

# NZOIA Quarterly

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

Issue 47

December 2008

## NZOIA EMERGING INSTRUCTOR 2008

Sam Langridge



**Sam was presented with the NZOIA Emerging Instructor Award at the annual Outdoor New Zealand Forum dinner and awards ceremony. This article is a compilation of his nominations.**

Sam started his journey in the outdoors as a Dunstan High School Outdoor Education student under the watchful eye of Eric Schusser. Choosing the outdoors as a career path he completed Diploma's in Outdoor Recreation and Instruction and Guiding through Christchurch Polytechnic Institute of Technology.

One of Sam's greatest attributes is his willingness to learn. His modesty and openness allow him to grow and learn with every new experience he has. While he was completing his tertiary studies, Sam went back to his school to work on

camp. This in itself shows the calibre of this young man. At this early stage in his career, the way he dealt with the students, you would have believed he had been working in the industry for many years.

He has now been employed by a number of people around the central and southern South Island. The admiration for the energy, enthusiasm and professionalism that Sam brings to his work is noted by all his referees. He is a natural at any outdoor pursuit he tries and keeps on developing his personal skills to ever higher levels. Sam has the ability to say and so and offer the right thing at the right time that enables people to grow and go beyond what they thought they were capable of – this is a skill very few instructors have. He has the maturity and judgement of a well seasoned instructor.

He now holds three NZOIA Awards – Rock I, Alpine I and Bush I. This is just the start of the journey that I am sure will see Sam become one of the best Outdoor Educators.

*Congratulations and all the best for a successful career in the outdoors. — Richard Dunn*

# Merry Christmas

The Staff and Executive of NZOIA wish all members and their families all the best for the festive season.

Enjoy this time and safe adventures.



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

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

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# Executive Update

## NOEL OIEN

The outdoor community and particularly those in Canterbury with whom Noel worked, were greatly saddened to hear of his fatal fall on Mount Philistine during Labour Weekend. Noel was Manager of Arthurs Pass Outdoor Education Centre and a member of NZOIA; and had recently been working towards his Alpine 1 qualification. His tragic fall occurred on a personal trip while no-doubt getting some miles in towards his assessment. While I did not know Noel personally the tributes to him paint a picture of a valued member of the Arthurs Pass community, a talented teacher and instructor and of course a much loved father. Our sympathy is with his family and friends at this time.

## QUALIFICATIONS

Further to the many discussions regarding qualifications including the ONZ driven Outdoor Leader Qualifications Alignment Project a recent meeting was held between a number of national organisations that are currently recognised as qualification providers (NZOIA, NZMSC, NZMGA, EONZ, Sfrito). Largely influenced by the consistent call from members of the sector to get rid of unnecessary duplication of qualifications, this group is working to rationalise what is currently in place. NZOIA's focus is on the duplication of bush, alpine and rock qualifications between NZMSC and ourselves and while no formal agreement has been reached as yet we remain hopeful of resolving this issue. With NZMGA there is some conflict regarding alpine terrain guidelines and the overlap between our level 2 rock and alpine qualifications and theirs; again we are hopeful of finding resolution and better dovetailing our qualifications into theirs.

## NEW LEADER QUALIFICATIONS

As part of the development of these new qualifications you have been invited to make submissions on the draft syllabi and scope documents either in a written / email way or by attending a regional discussion forum. During October and November we ran forums in Auckland, Hamilton, Taupo, New Plymouth, Wellington, Nelson, Christchurch and Dunedin; attended by close to 200 people. For me personally it was both beneficial and enjoyable to spend time talking with members and my sincerest thanks to those who gave up time to come along, discuss, and have input.

The scope and syllabi are now being finalised and the task of converting these into a Unit Standard format for use by Sfrito will be starting mid December. It is our aim to begin training new and existing assessors for these Qualifications early in 2009 with the intention that the first assessment events will occur prior to June.

## AVALANCHE

NZOIA now has a seat at the Avalanche Education Working Group. This is a sub-committee of the Snow and Avalanche Committee that is coordinated by NZMSC. In accepting a place on this group we hope to have input into decisions about standards of avalanche training and qualifications for alpine instructors. To this end we are about to commence

research to establish what terrain existing Alpine 1 and 2 instructors are working in. This will inform debate and assist in establishing the level of avalanche training appropriate to that terrain, and that in turn will influence the development of qualifications.

## SPARC SIR EDMUND HILLARY OUTDOOR RECREATION COUNCIL

The pre-election announcement of this initiative came as a surprise to the outdoor sector and is being followed up on everyone's behalf by Outdoors NZ. The recognition of the outdoors that this initiative indicates is most welcome and has been hard fought, however the obvious duplication of roles, particularly with Outdoors NZ, is a concern that we have raised with SPARC. More information will be provided as it comes to light.

## KI WAHO / OUTDOORS NZ

ONZ has yet to indicate whether or not it is continuing with this magazine project having tentatively scheduled the third issue for March 2009. NZOIA's withdrawal from the project and the consequences of that action has required mediation as I indicated earlier in the year. That process has reached agreement and we now await the ratification of the ONZ Board and look forward to some finality in this matter.

NZOIA has been a driving force behind the concept of a combined publication that serves the needs of several organisations and offers cost benefits. This need still exists and has been heightened by the realities of reduced external funding and rising costs that are being experienced by many in our sector. NZOIA will continue to work positively with other organisations to this end, and will contribute fully to the review of Ki Waho with ONZ with a view to this yet becoming the combined publication we believe is needed.

ONZ recently announced the resignation of its Chief Executive Laura Adams. Laura has been with ONZ for about two and a half years now but has decided to return to her home in Canada.

## ASSESSMENT

November has been an unusually busy month assessment wise with nine events being run. This is most encouraging and has occurred within a more general increase of 27% in assessment numbers this year. In part this increase has occurred because we have moved to run assessments with one assessor when numbers are low; this has meant fewer cancelled assessments. The concept of single assessor assessments carries a number of potential difficulties in terms of moderation of decisions (an issue of both candidate and assessor 'safety'), assessor support etc. NZOIA will be reviewing this practice during 2009 to ensure processes are in place to maintain the standard and integrity of assessments.

## FUNDING

NZOIA receives external funding from three sources; Water Safety NZ, SPARC and NZ Community Trust. This year SPARC have maintained their investment in NZOIA at previous levels. NZCT have reduced their input by 50%; this has been the same for many organisations they support and is largely

*continued over...*

because of their own reduced income levels from gambling machines. WSNZ itself received a reduction in funding from the Lottery Grants Board of some \$600K as a consequence of which the NZOIA funding application fell below the cut-off line. After a somewhat worrying period the Water Safety Education Foundation made up the shortfall in LGB funding and thus WSNZ has been able to provide funding for all of our proposed funding projects – we are most grateful to WSNZ for their ongoing and generous support.

