



# QUARTERLY

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

ISSUE 88: JULY 2021



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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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**Are you getting your weekly NZOIA 4YA?**

If you are not receiving weekly emails every Friday from NZOIA, then we either don't have your current email address, or your membership details need updating.

PLEASE check the email address in your membership account on our website, or contact the NZOIA office if you do not have a username and password.

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**Email: admin@nzoi.org.nz Phone: 03 539 0509**

Cover photo by Ash Peters. Isla Day smashing Yeah Gnar (Grade 6!) at Makara Peak MTB Park, Wellington

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**We want your story!**

We are looking for contributions from you, the NZOIA members, for the NZOIA Quarterly. Do you have a story to tell? Do you know someone who has thoughts to share?

Articles could be:

A personal adventure and how your experiences have impacted your instruction/guiding of others. / An incident, near miss or accident that others could learn from. / A personal profile - an interesting tale about how you got to be where you are now in the world of outdoor instructing. / An organisation that is doing innovative and interesting things - with its programme, philosophy, direction and instruction or guiding. / A reflection on any aspect of outdoor instruction/guiding that you think would be educational and beneficial for others to hear.

Contact the editor with your ideas and for guidelines: editor@nzoi.org.nz



**Thoughts from the Board**

Kia ora koutou,

It has been a busy few months since the NZOIA Board last met, so participating in a Te Tiriti o Waitangi workshop, and marking the (almost) end of the business and financial year, were excellent reasons to get together for a rare face to face meeting.

In a recent edition of the 4YA we shared with you the commitment statement the NZOIA Board has adopted as we take initial steps to understand and embrace Te Ao Māori:

*"NZOIA embraces the bicultural heritage of Aotearoa New Zealand. We value Tangata Whenua and recognise their intrinsic relationship with Te Taiao (The Natural World). We are committed to growing our mātauranga (knowledge) and māramatanga (understanding) of the cultural concepts and values of Te Ao Māori."*

The team from Groundwork helped us to set important foundations for future discussions and work, via a 2½ hour online workshop and 3½ hour face to face session.

Board members and staff have gained valuable learnings from these sessions as we explored the articles of Te Tiriti o Waitangi, the effects of colonisation, and took the opportunity to imagine an Aotearoa and NZOIA where Te Tiriti had been applied as intended.

We were reminded that these conversations can be uncomfortable, and challenge long held perspectives, but that this doesn't diminish the importance of having them. Thank you to all the members who have contributed to the conversation so far and we'd love to hear more. What do you think NZOIA, our values, and practices would look like in a world where Te Tiriti was upheld as intended?

Thanks to Natalie Thomson for helping us to discover where this journey could start, and the Groundwork team for their knowledge and thought-provoking questions. If you would like to learn more about what Groundwork provide visit: <https://groundwork.org.nz/>

The second highlight of the meeting was reviewing the busy year that was. While NZOIA membership numbers have declined during what has been a challenging year, many instructors and guides are still out there gaining qualifications. In fact, training and assessments have been busier than we had anticipated; a positive sign for future growth and the impact of the no courses cancelled policy.

With that in mind I hope you've registered for the soon to be sold out Symposium; we look forward to seeing you there!

Gemma Parkin | Chair of the NZOIA Board

## NZOIA NATIONAL TRAINING SYMPOSIUM 2021

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- Registration closes 1 August 2021

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# GAINING MTB1 ACCREDITATION: A CASE STUDY FROM WHENUA ITI OUTDOORS

Mountain biking skills have been a part of programme delivery at Whenua Iti Outdoors (WIO) for a number of years. It was not until 2020, however, that the decision was made to formally identify mountain biking as an 'adventure activity' and undertake the training required for formal certification. Prior to 2018, the Health & Safety at Work (Adventure Activities) Regulations 2016 lacked a clear definition as to where mountain biking fell. We had been operating our programmes on local and (at most) intermediate grade trails that were not covered by the existing regulations. That all changed in 2018 when mountain biking was clearly defined as an Adventure Activity which posed another problem altogether as there was no existing quality qualification framework to align with. With this greater understanding and subsequent recognition of mountain biking as an adventure activity, the advent of the NZOIA Mountain Bike qualifications provided a great solution. WIO swiftly decided to bring mountain biking into alignment with our wider delivery and adopt the NZOIA Mountain Bike 1 qualification as the minimum standard for staff to hold if teaching skills on grade 3 trails. As an organisation we felt this was the best way to assure a minimum competency that met with our current expectations for delivery across all our outdoor adventure activities.

