountant.

Our assessors are the front line; the critical interface between NZOIA and its clients and members. Our Education Advisory Group reinforced the importance of this group as providers of powerful learning and development experiences for candidates; and stressed the critical nature of the assessor role in maintaining standards, essential to which is quality personnel and excellent judgement not volumes of rules. Our sincerest thanks to you all.



Matt Cant, Chief Executive, NZOIA

*** Congratulations ***

Congratulations to the following members who recently gained NZOIA Qualifications:

Abseil Leader	Blythe Southern, Mark Mierement, Mieke Heyns, Timothy O'Sullivan, Cameron Steele
Bush Walking Leader	Deborah Nash, Jacinta Brown-Holtrigter, Megan Fieldes, Morgan Erickson, Jess Mallon, MacKenzie Gawn, Shannon Rye, Mark Mieremet, Hone Kingi, Rebecca Hines, Franziska Grutzmacher, Peter Winterstein
Bush 2	Benjamin Necklen, Rachel Curtis
Kayak Leader	John MacDonald, Tim O'Sullivan, Cameron Steele, Michael Liu, Rhys Elliot, Jonathan Harding, Rachael Pelvin, Hone Kingi, Nicholas Tan, Megan Currie, Thom Taptiklis, Imran Aperimeka
Kayak 1	Emma Millen
Rock Climbing Leader	Blythe Southern, Mieke Heyns, Timothy O'Sullivan, Cameron Steele, Megan Currie, Thom Taptiklis, Mike Dransfield, Chelsea Churchill, Hollie Fraser, Nicholas Tan, Franziska Grutzmacher
Rock 1	Janina Gould, Allen Yip, Craig Morrison
Sea Kayak Guide	Rachel Curtis

Be RiverSafe Tool Box

The perfect classroom based resource for use with students prior to river based outdoor education. The Be RiverSafe Tool Box is a free, web based resource that contains a range of material that can be used by teachers, leaders or instructors to build a learning programme that meets the needs of students.

The key concept behind the resource is 'Enjoying a positive experience in and around rivers'.

In the period 2007-2011, 28% of all drownings in New Zealand occurred in river environments.



Rivers present a completely different range of potential dangers compared to the ocean and swimming pools. The pressure of moving water is constant and can be powerful even if the river looks slow moving and calm.

Rivers, unlike surf beaches and off-shore waters, have no agencies responsible for

rescues, so the need for river safety education is vital. The Be RiverSafe tool-box has been developed to address this issue and fits well with the NZ Drowning Prevention Strategy. The Strategy's main focus is on reducing death and injury due to drowning and ensuring people continue to safely enjoy New Zealand's unique water environments.

The Be RiverSafe Tool Box is a mixture of information and suggested activities designed to:

- Provide knowledge and/or
- Encourage and enhance skill development and/or
- Assist in developing river safe attitudes and behaviours.

The tool box has several separate components that can be used individually or mixed together to meet instructors' needs in terms of preparing students before entering a real river environment.

Be RiverSafe modules include:

- River features
- Crossing rivers
- Supervision
- Survival Swimming
- Hydrology (the force of rivers)
- Planning a trip

Activities in the tool box are based around a 40 minute DVD that was developed by Water Safety NZ and the Mountain Safety Council. Components of the DVD can be viewed on line.



Copies of the complete DVD can be ordered, and downloadable pdf files that include fact sheets and activities for students, printed at the following link:

<http://watersafety.org.nz/education/recreation-advice/rivers/be-river-safe-dvd-and-toolbox/>

DrownBase™

The only integrated drowning database in the world, unique for its collection and collation methods.

DrownBase™ was developed in 1994 and contains records of all drownings since 1 January 1980 that have occurred in New Zealand. It now also includes hospitalisation data for submersion incidents from 2003. DrownBase™ is an essential tool to support WSNZ's strategic direction and decision making process in the development of water safety education in New Zealand.

Data Access

One of WSNZ's key objectives is to make timely and accurate information readily available throughout the water safety sector. All requests for data held by WSNZ are approved by the Manager of Planning and Research. No data that is currently under interpretation, in breach of the Privacy Act or that could be misinterpreted will be released.

Groups or organisations can access summarised data through publications, WSNZ website and via the Information Analyst. The data represents fatal drownings in New Zealand from 2007–2011 and is represented across three areas; Activity, Environment and Demographic

Fact sheets published by WSNZ are available to all via the WSNZ website.

WSNZ has recently published the 2011 Report on Drowning. This annual summary of drowning and hospitalisation incidents can be downloaded from the website or printed copies requested by emailing wsnz@watersafety.org.nz

All statistical requests must be made on the DrownBase™ Statistical Request Form. This form can be downloaded at <http://watersafety.org.nz/research/drownbase/>. Requests are responded to within 20 working days from the receipt of a DrownBase™ Statistical Request Form unless otherwise notified.

Acknowledgement: Any written or verbal information given from WSNZ DrownBase™ must be acknowledged by the source.

Be RiverSafe in action- Wild Earth Adventures



**“ I am an enthusiastic, owner operator outdoor educator based in Dunedin:
www.wildearth.co.nz**

I am also a contributor to the outdoor industry at a national level as Chairman of the New Zealand Rivers Association for Professional Guides (previously NZ Rafting Association) and a Board Member of Outdoors New Zealand (ONZ). More important for me though is the time spent working with Kiwi kids in the outdoors, especially with the stiff competition of Play Station, TV and Smart phones.”

Steve Brown, Outdoor Educator

As we know, venturing around rivers and beaches is a recreational pastime enjoyed by many New Zealanders and these environments can provide rich learning experiences for Kiwi kids. The Water Safety NZ Be RiverSafe programme implements the aim of water safety education – a national initiative which provides for improved public awareness of the environment and its potential dangers, skill improvement and technological advances.