As you will appreciate costs for many things are increasing and thus the cost of running the assessment scheme is also going up. At the last count two years ago the assessment fee covered the direct costs but only about 60% of the overall cost of running the assessment scheme. It's many years since assessors allowances were last adjusted and two years since their pay was last reviewed. We have decided to increase these payments to assessors from January and as a consequence of this and the increasing associated costs such as travel and accommodation the assessment fees will go up by approximately 10%. Those who have already paid a deposit for a 2009 assessment will not be affected by the fee increase.

### **SFRITO**

Our industry training organisation and partner in a number of qualifications projects has recently been through a re-branding exercise and is now called Skills, Active.

### **REVALIDATION AND REGISTRATION**

While the process of moving to a revalidation and registration model seems to be going generally very well there is still a degree of confusion out there. We've put some updated information on the website so please have a look there if you have any questions or concerns, or simply give the office a call. Currently we are holding a large number of registration cards for people who have paid their fees but not completed the revalidation process. In some cases this is because people have paid online and not completed the renewal form and revalidation questions (and will have been emailed about this); in others it's because they have indicated their first aid certificate has expired in which case the registration cards will be sent once confirmation of first aid certification is received by the office. In either case please get on to it so that your currency can be recognised and your registration card sent out.

### **OPC**

Back in April at the time of the Mangatepopo tragedy I wrote to the staff at OPC and promised to head down that way later

in the year and do some contract work; all part of lending support to the centre and showing that on a personal level I reckon OPC is a pretty good place and a centre I'm pleased to be associated with. The opportunity recently came up to work with the NZRU on a programme to assist in selecting the under 20 rugby development team on a seven day programme – sounded interesting so I signed up straight away.

Well I'm pleased to say that six months on from the traumatic events in April the staff are in good spirits and the centre seems to be thriving...so busy in fact that they need to call on former staff like me to lend a hand. There have been changes since I was last there of course but that's very much understandable with investigations still to be completed and the event still very much at the forefront of everyone's mind.

The great news is that the place is loaded with bookings and bursting with school kids and adults alike all having a wonderfully adventurous time. The week I was there the NZRU group totalled 49 alone, in addition to which there were 90 school students plus their full time students on tertiary programmes – that's busy!

There were six instructors assigned to the NZRU group, all NZOIA members and award holders and most with two or three awards. It was a hard week but a brilliant team and I was greatly impressed by not just the level of instructional and facilitational skills but by the dedication to ensuring the week ran smoothly. Everyone went the extra mile and put in the long hours without complaint that are a hallmark of professionalism in our industry.

Working as part of a team was a real bonus because I was better able to get to know a bunch of members and be reminded of the issues that face everyone who's out there doing it every day. Its good to be able to keep in touch in this way and stay grounded; too much office time is not a good thing. I had a really enjoyable week so thanks to those members I worked with and who helped me fit in.

While some are winding down for Christmas and anticipating summer adventures in wide open spaces (or maybe caves!) others are gearing up for their busiest working season; whatever your circumstances take care out there, enjoy the summer and have a happy Christmas and New Year.

**Matthew Cant – Chief Executive**  
ce@nzoia.org.nz



**Leadership development for future All Blacks at OPC**  
Photo by Matt Cant

# FIRST AID

## *a case for higher qualifications?*

I enjoyed the recent article on guru status and Level Two instructors and totally agree with the importance of hard work to get what you want. In that vein I want to throw another equation into the debate on Levels of outdoor awards and it has to do with Emergency Management.

The way revalidation is going including registration renewal every two years, ongoing training, operating at a higher level than the groups you will work with, logged hours etc

What I find curious is that each award requires a current first aid certificate but there is no requirement for first aid training at a higher level, no logged experience required, no currency of experience required and the very minimal qualification that is required is renewable every two years. When things go wrong in the outdoors we are often isolated from help, have long term patient care where good patient records and baselines have a huge part to play in terms of ongoing care and where we will be passing over to people with advanced care protocols and who use equipment that it is useful for us to know about.

Let's say that you are away with your group, two days into a five day tramp, your standard workplace first aid award is up for renewal next month, someone falls and hurts their leg badly, there is substantial low cloud and rain in the valley and it is a howling gale, radio reception is limited – you may be faced with major time with your patient. In the six years since you first qualified as a first aider you have never actually treated a real live patient. The patient is in considerable pain.

Do you know how to record the pain levels, the history, the MOI, do you know how to take a detailed set of limb baselines over time, do you have the forms to record that information and most importantly do you know what all that means in terms of the need for or speed of evacuation, can you convey confidence in what you are doing and are you familiar with splinting options and pain relief options? I suspect many NZOIA award holders would reply “No, I'm not sure” to many of these questions.

I would argue that while we are qualified and experienced to lead the tramp many are not qualified enough or certainly not current or experienced enough to treat a patient with a major medical problem or injury.

What should happen: I would argue that Pre Hospital Emergency Care (PHEC) should be the minimum qualification for all outdoor instructors and that their should be logged hours of patient treatment and ongoing training included just as for any other outdoor qualification. I would argue that First Aid could also be a three tier NZOIA qualification just like the direction all the other awards are heading in.

How do we get the experience: Some join the Fire Service as First Response Co-Responders, Some join the Red Cross. I joined the local ambulance service as a volunteer and have become fully qualified. I get training two Tuesdays of every month; periodically, new advanced protocols and training are added to the procedures I'm allowed to perform. I get re-registered every 2 years if I meet the criteria, I get on the road work for at least 12 hours every week and deal with things that I hope I never get to see on any of my trips. This gives me confidence, skills, experience and judgement. I know what the next skill level of paramedics will do, I'm familiar around helicopter evacuation, and can have things ready for them. As a school teacher I am also in charge of first aid and during the year deal with a huge variety of injuries and medical cases as well as the administration side of recording and analysing cases and information and the stocking of kits.

I'm not trying to be cocky here – all I'm saying is that I believe we as instructors have a responsibility to be as qualified, current and experienced as possible in the first aid field as well as in our instructional field. I believe we should have recent, current experience operating at a much higher level than we would have with the current basic first aid certificate. That means more hard work for us.

As someone undergoing a lot of SAR training currently this is also something I am wondering about in terms of dealing with the risk of students getting lost on my trips. If I don't know current SAR methodology involving trained track and clue teams using current search methods, dogs, and tracking teams then if I try to do the initial searching with my group it can lead to a lot of destroyed information and clues and much harder for the teams coming in. Is this also something we should be looking at including in NZOIA qualifications – an awareness and knowledge of current search methodology.

Currently our focus as I see it is on qualifications to instruct. Things still can and do go wrong despite our best plans. Is it time that we also look more closely at qualifications and current training and experience in the whole crisis and emergency management field?