An invitation was put out to all instructors in October 2020 to express an interest in putting themselves forward for training and assessment. The resulting six staff who put their hands up for the challenge were given an 'ideal' deadline to reach, as we had pre-planned delivery of a mountain bike skills programme for March 2021. This effectively gave us five months to put in place a training and assessment plan that we estimated would result in a minimum of at least two instructors newly qualified with NZOIA MTB 1 to deliver the programme. From a planning perspective, the critical piece of the puzzle was securing an appropriate assessment date. As such, NZOIA were approached to see if a custom assessment could be arranged that enabled us to

meet critical timelines. This was a straightforward and efficient process that resulted in the quick identification of a workable date, location and appropriate Assessors that met our specific needs.

Once the timeline had been locked in, a training plan was developed to support staff and to ensure that they were adequately prepared for the assessment. An integral part of this plan was to engage two external NZOIA Mountain Bike 2 qualified individuals as technical advisors to deliver three days of training and assessment preparation. Whenever possible, the staff were given allowance during their work schedule to further practice the skills learned in these training sessions. This provided a strong foundation from which the six staff members took whatever opportunity they could in their non-work time to work with one another and further develop their skill level. The level of buy-in and motivation to succeed was exceptionally high and the six instructors gave it everything they had.

Of the instructors who had undertaken the training there was a huge range of ability and experience coming from diverse mountain biking backgrounds. Three of the instructors attended a pre-training and assessment course prior to the training plan being implemented. They all found this incredibly useful for understanding the requirements to achieve MTB 1, it also provided the perfect motivation to continue with the training. One of our instructors acknowledges that "with a couple of easy tips and concepts I was able to increase my riding by a grade, and it also made me feel more confident, capable and safer on my mountain bike. We shared what we had learned with the rest of the team and continued to learn and improve our riding off each other."

The syllabus for this assessment is challenging requiring a high level of knowledge – not just good personal riding skills. With all our instructors already holding NZOIA quals, they quickly realised

that having a strong background in guiding and knowing how to keep people safe is only part of the knowledge required for this assessment. As a result of the additional technical training WIO outsourced, the instructors learnt how to break down skills into a logical progression which they could easily communicate to improve participants' riding skills. Our instructors then took every opportunity to share and practice their new skills on staff training rides and organised a couple of weekend training sessions with friends to practice delivery of their newly acquired knowledge.

Being able to offer this assessment through a custom course was of huge benefit to our instructors. They were able to train in their own backyard, on trails they were familiar with, and importantly, on the trails that they would be teaching on. Their reflection of the process also acknowledges that they felt more relaxed during the assessment due to being amongst their own team members on familiar trails.

Unfortunately for one of our staff, an injury prohibited him from completing his assessment as part of the custom course delivery by NZOIA with our other instructors. Once healed, he was able to complete his assessment in Christchurch, as part of the planned NZOIA calendar. Though his experience differed, the planning and preparation that went into the assessment paid off.

The effort our team put into their training and assessment resulted in a 100% pass rate, so we now have six qualified staff instead of the anticipated two. On reflection there were several factors that contributed to their success, including: adequate preparation for training, engaging experienced technical advisors, a high level of investment as an organisation, an



awesome level of commitment from our team, a supportive and strong team culture, and the bonus of being able to train and be assessed on local trails thanks to the flexibility of NZOIA in offering a custom course.

Words and photos supplied by Whenua Iti Outdoors

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# ADVOCACY: ADVENTURE ACTIVITY REGIME REVIEW CONTINUES

SAM NEWTON

In my last column, I wrote about how Recreation Aotearoa had contributed its perspectives to MBIE's targeted review of the adventure activities regime, which ran from August to December last year. The regime includes both the Adventure Activity Regulations themselves, and how they are implemented. I encouraged readers to take a look at the findings from phase 1 of the review: <https://www.mbie.govt.nz/assets/targeted-review-of-the-adventure-activities-regulatory-regime-report.pdf>

Subsequently, Recreation Aotearoa and Tourism Industry Aotearoa (TIA) have been invited by MBIE to sit on their Expert Reference Group and attend a series of workshops. You can view the make-up and kaupapa of this group here: <https://bit.ly/3g2ilnA>

At each workshop, MBIE has submitted a series of 'issue-papers' on topics such as natural hazard risk; the role of the regulator (WorkSafe); mātauranga Māori around natural hazards; the audit and guidance system; public transparency and evaluation; and funding. After being subject to a process of critique and shaping, these issue papers will be rolled up into a discussion document which MBIE will release as part of its public consultation process in the coming months. Recreation Aotearoa is encouraging its members and indeed anyone involved in the adventure activity sector to submit to that public consultation process. It is probably true that MBIE and WorkSafe would have undertaken a review of the adventure activity regime at some point in the next few years, but the Whakaari White Island tragedy has brought it forward. It is absolutely true that the coming months will provide the sector with a very rare chance to influence the regime by which it is regulated.