<http://watersafety.org.nz/education/recreation-advice/rivers/>



Each season we take approximately 1200 Kiwi kids of all ages, teachers and parents rafting. From intro float raft trips on the local Taieri River, to white water skills courses, and we teach the Be RiverSafe programme.

Education is the best way to empower students to create change. My reward is looking back up the river on a sunny rafting afternoon and seeing 8 empty rafts floating down the river, as all the kids, parents and teachers, armed with their new-found river knowledge, are in the river, swimming and



horsing around, while floating down a quiet stretch of the Taieri. Be RiverSafe has the same key messages regardless of age or experience. Likewise I get excited when students push the limits in a controlled environment to experience a healthy respect for the power of a river.

The success of the Be RiverSafe programme in passing on key water safety messages is demonstrated by the experience of a student who had recently participated in a Wild Earth Adventures Be RiverSafe day. The student was swept out of a swimming hole and down a river whilst swimming during a holiday in Thailand. None of the many adults watching could reach the girl as she was washed down the river. The student swam hard and lunged up onto an exposed rock and waited there until the adults could safely retrieve her. She told her parents that she was scared but remembered what to do because of one Be RiverSafe message: "hug rocks, hate trees".

A fantastic outcome to what could have been a tragedy for that family.

For me, Wild Earth Adventures' rafting trips, mixed with the Be RiverSafe programme, is an all round outdoor education, EOTC package with a fine balance of fun, safe and positive education water experiences. Be RiverSafe teaches about river features, hazards and safe techniques but, possibly most importantly, when NOT to get in a river.

What better way to spend your working day having a ball getting out there with Kiwi kids teaching them how to have a safe, fun time on a local river swimming or just doing rock jumps and bombs off the rope swing.

Teaching judgement – an important skill in river crossing

River crossing theory is readily available to us all. Most outdoor recreationalists seem able to rattle off a range of techniques that would fit within a 'best practise' framework. In contrast to this, judgement and experience associated with river crossing is arguably pretty thin. How often have you been swept off your feet whilst river crossing? When was the last time you practised a difficult river crossing? Are these events something we survive? Something we avoid? Or are they something we actively practise (in a controlled setting) to ensure we have a wealth of experience from which our decisions are based.

Over the last few years I have facilitated Wading Courses for NIWA, District Councils and DOC. What is interesting about these courses is that every participant, without fail, prior to the course, has not spent more than 2 seconds swimming in waders, at least 95 percent never have. People with over 20 years of experience wading in rivers have no idea of their capabilities if they get swept off their feet. I encourage participants to try different river crossing techniques to failure, in containable situations, to deepen their experience therefore increase their judgement

We run a river crossing module at Tai Poutini Polytech (TPP) for our Certificate programs. Most students who have had any prior exposure to outdoor education have plenty of good and current info on river crossing techniques. It is most unusual to encounter a student who has been swept off their feet or swum with a pack on. It seems such experiences are well avoided by trampers, fishermen and hunters.

With both wading and river crossing, the issue is the same, it is not a lack of information, it is a lack of experience. Those few who have been swept off their feet whilst crossing a river are the more cautious and respectful river users among us. They have had a vital experience giving them a basis from which to make future decisions from.

At TPP we firmly believe experience is critical to developing judgement from which sound decisions come from. No amount of written SOPs can substitute this. Creating safe opportunities for people to experience swimming with tramping equipment on, wading to failure, trying different techniques in conditions where they might not work; this is how to gain experience (without the life threatening part). This is how we develop judgement from which good decisions stem.

Choose a familiar piece of moving water. A simple V flow/rapid deep enough to be challenging. Ensure there is a safe run out, ie current flows into a big swimming hole. Preferably you can see the river bottom and know there are no submerged logs or boulders creating foot entrapments risk. Gravel river beds are ideal. The litmus test would be to imagine a student becomes unconscious anywhere on the section being used.... they would wash into a safe and easily accessible place.

Dress your students in wet weather tramping gear, except wear a wetsuit underneath. This might give false confidence due to extra buoyancy (disclose this) however it does enable the lesson to extend beyond the first 15 minutes.

Ensure students have the equivalent weight and bulk of overnight equipment in their pack.

You may wish to have you student swim the flow first to desensitise themselves to the worst case scenario. Then:

Try the following accepted methods. Practice to the point of failure to develop an understanding of their limitations in different river conditions.

- **Solo crossing**
- **Crossing with a walking pole/ stick.**
- **2, 3, 4 person crossing, each person threading their arms between back and pack straps of adjacent people and firmly holding onto their pack straps.**

Experiment with:

- **Adjusting the order, everyone try being the upstream person, not just the 'biggest, strongest'! Little people go tramping too – without their big friends!!!**
- **Linking arms in different configurations (experiment to find the best method)**
- **Having someone spontaneously slip mid stream.**
- **Backing out – note that the caterpillar method of folding the line of people only happens once the group has backed out of the fast flow into calm slow water. Folding the line of people does not happen in mid flow – try it and feel why!**
- **Getting swept off your feet and get to the side before a marker.**
- **Experimenting with the best way to swim with a pack – on your back, on your side, pack first, feet first.**
- **Undoing the pack waist strap quickly after hypothetically falling face forward into water. Now try with the sternum strap also done up and realise why people are encouraged to have the sternum strap undone! It takes twice as long to undo two straps and if you are face down in water, this matters!**
- **Practising undoing the waist strap with eyes closed.**

Rivers are a special part of our outdoor classroom. They are as dynamic as the weather and equally as spectacular. Like the weather, they have killed many an outdoor practitioner. Like the weather, to better understand it, to develop more respect for it, we actually need to get in it.