### **Eric Schusser**

*Eric is an NZOIA Bush 2 award holder and also holds level 1 Telemark and Nordic Ski instructor awards. He is currently Head of Department Outdoor Education at Dunstan High School, Alexandra.*



# New distress beacons will save lives

*New Zealand's boaties, aviators and trampers will all be affected by a change to a global satellite system and are being urged to upgrade their emergency distress beacons.*

The satellite system supporting 121.5 MHz/243MHz distress beacons has been significantly degraded and will cease operation altogether in February 2009.

New Zealand Search and Rescue (NZSAR) Manager Duncan Ferner says after that date the satellites have no way of hearing anyone who gets into trouble and tries to summon help using a 121.5MHz beacon, nor will the satellites be able to provide rescuers a location.

*"Whether they are for aviation, marine or land use all emergency beacon users should check what type of beacon they have and, if it's a 121.5, disable the beacon by physically disconnecting the batteries. They should then dispose of it carefully and get themselves a new 406 MHz beacon and register it for free.*

*"Somewhere on its body it will be marked with an operating frequency. If it doesn't say 406MHz, it will more than likely need to be replaced. If in doubt, take it to a beacon supplier for verification," Mr Ferner says.*

As well as being the only beacons monitored by satellite from 1 February 2009, 406MHz beacons have a much more powerful life-saving capability because they are faster and more accurate.

121.5 beacons were detected by orbiting satellites which could take several hours to process a signal and determine its location and even then an approximate location was all that could be provided to rescuers.

406MHz signals can be received by both orbiting and geostationary satellites and have a unique identification code, which is part of its signal. If the beacon is registered with Rescue Coordination Centre New Zealand, the code provides vital details to rescuers including the owner's emergency contact details. From these, it's possible to find out more about the party in distress and their intentions.

The old beacons could provide a search area of around a thousand square kilometres within the New Zealand land mass and about 900 to 1500 km from the coast whereas the 406s are picked up across the entire globe and can narrow down the

search area to approximately 20 square kilometres, and even down to a few square meters if the beacon is GPS enabled.

Already some commercial users are required to have the new beacons fitted and Mr Ferner says NZSAR have set up a website ([www.beacons.org.nz](http://www.beacons.org.nz)) where people can check what rules apply to them, how and where to get a new beacon and also where to hire one from. He says this is a wise and increasingly popular choice.

*"We've now had several incidents where parties have had the foresight to hire a 406MHz beacon before going tramping. In each case the parties got into difficulty and required assistance but were able to be found and helped quickly and safely.*

*"The truth of the matter is that even our most experienced skippers, pilots, hunters or trampers do get into trouble and given our sometimes extreme environment this trouble can quickly escalate into life-threatening situations.*

*"Having a 406 beacon will quickly help rescuers know you are in trouble, where you are and what kind of help you may need. They will save your life – it's as simple as that."*

Education is already underway and will be supported by a media campaign launched in November. For more information go to [www.beacons.org.nz](http://www.beacons.org.nz)

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## HELPING SAVE YOUR LIFE

1) Check your beacon

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3) Dispose of it safely by taking it to your nearest beacon disposal centre or Police station

4) Find out what type of beacon is best for you by talking with a supplier

5) Purchase a new beacon

6) Register it for free with Rescue Coordination Centre N.Z.

7) Enjoy the outdoors with some peace of mind!

**FOR MORE INFORMATION AND WHERE TO BUY, VISIT [www.beacons.org.nz](http://www.beacons.org.nz)**



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# THE ELUSIVE GURU

## *My reply to John Broadwell's letter in the Spring Quarterly*

Dear John,

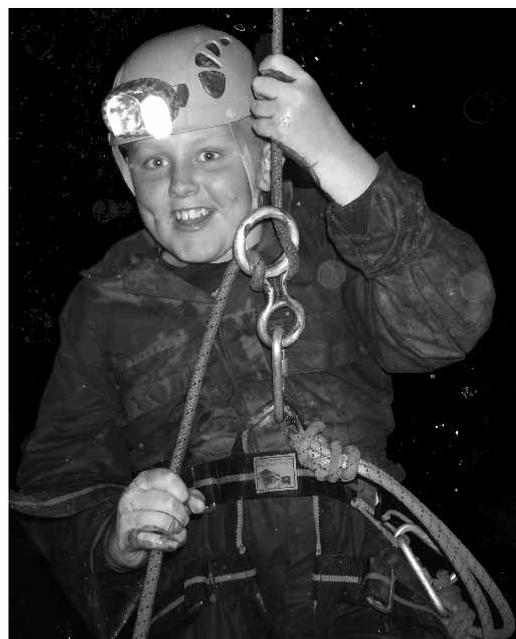
When my kids wanted to learn to drive I sent them to an instructor who could, presumably drive to a good standard. When one decided to become an electrician he went to Polytechnic to be taught by qualified tradesmen and was then apprenticed to work with a group of qualified and experienced electricians. Similarly with one of my attempts to learn French. I attended night school classes ran by a fluent French speaker. This seems to be a well established principle that teaching is done by someone who is better than most of the people they teach. Hence secondary school students are taught by people with degrees or the equivalent trade qualifications and university students by lecturers with masters or doctorates.

I don't see why rock climbing is any different. Perhaps it is that at some crags (not many in NZ) one can get away with never having to leave the ground on rock as it is possible to rig top ropes from above. Back to NZOIA Level Two Awards.

By your reasoning I should be able to sit Kayak Two on a jet ski. I can buy a "How to do it book" and my tramping, river crossing and fishing skills should get me through the river reading. While on Kayak Two I have been told by several instructors competent at other disciplines that Kayak Two is a more difficult and prescriptive award than the others. Perhaps they have a point, but I haven't the knowledge to make a judgement. However in Rock, Alpine and Bush I think that I still do have the knowledge to comment.

Two of my main arguments were that the physical skills and the physical effort involved in these activities was not hugely demanding. Yes, you have to be fit and yes, you do need some skills, but, as I argued, only slightly above average. Seeing as we both take rock as our main endeavour let's use that as a "Benchmark." The UK grading system runs from moderate to E9 so that there are more grades above E1 than there are below it. The French publish 6a Max and 6b & above guidebooks for some selected areas. This suggests that the international middle grade is about 19/20. Exactly on the Rock Two standard. Achievable by people who set their minds and bodies to it. Now I do admit that I directed my

article at people roughly half my age which is my guess for aspiring Level Two candidates, not for someone nearly as old as me. Not that I think age should be an excuse. Here I climb with a group of friends who are all over 50. We're the "crusty tuataras" and we have a go at climbs from 15 to 23. With my UK friends it is the same except that I am the "boy." OK the top grades need weak gravity days, inspired form and luck, but occasionally they all conspire.