In order to best reflect and advance the interests of our members and the sector as a whole, Recreation Aotearoa has run a survey which you may have seen in the NZOIA 4YA. Thanks to all those who took the time to complete that survey. Additionally, we have undertaken a series of long-form one-on-one interviews with a variety of operators, auditors, technical experts and senior leaders. This has really helped us to crystallise and articulate the views we already held as well as glean new perspectives on various aspects of the adventure activity regime. Here are some of our observations so far:

- There is general agreement that the Adventure Activity Regulations have improved safety over the last decade and that external audits by industry professionals are the best way to get an objective independent view of the safety of an adventure activity operation.

- However, the role of qualifications is undervalued in the current system. Rigorous and respected qualifications should be given greater regard by the regulations.
- Natural hazards are generally well identified and managed. Safety Management Systems and the audit process give due credence to the risks that natural hazards present, currently. There is a wariness of a regulatory over-reaction or mis-targeted reaction to the Whakaari White Island tragedy.
- The audit process can be costly, especially for smaller operators. Any reform of the regulations should seek to minimise any cost increases or ideally, reduce costs for operators.
- Activity Safety Guidelines (ASGs) and the SupportAdventure website on which they are held, are highly valued, especially to new entrants to the sector.
- The workshops and hui that were held in the formative years of the regime were helpful. There is a demand for more of that kind of collaboration and information sharing.
- Advice received from auditors and technical experts is highly valued. The current regime limits the ability of auditors and technical experts to share knowledge and experience. This is regarded as a wasted opportunity.
- Most operators do not fear some form of 'spot-checking' or mystery-shopper process, but it should not be at the cost of the operator and they should be undertaken by someone with experience in the sector. There is a wariness around how such processes would work, operationally.
- There is general, but not passionate, support for a range of notifiable events to be formulated and made compulsory to report. This would create a universal and useful data set from which to draw lessons.
- Surveillance audits, while inexpensive, provide very little value to operators and do not enhance safety.

What do you think? Agree... disagree? Do you have another slant on these points? Please feel free to contact me: [sam@nzrecreation.org.nz](mailto:sam@nzrecreation.org.nz)

**Recreation  
Aotearoa**  
Te Whai Orana

Sam Newton | Advocacy Manager, Recreation Aotearoa

## Congratulations to the following members who recently gained NZOIA Qualifications!

<b>Abseil Leader</b>	Luke Born, Benjamin Cheetham, Nicole Davenport, Emily le Poidevin, Joshua Stockley-Simmons
<b>Alpine 1</b>	Dylan Grace
<b>Bush Leader</b>	Caleb Thompson, Jake Formosa, Harry Willson, Susan Mawhinney, Charlotte Clouston, Kiel Buckland, Emily Stotter, Matilda Whitney, Phillipa Watt, Paul Rose, Josh Waterman, Blake Wilson, Bonnie Burrill
<b>Bush 1</b>	Anita Gorter-Smith, Andrew Croskery, Jason Bond, Hayley Ware, Elliot O'Brien, Alexandra Parsons, Claire McSweeney, Paloma Kelly, Reece Saywell-Emms, Dylan Grace, Juliana Pirkle
<b>Bush 2</b>	Mel Harris
<b>Canoe Leader</b>	Ella Kavrouz
<b>Canyon Leader</b>	Luke Born, Benjamin Cheetham, Nicole Davenport, Emily le Poidevin, Joshua Stockley-Simmons
<b>Climbing Wall Supervisor</b>	Julian Goad, Yann Lorain, Myles McCauley, Alex Turner, Bevan Pratt, Tim Mulliner, John Obermeier, Nia O'Connor, Summar Tasker
<b>CWS – Monitor Lead Endorsement</b>	John Obermeier, Nia O'Connor, Summar Tasker
<b>Kayak Leader</b>	Caleb Thompson
<b>Kayak 1</b>	Oscar Hadley, Scarlett Manson, Angus McGill, Poldi Waldmann-Moloney
<b>Kayak 1 – Multisport Endorsement</b>	Chris Lacoste
<b>Multisport Kayak</b>	Ben Fouhy
<b>Class III River Management</b>	Stephen Miller, Jon Harding
<b>Mountain Bike Leader</b>	Devon Scott
<b>Mountain Bike 1</b>	Johnny Johnson, Andrew Read, Charlie Martin, Lucy Crozier, Rachel Baker, Jack Allan, Stefan Austin, Megan Longman, Kim Froggatt, Robin Pieper, Steve Chapman, Andy Balcar, Dave Ritchie, Curtis Vermeulen, Laura Vernon, Logan Laws
<b>Mountain Bike 2</b>	Morgan Calas, Rod Bardsley
<b>Rock Leader</b>	Luke Born, Benjamin Cheetham, Nicole Davenport, Emily le Poidevin, Joshua Stockley-Simmons, Harry Willson, Jessica Macintyre-Tate, Emma Barrott
<b>Rock 1</b>	Kent Pollard, Matthieu Vignes, Kevin Rowley, Glenn Irving
<b>Rock 1 – Sport Climbing Endorsement</b>	Lacey Beadle, David Williams, Harry Series, James Bruce, Ian McKinney, Travis Rangi, Matt Cloonan
<b>Rock 2</b>	Ricky McDonald
<b>Sea Kayak Leader</b>	Benjamin Cheetham, Jordyn Paetridge, Qiaoyu Zhen, Penaia Robin-Seniloli, Benjamin Kearns, Degan Viljoen
<b>Sea Kayak 2</b>	Nicholas Mead