Taking a cold dip:

How humans respond following sudden cold water immersion

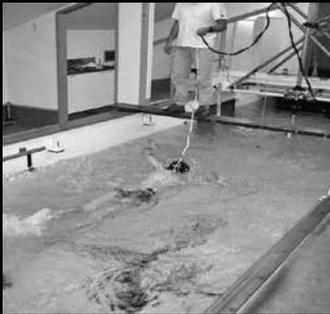


Photo 1: The aquatic flume at University of Otago, Dunedin.

Photo 2: A subject in the cold water with various physiological monitoring equipment.

Photo 3: Regular cold water immersions lead to a strong and rapid habituation.

Suddenly falling into cold lakes, rivers, and oceans is associated with many drowning and near-drowning incidents in New Zealand.

The physical responses (e.g. rapid increases in heart rate and breathing) to sudden cold-water immersion (i.e. cold shock) have been well researched, yet we know little about the subsequent physical behaviours of humans experiencing this response.

For example: Are skilled swimmers affected by cold shock to the same extent as non-skilled swimmers?

How does cold shock influence brain blood flow and the capacity to make crucial decisions, such as whether to attempt to swim to safety? And what can humans do to improve their survival chances in cold water?

For example: Recent research conducted in the UK suggests that the cold shock response can be altered with regular cold water immersion (i.e. habituation) combined with mental skills training.

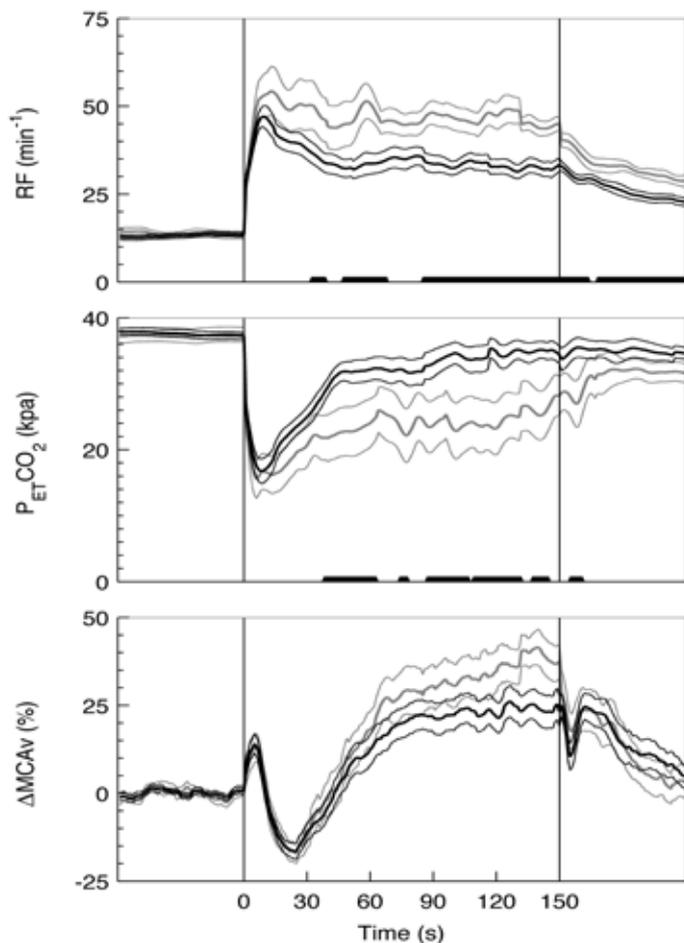
In 2011, Water Safety New Zealand and researchers at the School of Physical Education, University of Otago set out to answer the following research questions:

1. Does swimming competency influence the physiological or behavioural responses following sudden cold water immersion?
2. Are behavioural responses to cold water immersion strongly related to disruption in breathing and changes in brain blood flow?
3. Can human behavioural responses following cold water immersion be improved by training and habituation?

For obvious logistical and ethical reasons it is difficult to conduct realistic research on human behaviour in emergency situations. Water Safety New Zealand recognised a unique opportunity to recreate some of the factors common to near drowning incidents in a safe, controlled fashion at the University of Otago, which has the Southern Hemisphere's only aquatic flume (see Photo 1). The flume provides a 10 x 3 m channel through which water flow, speed, and temperature can be sensitively manipulated (0.3-5.0 m/s, 5-35°C) to simulate different aquatic environments common to New Zealand's coasts and rivers.

The research team recruited adults considered either skilled or unskilled at swimming and immersed them suddenly into the swimming flume at two water temperatures (10 and 27°C). The task required them to tread water for 2½ minutes and then attempt to swim 200 m at a comfortable speed relative to their ability. A range of physiological, biomechanical and psychological variables were monitored including:

breathing rate, brain blood flow, anxiety, treading water technique, and duration in the water (see Photo 2).



Data graph: Physiological responses of unskilled swimmers (light grey lines) vs. skilled swimmers (dark grey lines). Immersion occurred at 0 secs, participants were removed from the water at 150 secs. Note: RF is breathing rate, PETCO₂ is the amount of carbon dioxide expired, and ΔMCAv is the change in brain blood flow during the cold water immersion. Black bars indicate when significant differences existed between swimmers of different abilities.

They found that everyone experienced a form of cold shock when dropped into cold water (10°C). People typically gasped and then suddenly started to breath much faster (up ~46% above resting rate) which resulted in them taking almost one breath every second (see top data graph). Everyone showed some degree of cold shock regardless of swimming ability, but the skilled swimmers appeared to have shorter, less severe reactions to the cold water. On average, people were unable to swim as far (46 m vs 70 m), or for as long (72 sec vs 111 sec), in the cold water (10°C) compared to the 27°C water.