**Young Guru?** Photo by Kip Mandeno

In your letter there also seems to be a mix up about instructors and candidates with the comment "Instructors do not need to climb to 20 to check candidates' placements." To clear this up assessors check candidates' pro placements to see if they can be Level Two instructors. As an assessor I used to do this by following the climb so that I was taking the pro out from a similar position to what the candidate was in ON THE ROCK, not from the security of an abseil rope. Spot the difference! I've worked on two rock assessments, one for NZOIA and one for NZMGA, when the other assessor could not climb the required minimum standard. Both they and the credibility of the assessment were embarrassed. Now the same is true when you work with students. You need to be able demonstrate some climbing movement skills relevant to what the students want to achieve. *continued...*

For the last few years most of the work I've done has been at the Rock Two level with Year Two and Three Polytechnic students or my own clients. Usually I have the students for either five days in NZ or 12 at Arapiles. I start by asking them what their goals are. "Lead 20 on bolts and 18 on gear" is a common reply. Sorry can't do that as 16 is all you need! Now these students can put a harness on, tie knots, belay and have some movement and gear placing experience. Have you ever watched a music masters class? The maestro(guru?) taking it interacts with the group, poses questions, listens to them play, takes ideas and reflects them back and throws phrases out to see how the group react. Always they play their instrument or sing, but without dominating. Sadly I'm not at that level but that is my ideal when working at NZOIA Level Two. Clearly it involves being able to do. As rock instructors our instrument is rock. Get on it, you don't have to do every climb, or even every move on a climb, but I think for credibility you must be able to do some to a reasonable standard. Which in modern terms is 20. It is a grade which has been around for over 50 years. I first climbed it 45 years ago. I climbed it yesterday and I think that part of the reason I still can is that I have learnt from and been inspired by my students. Trying to encourage and coach them to improve has helped me to maintain my grades.

You run through a set of methods for checking pro without actually climbing. OK they do work and have their place in the range of instructor skills, but as I said above they miss the point of being on the rock and need to be used sparingly. Take 'Jumaring' alongside an aspiring leader to check pro. To

me this is a bit like when the teacher stands over a student trying to solve a maths problem or do creative writing. It makes the student nervous and distracts from their experience. It works occasionally, but better (in my opinion) set the climb up with just enough pro to keep the student safe or rap in or lean across from another climb to make sure that the crux is passed OK and then get out of the way rather than flap about on the rock like a wounded pterodactyl. Also I think that by climbing, remember this is Level Two instructing, you are showing the students that you trust their belaying.

I note John that like me you are from the UK. Now I remember having days on gritstone when I did 50 routes all 16 or less on one crag or linked up routes in Wales to get 500m of climbing at moderate grades. Sadly that doesn't seem to be possible in NZ. Our best rock is steep or unfairly holdless so NZ climbs tend to be in the 18+ grade bracket. There simply aren't enough easy climbs in NZ to support a serious climbing habit. I consider that we do our students and ourselves a favour by encouraging and coaching them to achieve higher standards.

**John Entwisle**  
November 2008

*John Entwisle is a born again teenager dedicated to climbing, tramping and fishing and certain aspects of city life. His only current qualifications are grandfather, and as evidenced above, grumpy old man. Also a sometimes Alpine 2, Bush 2 and Rock 2 Guru*

— Editor

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# THE ELUSIVE GURU – CONTINUED

***Another honest Jon has something to say.***

I have watched the debate with interest and I am a keen follower of the NZOIA level 2 skill requirements question.

I have been fortunate to hire a Kayak Two and Rock Two Award holder in the last month to do some skills training with my team of outdoor/experiential trainers at the Royal New Zealand Police College.

I hold the British single pitch award, NZOIA Kayak One and Bush Two, plus a few years experience here and back in the old country. I would fancy myself to go for Rock Two in the next 12-18 months if it wasn't for the trouble I would have with the grade 20 personal climbing requirement.

*Continued....*

Now imagine that I passed Rock Two because the level required was lowered to 16 or 17. I would still be a 'generalist', a skilled and professional outdoor educator, but I would not be a rock guru. Because I didn't need to climb grade 20, I would slip through the net without having a major passion for the sport. Without this MAJOR passion, I would get by on my generalists' enthusiasm for being outdoors and being challenged. But my students would miss out because I would never have been really nuts about rock climbing, and as a result I would not have the same mad glint in my eye, the same war stories, the same excitement or the same depth of knowledge and fountain of creativity that a guru Rock Two holder might.

By employing Level Two Award holders for two days each, my colleagues and I got a shot in the arm of the real stuff, we got one of the best paddlers in New Zealand who can hold his own with many on the world scene, and we got a climber who oozed passion for climbing, who knew more rope tricks than we could absorb, and who was able to convey some of the art of moving well on rock and pushing beyond 17 into the 20's without even slipping on his rock shoes. Two days later a 15 page A4 booklet arrived on the subject of Rock Climbing Movement Skills, written by our guru, and full of ideas for our own and student's climbing, backed up by a thorough knowledge of the physiology of climbing.

Generalists like myself are very good at what we do, but we don't provide this level of professionalism, of specialism.

I think it is a great idea that I should be able to add 'Teaching Leading' or 'Teaching on Grade III water' endorsements to my Level One awards to show the development I am making in my work, but by keeping an element of the guru about Level Two awards we are able to recognise really hot property (there is no further award in the NZOIA scheme remember, and not all rock climbers want to go on to be mountain guides).

Of course a great performer does not necessarily make a great instructor, we know this, but you can not become an NZOIA Level Two Award holder without being a great instructor so this argument leaves me cold.

All hail the guru for we still need your brightness!

**Jon Lasenby**

*I am preparing for 40, have two wee kids, recently sailed half way around the world with one of them and my wife, have a MSc in Outdoor Education from Edinburgh University, have worked in the outdoors in the UK and for Outward Bound NZ, Horizons Unlimited and now the New Zealand Police.*

*Editors Note:*

**Correspondence on this topic is now closed.**



Photo courtesy TOPEC

## FOR SALE

via the NZOIA website: [www.nzoia.org.nz](http://www.nzoia.org.nz)

- **NZOIA LOGBOOKS**  
Every instructor needs to maintain one - its your professional CV
- **WATERPROOF NOTEBOOKS**  
No more soggy notes after that 'wet' day outdoors.
- **NZOIA THERMAL MUGS**  
Keep that drink /soup hot for longer.
- **GETTING IT RIGHT**  
How to successfully run your outdoor business.
- **NZOIA T-SHIRTS**

# ADVENTURE SOUTHLAND

## Winner ONZ Facility Award 2008

Adventure Southland Limited is located on the outskirts of Invercargill in the heart of Southland. The facility boasts classrooms, high and low ropes, team building activities and quality instructors and staff. Adventure Southland was set up by Bill Roxburgh in 1999 who, after attending his son's school camp, saw a very real need for improvements in Southland to challenge young people and to enable maximum outputs from outdoor based camps and experiences.



After looking around New Zealand at outdoor facilities, Bill decided to build a ropes course and team building facilities. Southland has a number of very good camp facilities with no permanent instructors therefore the company is able to contract to schools in Southland and Otago to supply quality outdoor experiences for their children.