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# MOUNTAIN BIKE TRAIL GRADING CONSISTENCY

CHRIS MILDON

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Mountain bike Assessors have a curly issue to deal with during training and assessments. It's one that probably isn't given a whole lot of conscious thought or focus by our Assessors, but the consistency of trail grading across NZ can have an impact on the quality and safety of our work.

Going back a few short years, we didn't really have a lot of quality information that looked even close to a trail grading specification that could be used to ensure a trail's grade was actually correct, or even as intended by the trail builders or land owners. The US based International Mountain Biking Association (IMBA) had the first readily available information in manual and case study form that described much, if not all of the information needed to both build a trail and make sure it is 'at grade'. But IMBA's information ultimately allowed a level of subjectivity into the process that wasn't helpful. Some ambiguous statements, especially around how trail grading should reflect regional variations, enabled some unintended inconsistency in a broader sense. In a small country like NZ, that inconsistency, especially between regions, quickly became quite obvious. Couple that with much of NZ's contemporary trail resource being created by mountain bikers building trails that they preferred to ride, more often than not enabled through a club-based structure, trail grading inconsistency was the unintended consequence.

The marvellous Kennett Brothers started doing some robust work in this space in the late 90's. They utilised IMBA's information to produce a level 1-6 trail grading format for NZ, and this was accepted, endorsed and embraced by MTBNZ (then NZMTB) and the Department of Conservation (DOC). This 1-6 format and its associated graphics are still being utilised today, but now with local and regional bodies and private landowners all on board. It may not be absolutely perfect, but it does work extremely well and recreational trail users know and generally understand what it looks like and means.

The NZ Cycle Trail project, 2010, seeded in the last National government, created an immediate need for a NZ trail specification. That specification, now into its fifth version still remains the blueprint for constructing a trail, but specifically, a NZ Cycle Trail style of trail. The NZ Cycle Trail Design Guide is now 131 pages of information, this covers more of a government department approach to defining a specification. By default, many organisations involved in the mountain bike trail space also picked up use of the NZCT Guide as it provided a NZ context to much of the IMBA information, but based on the NZ 1-6 trail grading format.

Post 2010 is where things started to get really interesting. The Accident Compensation Corporation (ACC) got involved in late 2013 after mountain bike related injuries and claims started to be flagged as a trending issue. Without a thorough and detailed understanding of 'why' sitting in behind these increasing statistics, ACC put together a workgroup tasked with addressing identified issues. That workgroup comprised a broad recreational base including DOC and mountain bike interests, and quite quickly the group settled on integrating a clear mountain bike trail specification into the existing NZ Standard HB8630:2004. DOC was already using this standard, but it dealt only with walking tracks.

At the start of 2015, and as with all government departments ACC underwent a restructure, unfortunately the priority to push this project dropped way down their to-do list, therefore its momentum subsequently stalled. Despite this, ACC have been and continue to be actively interested in any progress and improvements that may have been generated from the initial project. ACC has been an important sounding board for subsequent developments.

Like all things mountain biking though, a stalled project became just another challenge. Key members of that initial ACC project regrouped and refocused, working patiently away in the background to realise the aims of that project for mountain biking. They knew that this work absolutely needed to be done, whether in a supported government department sponsored project or simply in their own time, which is exactly what happened.