Cold water immersion decreased the amount of blood flowing into the brain (see middle data graph) and this decrease was the same for both swimming ability groups. The reduced brain blood flow was due to the over breathing (i.e., hyperventilation) observed during the cold water immersion, but our initial analyses suggest this did not appear to compromise decision making ability.

Following a modest behavioural intervention combining habituation and training (10 x 3 minute immersions in 15°C water) participants were able to suppress the cold-shock response, swim further and feel less exertion (see photo 3). Therefore, we believe that such targeted habituation training may improve survival prospects in a real life emergency scenario such as an overturned boat.

Practical implications

- If suddenly immersed in cold water, initially hold your breath for 5-7 seconds to avoid inhaling water while experiencing cold shock
- Expect your breathing rate to increase rapidly and then to subside after 2 to 3 minutes
- Your limbs get cold first, leading to numbness and less coordinated, inefficient movements
- Float first using whatever means are available and plan the best course of action for the situation (e.g., stay and wait for help vs. swim to safety)
- Use breathing control strategies and mental skills (i.e., positive thinking) to combat the tendency to hyperventilate and panic

Long-term implications

- Provided you have no serious heart or breathing problems, habituate to cold-water immersion under safe, controlled situations
- Learn how to tread water effectively and associated survival skills; not just how to swim

Where to next?

We would like to extend and develop the cold water habituation project to ascertain the relative benefit for children, in combination with learn to swim education. Also we are currently examining research on the decision making of young adults to identify why this group is over-represented in drowning statistics. Finally we are starting an interesting project examining the perception of swimming capability in open water. For more information about any of these research studies, please contact Associate Professor Chris Button: chris.button@otago.ac.nz

Acknowledgements

The research described in this article and ongoing work form part of a collaborative programme by Water Safety New Zealand and the University of Otago. The long term aim of the programme is to provide evidence-based knowledge that will inform practical strategies to decrease drowning in New Zealand.



Chris Button, James Croft, & Sam Lucas, University of Otago

E-mail: chris.button@otago.ac.nz. Tel: + 64 03 479 9122

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Paddle-craft Fatality & Incident ANALYSIS 1983 – 2011 and Future Safe Paddling Initiatives

Canoeing and kayaking both have a long history in New Zealand. The lakes, rivers, harbours and coastline provide a mecca for paddlers. Recreational paddling began to significantly increase in the 1990s and has surged dramatically since 2000 with the availability of cheaper plastic kayaks and sit-on-tops.

In 1992, a national body was incorporated to represent recreational sea kayakers – KASK (Kiwi Association of Sea Kayakers NZ Inc) – with the aims of ‘promoting and encouraging the sport of sea kayaking’ and ‘promoting safety standards’.

Paul Caffyn developed and has maintained a database of paddle-craft incidents from 1983 to the present day, incidents that have involved serious injury, fatality or rescue by outside intervention (Police, Coastguard, boats or rescue helicopter). This database currently contains 110 entries but excludes white-water kayaking fatalities and suicides. In this article, Paul briefly discusses factors common to the incidents and fatalities, summarizes factors involved with a double fatality, and suggests paddle-craft safety initiatives for the future.

Fatality database analysis shows there has been no major change to the annual fatality numbers per annum since 1983, despite a dramatic increase in recreational paddle-craft numbers. Incident analysis of causes and/or factors contributing to serious injury and fatalities, has allowed development of specific paddling safety initiatives, such as promoting carriage of two means of emergency communication, checking the weather, dressing for immersion and wearing a PFD. Two of the most successful KASK safety initiatives are the 200 page *The KASK Handbook – A Manual for Sea Kayaking in New Zealand* and *A Basic Guide to Safe Sea Kayaking* brochure.

Between 1983 and 2011, 14% of fatal paddle-craft incidents occurred in the Bay of Plenty, 11% each in Tasman, Southland, and Otago, with Waikato, Auckland and Northland at 8%. Other regions had fewer fatal incidents. Over two thirds of fatal incidents (69%) occurred at sea while of the remaining incidents were evenly split between lake and river fatalities (Fig. 1).

More fatalities occurred with the use of recreational kayaks (30%) and sit-on-tops (27%) than with the use of other types of paddle-craft; 14% in sea kayaks, with a total of 11% for canoes, waka ama and tri-boats, with 18% craft-type unreported. Most fatalities occurred with solo paddlers (60% between 1983 and 2011) than occurred with those paddling in a group (40%).

Paddler age for fatalities shows a concerning peak in the range 20-39 years (Fig. 2).

Gender is significant. Of 37 fatalities 1983-2011, 35 were male.

Although precise numbers of paddle-craft in New Zealand are scarce, figures from Maritime NZ show between 2006 and 2009, the number of paddle-craft more than doubled from 65,000 to 159,000. As to be expected there has been an increased incidence of paddle-craft incidents during that time, although the overall fatality rate per annum has not changed significantly.