The company has grown and expanded over the last ten years. Jason Holland has been involved with the company for six years and is now a major shareholder and Director. Jason has brought a lot of new skills to the company, is highly qualified in the outdoors and has industrial expertise.

A reciprocal working relationship with the Southern Institute of Technology has been one of the keys to our company's growth. There is now an established industrial training facet to the business which contributes to keep the majority of staff employed permanently. Other key partnerships are with Camp Columba in Gore where a permanent instructor is based running school programmes and Stadium Southland where we are contracted to run the climbing wall.

School programmes include providing instruction and resources for school camps alongside teaching specialist outdoor programmes in two of the local High Schools. The Mayors of Southland set up the ALIVE programme as a Mayors Task Force initiative seven years ago. Adventure Southland is contracted to run this programme three times a year for young unemployed people. The programme

involves a twelve day camp with an outdoors focus, however also includes input from social and health professionals and Police. The group then returns home and participate further in a week of day sessions at Adventure Southland. This third week focuses on enabling participants to set goals relevant to achieving further education/ training or employment. Participants are mentored for twelve weeks and are assisted with everything from accommodation and advocacy to specialised counselling. We have achieved great outcomes from the programme.

Our company receives no funding from outside sources therefore we need to run quality programmes and have staff trained and competent to meet industry and safety standards.

We are proud and work hard to achieve and maintain accreditation for outdoors mark.

Receiving 'best facility' award this year ensures as an organisation we will work even harder to maintain a high standard of work ethic and quality of staff and programmes.



### Editors Note:

Refer to the colour back page collage for a view of the activities offered at Adventure Southland.

# TAI POUTINI POLYTECHNIC

## *... their place*

Situated in the South Island's adventure Mecca – the wild West Coast, Tai Poutini is superbly located to capitalise on the phenomenal adventure resources at hand. The West Coast mountains and forests, both coastal and alpine, offer some of the best training environments New Zealand has to offer.



Photo by Gregg Beisly – student Lucas Holmes leads out along the Phipps Ridge.

The rivers speak for themselves - this is the hub of adventure whitewater in NZ and an unbelievable rafting and kayaking training ground for students of all levels. Adventure rock-climbing is catered for above the drama of the Tasman Sea at Charleston, while world famous Castle Hill is within an easy drive. Arthurs Pass and the stunning Fox and Franz neves are the stomping ground for the Tai Poutini mountain programme. Their back doorstep provides an unmatched classroom for environmental studies, bush survival and challenging navigation.

Quite simply the broad scope of local world class geographical resources available to Tai Poutini students is unmatched in New Zealand.

### THEIR PEOPLE

Learning sound adventure and outdoor pursuit's skills takes more than simply geography or resources. It is the quality of the teachers and their ability to make the experience not only real but inspirational, while managing safety to a modern standard that makes the crucial difference. Tai Poutini has a progressive team of full time tutors who are all leading practitioners in a range of disciplines. Utilising their skills and experience and an excellent resource base of modern equipment, they are able to develop and extend their students abilities or guide them through their fears with equal ease.

To augment the in-house skills and introduce worldwide perspectives, Tai Poutini also attracts world-class contractors to run specific elements of courses. Their students may find themselves coached by internationally qualified guides, renowned adventurers and top qualified NZOIA instructors and assessors. In a global industry that trades upon reputation and word of mouth, having tutors who are both closely connected and highly regarded, is a major advantage.

### THEIR COURSES

Tai Poutini's base course is a 2 year programme, with each year standing alone in its own right as the Certificate in Outdoor Recreation and the Advanced Certificate in Leadership and Guiding.

In addition they have a suite of Short Awards, where those who want a short, sharp, intensive burst of instruction can hone their skills in a specific area; and they will also create and custom design courses on demand for a wide range of industry needs.

For more information visit [www.tppweb.ac.nz](http://www.tppweb.ac.nz) or phone 0800 800 411.



Photo courtesy Outward Bound



## Instructors

Combine your passion for people, learning and the outdoors into one unique job.



Outward Bound New Zealand is looking for some exceptional candidates to join our instructing team in 2009.

We are looking for applicants who:

- Are passionate about working with and developing people
- Have experience, qualifications and skills in a range of outdoor activities
- Are committed to their ongoing professional development

Outward Bound offers a very competitive employment package including: salary and employment conditions, accommodation, challenging and rewarding work, excellent staff training and development opportunities.

All positions are based at Anakiwa, in the beautiful Marlborough Sounds.

Applications for our next 5 day staff selection course (January 2009) close 12 January 2009.

Information and application forms can be found on our website, [www.outwardbound.co.nz](http://www.outwardbound.co.nz) or from David Mangnall, Training Manager  
Outward Bound New Zealand  
Private Bag 403, Picton 7372 Ph: 03 520 8290  
or email: [dmangnall@outwardbound.co.nz](mailto:dmangnall@outwardbound.co.nz)



# CONGRATULATIONS! CONGRATULATIONS!

*The following members recently gained NZOIA Awards:*

- ALPINE 1:** Richard Hunter, Ian Brandon James Dempster, David Eaton, Mark Smith.
- ALPINE 2:** Ben Corcoran, Karen Corcoran, David Bolger
- BUSH 1:** Brent Mokokoko, Ian McNabb, Dale McDonald, Hillary McDonald, Christopher Lacoste, Sam Palmer, Jye Mitchell, Mark Smith, Gareth Robinson, Alexander Smith, Gwyn Rees, Allen Hill, Jeremy Campbell, Ajah Gainfort, Leona Smith, Damian Firth, Robert Wynn, Bill Lavell, Paul Molyneux, David Bennett
- BUSH 2:** Mark Mandeno, David Eaton, Murray Welsh, Peter Shelton, Ian Philpott, Scotty Moore
- KAYAK 1:** Tara Mulvany, Sophie Ballagh, Shannon Mast.
- ROCK 1:** Alexandra Rose, Malcolm Hughes, Dean Howard, James Geddies, Timothy Bartholomew, Simon Goodwin, Lara Bowering, Allen Hill, Christopher Lacoste, Christopher Whyte, Gareth Robinson, William Bosnich, Geoffrey Simonsen, Mark Malden, Grant Whitehead, Andrew Woodward, Bridget Janse, Darren Cook, Richard Clarkson, Simon O'Donnell, Melody McGuinn, Bryce Jourdain, Peter Shelton.
- SEA KAYAK GUIDE:** Martin Milner, Martinus Sarangapany, Rewi Gemmell, Ginney Deavoll

ASPECTS OF LEADERSHIP BY RAY HOLLINGSWORTH

# The 3 Great Secrets of Adventure

At some early point in January and with a cup of coffee in hand to more fully appreciate the dawning sky and lubricate the tumble of thoughts, I write a list of things I want to achieve. I suspect I am not alone in this habit, that there are other compulsive list makers out there, other sleep deprived souls who are compelled to get up early to write. It is both a gift and a curse. The late great NZ writer Maurice Shadbolt said that he needed to go to his writing spot everyday, otherwise his angel wouldn't turn up. I have yet to see an angel or feel its warm breath on my page but I know what he means. Writing needs to be an everyday thing.