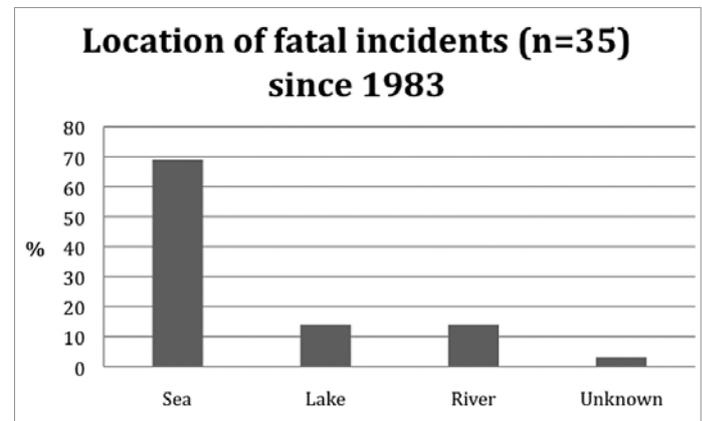


Figure 1

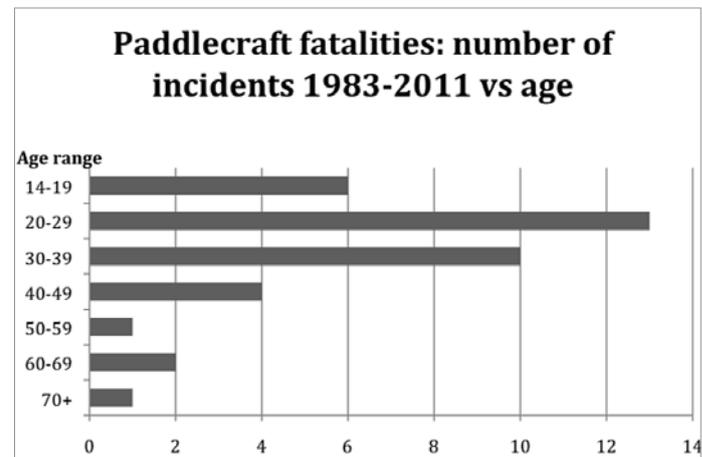


Figure 2

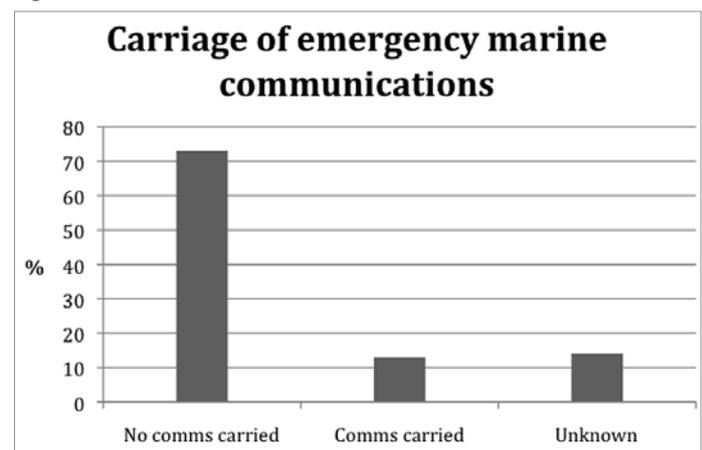


Figure 3

Despite a significant rise in the number of overseas visitors, from about 1.5 million in 1999, to over 2.5 million in 2010, there has only been a slight increase of 2.5% visitor related paddle-craft incidents, from 20% between the years 1992-2005 to 22.5% in 2005-2011.

The two obvious causal factors with paddle-craft fatalities stand out:

- the failure to wear a personal floatation device (PFD or lifejacket). With 57% of fatalities, PFDs were not worn. Only 27% were wearing PFDs with no information for 16%.
- -the failure to carry means of emergency marine communication. In 73% of fatalities, no devices were carried, 13.5% were carrying them with 13.5% not known (Fig. 3)

In some cases when mobile phones were carried, they were not carried in waterproof bags. In one sad lake fatality, the paddler was carrying a cellphone in a ziplock bag but when the body was found, the phone was waterlogged.

In December 2010, two young men paddled across Lake Wakatipu in a small, older style recreational kayak which had a huge open cockpit, no integral buoyancy, no sprayskirt, no deck-lines and only one paddle between the two men. Mid morning, a local tour boat operator warned the men of an impending cold southerly change, and suggested either they paddled back to Queenstown or cadged a lift back on his boat. Both suggestions were turned down. The operator was so concerned about the safety of the men, that he gave them his cellphone number and contacted the local harbourmaster. The weather change did subsequently arrive with 25-30 knot southerly winds. Lake conditions deteriorated from calm to a 1-1.5 m breaking chop.

The tour operator received a cellphone call after 10 pm from one of the men, with a panicked call for rescue as their kayak was sinking. After raising the alarm with Police and Coastguard, the operator launched his boat and was searching for the two men within 14 minutes of that call. Repeated calls to the men's cellphone number went to voicemail only. In the dark and breaking chop, searching boats were unable to find the men, despite the fact they were both wearing bright red, neck-yoke style lifejackets. A searching helicopter found the bodies three hours later. The lifejackets did keep the men's bodies afloat, but sadly with no means of signalling to the searching boats – such as with a torch, camera flash, headlamp, flare, VHF radio, whistle or cellphone in a waterproof bag – they were not found in time. This happened on a day in early summer. Both men were lightly dressed for paddling but not for full immersion in a lake with a water temperature of 10°C.

This sad double fatality shows the importance of not only wearing a PFD but also carrying at least two waterproof means of emergency communications, one of which can be used at night.

Analysis of fatalities and incidents does show very obvious trends, for instance providing safety information to target:

- males, especially those under the age of 40, who paddle sit-on-top kayaks

Safety message information needs to highlight:

- the dangers involved with paddling recreational kayaks or sit-on-tops
- the importance of wearing a PFD
- the need to carry two waterproof means of emergency communications (not in a ziplock bag)
- the importance of checking weather forecasts prior to launching
- the importance of leaving trip intentions with a responsible party
- the necessity of dressing for immersion
- why self and group rescue skills should be taught and regularly practised

Means of disseminating safe paddling information in the future can include:

- websites, blogs, facebook, twitter, e-learning modules, Trade Me etc
- written material such as safe paddling booklets, kayaking manuals on CD or PDF files on websites
- media safety messages about PFDs, communications, intentions and weather forecasts
- ensuring safety packs are provided with all new paddle-craft, by manufacturers, trade and retail sales outlets
- annual pre-summer visits by MNZ, CG, or police to the managers of backpackers, hostels, or others who have either loan or rental paddle-craft, in order to stress their responsibilities and the need to pass on the safe paddling message.

This report is only a very brief summary of incident database analysis. For further information, or details on supply of *The KASK Handbook* or the safe paddling brochure, please get in touch with Paul at: kayakpc@xtra.co.nz

Other sources include articles published in *The NZ Sea Canoeist* magazine and an incident study carried out by Tauranga-based travel doctor Iona Bailey, who in 2010 had a study published with analysis of 50 selected sea kayaking incidents involving rescue which occurred between 1993 and 2005 in New Zealand (*Wilderness and Environmental Medicine*, 21:3).



*Paul Caffyn achieved the first kayak circumnavigations of New Zealand, Great Britain, Australia, Japan and New Caledonia. He paddled solo around the entire coast of Alaska and has spent four northern summers paddling the west and east coasts of Greenland. Paul edits a bimonthly magazine for Kiwi sea kayakers and is editor of *The KASK Handbook*, a 200 pp manual*

for sea kayaking in New Zealand. Paul has six books published on his kayaking voyages. For fatality coronial inquests, Paul provides submissions to coroners or is tasked as an expert witness.

Paul Caffyn

Safety in ports

Too close! Small boats and swimmers must stay out of exclusion zone.



Involvement in kayaking for many years has taken me to some remote, beautiful and challenging environments. Whether it's on a foreign river or a stormy day at sea, there are always elements that need monitoring and assessing then adjusting as necessary, whether to make it more fun and potentially easier, or to keep yourself and others safe; nothing new here.

I recently had an experience in the Nelson port area, where the seemingly benign had a more serious possible consequence. This experience has prompted me to write this article for the benefit of others, some of whom may not be aware of the potential dangers or of regulations that are in place around port operational areas.

Water craft types have never been so varied and looking at what people tie on their roof racks and trailers these days is testament to the Kiwi culture of being connected to the water in some form or other. Many beginner and club trips utilise waterways that are sheltered, and this combined with ease of access and travel time tends to funnel users to venues around marinas, shipping lanes and port areas.

Whether you are out training in your long boat, trying to catch a feed from your sit-on-top, or taking a group of students out for a flat water session, there are some standard considerations to think about when venturing out:

It is common in risk management planning to consider people, equipment and environmental factors; adding to these 'what can come down on me from above' and 'where will I end up if I lose control / go downhill or downstream'. If we apply these to the kayaking around the port context, then we should ask some key questions:

- **What's my own and my groups ability level? (People)**
- **What gear do we need for the planned activity and what is the appropriate watercraft? (Equipment)**
- **What's the weather forecast and in particular the wind speed and direction? What are the tides doing and what is the tidal current? (Environment)**
- **Are there sheltered areas and safe zones available? (Environment)**
- **Are there other users we need to be mindful of such as ships in shipping lanes, boats at port? (Environment)**
- **Is there anything that could come down on us from above? Such as from boats at port or being loaded?**
- **Where will we end up if we capsize or have a situation such as a medical situation or weak paddler? Where will the wind and tide take us?**

In strategizing to manage these factors here are a few key things to remember:

- **Keep an eye out for ship movements around the port and in shipping lanes. Remember, you can move into shallow water, big boats can't.**
- **How can I make myself / ourselves more visible?**
- **Do I have reliable communications? Is my phone / VHF fully protected from water and useable within its dry-bag? Are my communication device and flares immediately available in an emergency?**

These are just the starting points for what needs considering. If your trip includes being around any large boats tied up or their

channelled pathways, port regulations and safe practice in this environment are equally as important. Many users are unaware of these, or underestimate the potential dangers involved. Port authorities for many years have had incidents where the public have put themselves at risk. Since 9-11, port authorities around the world are now even more aware and concerned about the potential threats to shipping. Pretty safe here in old NZ? We would like to think so but the knock on effect from this is that **an exclusion zone is now being enforced in many ports around NZ, along with the ability to prosecute.**

The following information applies to the Port Nelson area which is under the Nelson City Council bylaws. These should be pretty similar to most operational ports in NZ but if you aren't sure, phone the local port authority for the definitive answer.

No swimming or diving within 50 metres:

- **of the port operational area. This is around where large ships berth and loading/unloading occurs – if unsure of these boundaries, phone the port concerned**
- **any designated anchorage or mooring area**

In future Nelson bylaws there will also be an Exclusion Zone which extends out 50 metres from all wharf faces and around all berthed or moored ships. On ships, this extends 50m ahead of the bow, 50metres behind the stern, and 50 metres off the side, creating a rectangle shape zone of clear space. This is regardless of whether the boat is being loaded or not. The obvious reason for this is in case any cargo falls off the side (which apparently is a relatively common occurrence when loading logs). Any item, whether it is a piece of bark, steel hammerlock or a cast mooring rope, dropped from any height has the potential to cause serious injury. It is also to ensure other water users are well clear of the hazardous propeller and bow thruster areas.

The fine for breaking this bylaw can be up to \$100.

As with all things in life, nothing is constant. There are always new fabrics, designs, techniques and rules and regulations that are introduced. How people are exposed to these updates can be fairly random. Sifting and sorting between what appeals, works or what is crucial is nothing new. Like a new fishing lure that is the bomb, tell your mates or colleagues about it – it will keep our industry safer and will avoid an embarrassing telling off.