Adventures are an everyday thing too. That is their first secret. The unknowing will procrastinate and say that they are too hard, there's too much to organise, maybe in the summer when I'm a better climber / paddler / navigator, maybe when I'm fitter. When in reality, if you'd just start whatever it is, the universe will reconfigure itself to assist in your undertaking. Tramping is the example where this is the most obvious: you have a journey in mind, a long one. It is a daunting prospect, especially the weight. But once you commit, actually commit, not the waffling around the edges maybe I will if only... but the concrete 'YES I'm going to make it happen' variety of commitment, then a certain logic starts to flow: Where will I go? Are there any books or people who can help me find out about my route? What will I need to take? How much food? Will I need food drops? Who will come with me? And on and on.

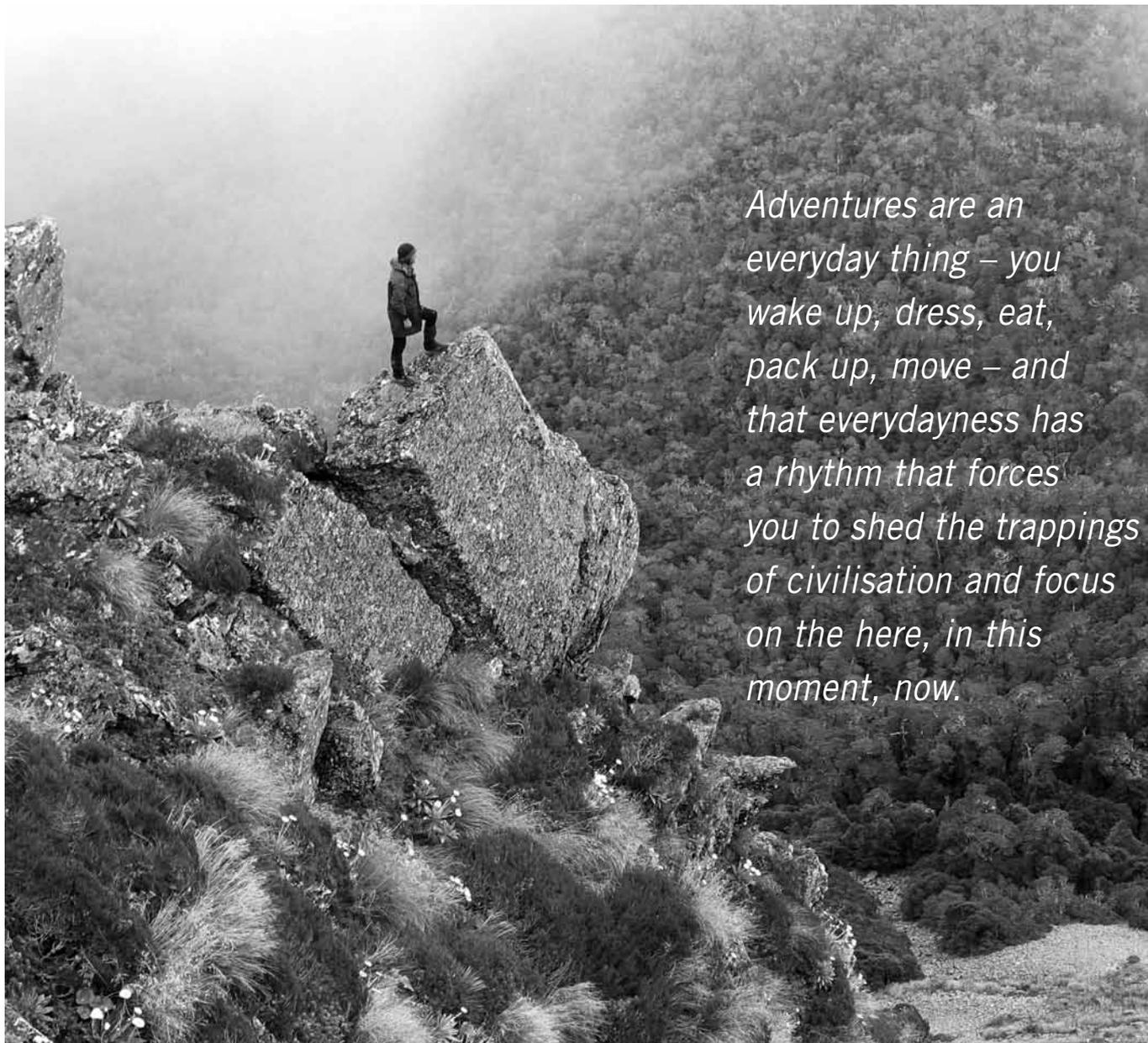
The questions inform the decisions that need to be made; the decisions reinforce the commitment every step of the way. And every step is a small one until you look back and see 'My God, there are tracks behind me' and you are on your way. This happens regardless of the scale of the adventure.

On my list, just below the inevitable 'repaint the bathroom', 'landscape the backyard' and 'write a book about...', are the adventures I want to have. Some of these desired adventures haven't changed in quite a few years. I still want to kayak the Grand Canyon and walk the length of the John Muir Trail. Every year, after writing the list, I prioritize what I can do. Walking the length of the Southern Alps has been the preoccupation for the last few years but others still lurk in the background.

The second great secret of adventure is that while its important to have people to look up to and be inspired by – heroes if you like – to undertake an adventure you don't need to be a hero. And its probably better if you are not. The deeds may be inspiring but heroes sometimes have an ego or a focus that make them not very pleasant to be around. I prefer the quiet accomplishments of folk like Shaun Barnett or Geoff Spearpoint or Michael Abbot (multi-day wilderness explorers, writers, philosophers) to the lionized Robert Falcon Scott (Antarctic victim); the humble Sir Edmund Hillary to the self-aggrandizing Sir John Blashford-Snell (Nile explorer, Operation Raleigh founder); the understated toughness of Paul Caffyn (sea kayak adventurer) or Graeme Dingle (mountaineer, polar adventurer) to the overstated toughness of Ranulph Fiennes (hardman of desert, jungle and polar climes).

Of course there are others: John Wesley Powell, the one-armed explorer of the Grand Canyon. John Muir, writer, philosopher and solo trumper. Eric Shipton, minimalist mountain explorer. Peter Croft, rock climbing soloist. Lyn Hill, Robyn Davidson, David Lewis, William Grave...

It is a long list but upon reflection, the examples of the people I prefer to admire all have certain traits in common. They are relatively humble. They are driven but not unnoticed of the people or beauty that exists around them. They appear ordinary, yet manifest something extraordinary.