Mark Rayward

Kayak Instructor Training – funding subsidies still available!

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

Course costs: \$100 per person for a 1 day course, \$200 per person for a 2 day course. This is a 50% subsidy!

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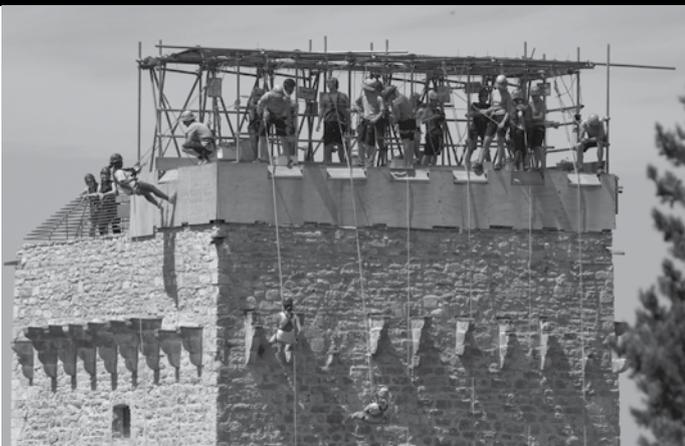


12 years ago in a little known part of high-country Canterbury Full On started on a journey that has led them to operating in multiple countries around the world, working with over 10,000 students a year and influencing young people to aspire to greatness and be the difference makers in their world. Every year Full On employs up to 60 people – mostly Kiwis to continue the unique work that they do around the world.

In 2001 Full On started offering People to People Student Ambassadors a one-day programme as part of their trip to New Zealand. This experience quickly became the highest rating part of any People to People programme anywhere in the world by a long shot. After a visit to find out what the fuss was all about People to People decided that the Full On experience should be a part of every Ambassador's itinerary wherever they went in the world. As such, sites were soon established in Bangor in Wales, Assisi in Italy and the Blue Mountains in Australia, as well as the on-going operations in Methven and Rotorua. Full On offers an adventure based personal development experience for the Ambassadors, including an abseil off a castle in Wales, a medieval tower in Italy and a 200 ft cliff in the Blue Mountains! The day is packed with ideas for helping young people get the most out of life and experiences to try the ideas out. Twelve years on, the programme has gone from strength to strength and without exception continues to be the highest rating part of any People to People trip.

Full On's vision is to 'create a nation of leaders' within NZ. It is now running Journeys and leadership development programmes with NZ high school students and corporate clients. Full On is not an adventure company. It is a personal and leadership development company that uses adventure and the outdoors for students to test out key ideas. Students are challenged with rafting, tramping, mountain biking and other awesome adventure activities.

Full On's core values of safety, service, excellence and efficiency are a constant focus within the management team. They are constantly overwhelmed with the amount of positive feedback from students and teachers. It is amazing how just one day can have such a huge impact on the lives of its clients.



Full On is proudly based in Christchurch and was initially established to meet the needs of the American organisation, People to People Student Ambassador Programme. This programme involves a three-week educational and cultural trip for young Americans to another part of the world with the intent of bringing people together – 'if they understand each other they are less likely to fight each other'.



Full On Ltd, PO Box 10395, Christchurch 8146
Tel + 64 3 337 4949, www.fullon.co.nz

Member Profile: Helen Walker



Where are you now and how did you get here? Some paths you take consciously, others you wander down and end up somewhere new. That's what happened to me when it comes to getting involved in the outdoors. I never said 'I'm going to work in the outdoors and be addicted to the natural environment.' I left school with no definite direction except a goal to travel the world, which I did.

I worked as a kitchen hand in Ireland at an outdoor activity centre. The head chef complained to the centre manager that I was overly jovial and too boisterous in the kitchen so they gave me a trainee instructor position...and my first taste of what would become my direction in life.

I returned home to do an outdoor leadership course at Whenuaiti near Motueka then contracted to high schools in Nelson during the school year and guided sea kayaking and the hiking in the summer season.

When I wasn't working in the outdoors, I was out playing in it. I love to extend myself especially when it comes to the hills. I became an Outward Bound instructor and lived the dream for four years.

I have recently set up my own nature guiding business, which was something on my life bucket list. Wild Footprints is a hugely satisfying project which currently involves developing marketing strategies and operating procedures, and will over summer involve taking multitudes of people on guided interpretive walks around the Nelson region.

Last adventure/last epic Years ago I was tramping and read in a hut book of a German fellow who was doing some awesome missions through the South Island and I remember thinking 'I want to do that.' My last big mission took 68 days and took me through some of the most amazing country in the south. In 2010 I tramped solo from Te Wai Wai bay to Mt Cook village. Physically, yeah I had some tiring days but it was mentally I was challenged the most. The biggest learning for me about me was as much as I love the outdoors, is important for me to share adventures with other people.

What challenges me / what I love about working in the outdoors. That's it, working in the outdoors is challenging there are so many unknown variables that you need to think of. That's why I love it, thinking on your feet, having to make clear concise decisions in testing situations. The other big buzz is to watch and support others grow and develop.

Something philosophical Don't dream of living. Live your dreams.

Member Profile: Hayden Titchener



Where are you now and how did you get here? Murchison pool in my waders teaching students to teach kayak rolling. I got here in the Hino.

And bigger picture than that: back in the day, I studied at Tai Poutini Polytech. I loved the Coast; it's rugged feel and cool rivers. I had inspiring instructors who were (and still are) legends of the game, people I look up to and were inspired by (Chapman, Kettering, Button, Brash and Wensley to drop names). After that: a year at Tihoi, a number of seasons at Black Water Rafting mixed up with summer camps in Vermont to keep things interesting.