*Adventures are an everyday thing – you wake up, dress, eat, pack up, move – and that everydayness has a rhythm that forces you to shed the trappings of civilisation and focus on the here, in this moment, now.*

Which is the third of adventures great secrets, I think – that they can be had by young and old, by fit or unfit, by gung-ho or only-just-leaving-the armchair. Mary Savage was an ordinary young woman who cycled around the world with her husband (and was tragically run over upon her return to the States). Chris Bonnington climbed Everest at the age of 50. My teenage nephews revel in the chance to go top rope climbing at The Quarry; my older sister (self preservation forbids me to disclose her age) raves for months about the joys of tramping with her girlfriends, and the meals they have cooked for them in the cottages that they stay at along the way. My pre-school aged children enjoyed exploring for fossils at the beach.

Adventures are an everyday thing – you wake up, dress, eat, pack up, move – and that everydayness has a rhythm that forces you to shed the trappings of civilisation and focus on the here, in this moment, now. Whether it's a self-supported Motu river kayak trip, a multi-day wilderness tramp, a sea kayak journey to offshore islands, or edging into the unknown on the sharp end of a rope on a route you've never done before, adventure makes you concentrate on what is at the end of your nose, on what your fingers can touch, on the sensations sweeping your body. The other stuff – the baggage in your head, the regurgitated conversations, the events in the future – falls away, until all that is left is you in the moment, not separated from your surroundings but part of them, not thinking but being, not casting forward to the future or back to the past but alive right now. And the realisation that you need this, this adventure, everyday.

NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

# 2009 Training Calendar

Course & Location	Provider	Course Date	Application Closing Date	Accomm & Meals	Cost to Members	Cost to Non-Members
<b>Kayak FW</b>						
Auckland	NZOIA	25 January 2009	11 December 2008	No	\$75*	\$125*
Christchurch	NZOIA	21 Mar 2009	4 Feb 2009	No	\$75 *	\$125 *
Auckland	NZOIA	1 Nov 2009	16 Sept 2009	No	\$75 *	\$125 *
<b>Kayak 1</b>						
Central North Island	NZOIA	24-25 Jan 2009	10 Dec 2008	No	\$150 *	\$250 *
Christchurch	NZOIA	7-8 Mar 2009	21 Jan 2009	No	\$150 *	\$250 *
Central North Island	NZOIA	14-15 Nov 2009	1 Oct 2009	No	\$150 *	\$250 *
Cromwell	NZOIA	21-22 November 2009	7 October	No	\$150 *	\$250 *
<b>Kayak 2</b>						
Central North Island	NZOIA	31 Jan – 1 Feb 2009	17 Dec 2008	No	\$150 *	\$250 *
Murchison	NZOIA	14-15 Feb 2009	17 Dec 2008	No	\$150 *	\$250 *
<b>Sea Kayak Guide</b>						
Auckland	NZOIA	7-8 Mar 2009	21 Jan 2009	No	\$150 *	\$250 *
<b>Sea Kayak Guide / 1</b>						
Wellington	NZOIA	14-15 Mar 2009	28 Jan 2009	No	\$150 *	\$250 *
Christchurch	NZOIA	21-22 Mar 2009	4 Feb 2009	No	\$150 *	\$250 *
Christchurch	NZOIA	3 - 4 Oct 2009	19 Aug 2009	No	\$150 *	\$250 *
<b>Sea Kayak 2</b>						
Christchurch	NZOIA	17-18 Oct 2009	2 Sept 2009	No	\$120 *	\$200 *
<b>Canoe</b>						
Central North Island	NZOIA	28-29 Mar 2009	11 Feb 2009	No	\$150 *	\$250 *
Central South Island	NZOIA	3-4 Oct 2009	19 Aug 2009	No	\$150 *	\$250 *
<b>Cave 1</b>						
Nelson	NZOIA	7 June 2009	22 April	No	\$200	\$250
Waitomo	NZOIA	22 June 2009	6 May	No	\$200	\$250
<b>Cave 2</b>						
Nelson	NZOIA	13-14 June 2009	27 April	No	\$300	\$400
Waitomo	NZOIA	27-28 June 2009	13 May	No	\$300	\$400
<b>Rock 1</b>						
Christchurch	NZOIA	24-25 Jan 2009	10 Dec 2008	No	\$300	\$400
Auckland	NZOIA	14-15 Mar 2009	28 Jan 2009	No	\$300	\$400
CNI	NZOIA	28-29 Mar 2009	11 Feb 2009	No	\$300	\$400
Christchurch	NZOIA	31 Oct – Nov 1 2009	16 Sept 2009	No	\$300	\$400
<b>Rock 2</b>						
Christchurch	NZOIA	28 Feb – 1 Mar 2009	14 Jan 2009	No	\$300	\$400
Central North Is.	NZOIA	17-18 Oct 2009	2 Sept 2009	No	\$300	\$400
<b>Abseil 1</b>						
Auckland	NZOIA	4 April 2009	18 Feb 2009	No	\$200	\$250
<b>Bush 1</b>						
Central South Island	NZOIA	24-25 Jan 2009	10 Dec 2008	No	\$300	\$400
Central North Island	NZOIA	28 Feb – 1 Mar 2009	14 Feb 2009	No	\$300	\$400
Central South Island	NZOIA	4-5 April 2009	18 Feb 2009	No	\$300	\$400
Central North Island	NZOIA	21-22 November 2009	7 October 2009	No	\$300	\$400

<b>Bush 2</b>						
Central South Is.	NZOIA	21-22 Feb 2009	13 Jan 2009	No	\$300	\$400
Central North Is.	NZOIA	April 4-5 2009	18 Feb 2009	No	\$300	\$400
Central North Is.	NZOIA	28-29 November 2009	14 Oct 2009	No	\$300	\$400
Central South Island	NZOIA	5-6 December 2009	21 Oct 2009	No	\$300	\$400
<b>Alpine 1</b>						
Central North Island	NZOIA	4-5 July 2009	20 May 2009	No	\$300	\$400
South Island	NZOIA	1-2 Aug 2009	17 June 2009	No	\$300	\$400
<b>Alpine 2</b>						
Central South Island	NZOIA	11 – 12 Jul 2009	27 May 2009	No	\$300	\$400
Central North Island	NZOIA	25 – 26 July 2009	10 June 2009	No	\$300	\$400

\* *Water Safety NZ funding subsidy has been applied to this course (applies to all Kayak, Canoe and Sea Kayak courses run by NZOIA)*

**APPLICATION CLOSING DATE** - Applications for enrollment need to be received 6 weeks before the actual course date, however applications will be accepted beyond the closing date until the course maximum is reached. Places on training courses are allocated on a first in (with completed application form, summary sheets and course fee) first accepted basis.