I contracted out of Christchurch while I studied a BA in Sociology and then secondary teaching majoring in Outdoor Ed. I finished Tcol on the Friday and started at Outward Bound on the Monday! That was / is the best job I've ever had.

Last year I tutored at Aoraki Polytech in Timaru where I thoroughly enjoyed the energy of the students. Now I'm based in Dunedin working as a contract instructor for a variety of organisations locally and around the whole South Island.

What aspect of instructing do you enjoy the most? Teaching to teach. Thinking about what you're doing and why you're doing it.

What are you doing when you're not instructing? My partner Jules and I bought a house built in 1905.... so when I'm not fixing problems caused by other people, I'm fixing my own. I love dreaming of and going on big and small missions with Jules. We did a fantastic trip recently cycling in the Outer Hebrides, Scotland.

What are you passionate about? Creating pathways and opportunities for students into the outdoor industry. It's a two way thing, what does the industry want (organisations looking for people with specific skills sets and qualities) and what type of places do these students want to work for, then linking the two, immediately and in the longer term. Talking with students about where they're at now and where they want to get to.

And coffee. Humour - laughing. If people are comfortable and in a happy place, they can enjoy the learning process so much more, hence having fun is so so important when I'm instructing.

Something philosophical. Allow the process, the team and the person evolve. I'm constantly amazed at what people can achieve if you just let things unfold, a little bit of gentle coaxing in a certain direction but letting things take their own course results in amazing outcomes.

Hayden holds: Bush 2, Kayak 1, Rock 1, Cave 1 and should be sponsored by Hummingbird.

Assessment Calendar

The assessment calendar is now published only on the NZOIA website: <http://www.nzoia.org.nz/component/course/?view=courses=>

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

Assessment Fees

Bush Walking Leader	Abseil Leader	\$545	
Kayak Leader	Rock Climbing Leader		
Cave 1	Rock 1		
Canoe 1			
Bush 1 + Bush 2	Rock 2	\$730	
Alpine 1	SKOANZ Sea Kayak Guide		
Cave 2	Sea Kayak 2		
Kayak 1	Kayak 2		
Sea Kayak 1 Upgrade	\$290	Alpine 2	\$930

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

Assessments by special arrangement

It is possible to run assessments on other dates. If you have three motivated candidates, contact the Programme and Membership Manager. If we can get an assessor for the requested dates then we can run a special assessment for you. Costs may vary from scheduled courses.

Email: admin@nzoia.org.nz Phone: 03 539 0509

<http://www.nzoia.org.nz/component/course/?view=courses=>

Training Calendar

The training calendar is now published only on the NZOIA website:

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

Training Course Costs

All courses run by NZOIA are discounted for members. This includes full, associate and student members.

If you are not already a member, it is probably worth joining to access discounted training.

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

Course Duration	NZOIA members	Non - members
1 day courses	\$100	\$200
2 day courses	200	\$400

All other courses including bush, alpine, rock and cave:

Course Duration	NZOIA members	Non - members
1 day courses	\$200	\$315
2 day courses	\$400	\$515

Further information

Details of courses run by NZOIA, pre-requisites and online payment are all available on our website.

Who are the courses for?

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

Training courses by special arrangement

It is possible to run training on other dates, either by special request or if sufficient participants and trainers are available. We are happy to run courses at any level, at other locations or in your workplace; and will be pleased to discuss your individual or organisational needs. Please contact the Programme and Membership Manager to register your interest. Email: admin@nzoia.org.nz Phone: 03 539 0509

<http://www.nzoia.org.nz/component/course/?view=courses&filter.coursetype=3>

IMPORTANT NOTICE: Ideally there should be a period of several months between training and assessment. This allows you time to work on any gaps that have been highlighted by the training course. It is NZOIA policy that you cannot be trained and assessed by the same person within a one month period. Because of this, booking training and assessment within a one month period is not recommended and may lead to disappointment.

Please plan ahead to allow for this as NZOIA is unable to confirm who will be a trainer or assessor until after the application closing date.

Applying for a training course: To apply for *any* course, go to www.nzoia.org.nz, log in as a member, go to the Calendar and select the course you want to apply for. If you are not a member and would like to apply you can download application forms from: <http://www.nzoia.org.nz/2011-09-30-02-57-22/training>.

Applications must be received by the closing date. Places on Training Courses are allocated on a 'first in (with completed application and course fee) first accepted' basis.

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Exped SynMat UL 7

Exped Ultralight fabrics are extremely lightweight yet robust. The abrasion resistance is high, but puncture resistance is lower than with Exped's standard fabric.

High frequency welded seams for durability

FlatValve Technology easy inflation and deflation valves

Synthetic filling is internally laminated to both top and bottom of the mat to prevent any loss of loft

Spacer baffles welded between the synthetic filled chambers prevent cold spots and provide a stable sleeping surface

Fabric grommets to attach a pillow or the included multifunction stuffsack (which feature double cords on the inside to allow attachment to the grommets)

Repair kit with adhesive and fabric patches included

Length 163cm (Small), 183cm (Medium)

Width 50cm

Thickness 7cm

Rolled Size 23cm x 9cm (Small), 24cm x 9.5cm (Medium)

Fill 60 g/m² Texpedloft Microfibre

Average Weight mat/packsack and mat combined:
440g/454g (Small), 470g/485g (Medium)

Relative Warmth (R Value) 3.5 (0.62m².kelvins/watt)

Warranty for all Exped UL products is 2 years

From \$139 RRP (Small)



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PLANTING THE SEEDS OF ADVENTURE



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Please submit as files of no less than 700 KB in jpg format.