**COURSE CANCELLATION** - If minimum numbers are not achieved the course may be cancelled or you may be given the option of paying and increased fee. You will be advised of this soon after the closing date for applications.

**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.

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

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

**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 when we know we have viable numbers.

## CAN WE PROVIDE A CUSTOM TRAINING COURSE FOR YOU?

Over the past two years NZOIA has run training courses on demand in many smaller communities including Whangarei, Coromandel, Cromwell, Taihape, Tauranga and Alexandra. If you have leader or instructor training needs in any activity at any level for any number of people we will be happy to provide a quote. We will tailor the course to suit your needs and will fit in with your time and location requirements wherever we possibly can. If you require canoe, kayak, sea kayak or sit-on-top training we have funding from Water Safety NZ to subsidise this.

## Advertise your Training Instructor Courses on the NZOIA Training Calendar

Cost \$25 per course / insertion to a maximum charge of \$150 per year for all your courses.  
Please contact the NZOIA office for further information.

NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

# 2009 Assessment Calendar

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

Activity/Location	Date	Closing Date	Activity/Location	Date	Closing Date
<b>Abseil 1</b>			<b>Kayak 1</b>		
Auckland	November 15-16, 2009	Sep 30, '09	Central North Island	April 3-5, 2009	Feb 18, '09
<b>Alpine 1</b>			Central North Island	October 16-18, 2009	Sep 2, '09
Central North Island	August 28-30, 2009	Jul 14, '09	Christchurch	November 6-8, 2009	Sep 22, '09
Central South Island	September 19-21, 2009	Aug 5, '09	Murchison	March 27-29, 2009	Feb 11, '09
Central South Island	September 25-27, 2009	Aug 12, '09	<b>Kayak 2</b>		
<b>Alpine 2</b>			Central North Island	March 13-15, 2009	Jan 27, '09
Central South Island	September 3-6, 2009	Jul 21, '09	Murchison	April 3-5, 2009	Feb 18, '09
<b>Bush 1</b>			<b>Multi-Sport Kayak</b>		
Central North Island	March 13-15, 2009	Jan 27, '09	On request		
Central North Island	November 6-8, 2009	Sep 22, '09	<b>Rock 1</b>		
Central South Island	March 14-16, 2009	Jan 28, '09	Auckland	May 2-3, 2009	Mar 18, '09
Central South Island	October 17-19, 2009	Sep 3, '09	Auckland	October 31-Nov 1, 2009	Sep 16, '09
Central South Island	October 31-Nov 2, 2009	Sep 16, '09	Central North Island	March 7-8, 2009	Jan 21, '09
<b>Bush 2</b>			Christchurch	November 8-9, 2008	Sep 24
Central North Island	March 20-22, 2009	Feb 4, '09	Christchurch	March 14-15, 2009	Jan 28, '09
Central South Island	March 28-30, 2009	Feb 11, '09	Christchurch	May 16-17, 2009	Apr 1, '09
<b>Canoe</b>			Christchurch	October 10-11, 2009	Aug 27, '09
South Island	November 28-29, 2009	Oct 14, '09	Christchurch	November 7-8, '09	Sep 23, '09
<b>Cave 1</b>			<b>Rock 2 - fee \$570</b>		
Nelson Region	TBA 2009		Christchurch	April 17-19, 2009	Mar 3, '09
Waitomo	TBA 2009		Whanganui Bay	February 27-Mar 1, '09	Jan 13, '09
<b>Cave 2</b>			<b>Sea Kayak - GUIDE</b>		
Nelson Region	TBA 2008		Auckland	May 1-3, 2009	Mar 17, '09
Waitomo	TBA 2009		Auckland	October 2-4, 2009	Aug 19, '09
<b>Climbing Wall</b>			Christchurch	May 8-10, 2009	Mar 24, '09
On request			Christchurch	October 9-11, 2009	Aug 26, '09
<b>Kayak Flatwater</b>			<b>Sea Kayak 1</b>		
Auckland	October 10-11, 2009	Aug 27 '09	Auckland	TBA - May 2009	Mar 31, '09
Christchurch	21-22 March 2009	Feb 5, '09	Auckland	TBA - October 2009	Aug 30, '09
Christchurch	October 31-1 Nov 2009	Sep 16, '09	Christchurch	May 10, 2009	Mar 25, '09
			Christchurch	TBA - November 2009	Oct 14, '09

## BOOKING FOR A NZOIA ASSESSMENT

1. Complete the prerequisites as detailed in the syllabus - they are all available on the website
2. Submit an application form available from the website or NZOIA office by the closing date together with a \$100 deposit, 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 deposit and application, first-accepted basis.
5. After the closing date we will confirm that the assessment will run at which time the balance of the course fee is payable and you will be invoiced for this.
6. If we cancel the course we will refund all fees. If you pull out refund conditions apply.

### COURSE FEES:

2 day courses \$470; 3 day courses \$630; 4 day courses \$800

### ASSESSMENTS BY SPECIAL ARRANGEMENT

It is possible to run assessments on other dates, either by special request or if sufficient candidates are available (and if assessors are available). Please contact the Assessment Coordinator to register your interest - [assessment@nzoi.org.nz](mailto:assessment@nzoi.org.nz) or phone the NZOIA office 04-385 6048.

*If you are ready for assessment let us know as we may be able to run a special assessment if we have sufficient numbers or include you in a special assessment that does not appear on the calendar.*



**bivouac/outdoor**  
COMMITTED TO ADVENTURE

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

## Top performers that won't let you down

With each of our stores stocking over 7500 products from 150 different suppliers, we are able to offer the best performers in each category. We present cutting edge technology from leading international manufacturers such as Arc'teryx, Berghaus, Black Diamond, Exped, Osprey, Outdoor Research and The North Face. Every item has undergone a selection process during which the product has proven itself to be a top contender in its category.



**Exped DownMat 7 Pump**

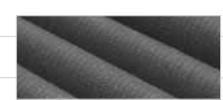
**Features:**

- 700 fill goose down filling dramatically reduces heat loss; foam baffles prevent down escaping through the valves and shifting from one chamber to the next
- Laminated, polyester fabric is UV and abrasion resistant, slip proof, and air tight
- High-frequency welded construction
- Baffled chambers eliminate cold spots
- Over twice the insulation of most self inflating mats
- Unique integrated pump for rapid intuitive inflation

The new Exped DownMat 7 is 178cm long, 52cm wide and a luxurious 7cm thick yet it compacts down to a roll only 24cm long and 14cm in diameter and weighing in at 900gm. A massive R-value\* of 5.9 is produced by its 170gm fill weight of 700 loft goose down.

**\$219 RRP**

\*R-value = Relative Warmth. The higher the r-value the more insulating the sleeping mat will be.



**20% DISCOUNT TO NZOIA MEMBERS\***

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# GETTING THE ADVENTURE BACK

## Adventure Southland



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