This informal group put together what is now the NZ Mountain Bike Trail and Construction Guidelines. This work took a few years, and some DOC staff who were involved in the initial ACC project also helped as much as they could. Once this was all starting to format into a digestible form, Recreation Aotearoa (RA) got on board to help with broad but targeted consultation around the draft, collating that feedback and then gathering final endorsement from key organisations to provide a high level of credibility and buy-in for the Guidelines. These Guidelines were released publicly in July 2018 via the RA website, and for the first time in NZ, a concise specification that focussed specifically on mountain bike trails, was available for anybody to use. Crucially, this specification also dealt with the difference in specification between single direction (uphill or downhill) trails and multi-directional trails, was only ten pages long, and could be used as an auditing tool for existing trails to make sure the actual grading level was correct.

The NZ Cycle Trail pulled much of their updated information from the RA hosted guidelines, and integrated that into the fifth version of their manual, released in August 2019. DOC used a similar approach, referencing both the RA and NZ Cycle Trail guides when putting together their own Cycle Track Service Standards, released in Oct 2020. Crucially, all three documents provide a very high level of consistency across the key areas of trail grading tangibles. It might seem to be a little overkill to have three documents all dealing with similar subjects, each has its own specific place:

- NZ Mountain Bike Trail and Construction Guidelines (2018 V1) for all mountain bike trails
- NZ Cycle Trail Design Guide (2019 V5) for NZCT projects
- DOC Cycle Track Service Standards, (2020 V1) for trails and tracks on conservation land.

From a recreational user point of view, there won't be any noticeable difference riding a trail that has been graded to any one of the three documents. That point alone goes a very long way to making sure the user experience matches their expectations and is safe.

Recently there has been a lot of momentum in this mountain bike trail space. That momentum has led to an almost organic understanding by trail managers, land owners, and land managers that it is probably a good idea to make sure the trails they have an interest in, are actually graded correctly. It's also sobering to think what might happen if this is actually tested. Picture a recreational rider heading off down a trail that is clearly marked as a grade 3 Intermediate – that rider has a good feel for their level of experience and trail-craft, and is comfortable riding grade 3 trails, but nothing harder. Very quickly the trail kicks into grade 4 mode with its technical difficulty. The rider is suddenly in a place where they are not confident, comfortable or safe. A nasty crash and injury are the result – it's not a stretch to see the involvement of WorkSafe in a situation like this, and if that trail was actually a grade 4 rather than the grade 3 it had been signed

as, it may put the land owner in a liable position.

Many trail networks around NZ have already been audited as a result of this growing momentum, and it is pleasing to see trails either being corrected to fit with their intended grade, or simply regraded, often to the next level up to reflect their true difficulty. For the recreational user this is great news, and it will provide some NZ wide consistency that has been lacking since mountain bike trails were a thing in NZ.

Just to be absolutely clear, at no stage has any of the work being done in the trail grading or specification space been about 'dumbing the trails down'. That is an unfortunate term that is often floated, mostly by mountain bikers whenever this subject comes up. Nobody wants a cookie cutter approach to how trails look, and there will always be space for regional variation in facets of how trails look. But that variation should naturally come from areas such as unique topography, soil type, rock structure (or lack of it!) and type of flora, rather than any subjective trail grading bias. All going to plan, widely accepted comments such as "insert a region' trails are always a grade higher and harder than you'll find anywhere else" will quickly fade away and be replaced with "this trail is graded as a 4, and I know exactly what that means and what to expect".



Photo credit: @gravitynelson.co.nz

So full circle, to our mountain bike Assessors. Having confidence that, for example, a grade 3 trail is actually a true grade 3 trail and not a regional variable that may often be a grade 4 trail, is an important facet of our work. As an assessment-based example of this – at a recent MTB1 assessment in Christchurch, the Assessors had to utilise time before the assessment to make sure the trails candidates would be using were actually at grade. One grade 4 marked trail in particular created some concern for candidates' personal riding demonstration due to the high level of difficulty of some of its features, leading to the Assessors making the call that this trail wasn't to be used during the formal assessment. If this trail was audited tomorrow, we'd be pretty confident it would need to be re-graded as a grade 5 trail, unless those difficult features were softened considerably.

This sort of industry maturing is good for NZOIA. Well graded trails that give a high level of confidence for our Assessors, also supports a high level of quality and safety in our work.

Chris Mildon | NZOIA Mountain Bike 2 Assessor

# JOURNEYS CENTRAL OTAGO: GIRLS EMPOWERED THROUGH ADVENTURE IN OUR LOCAL WILD PLACES

MEGAN LONGMAN

Journeys was created in 2018 on the drive from Alexandra to The Old Ghost Road and back again. When traveling with a best mate, 1400 km was an ideal length of time to turn the dreams and frustrations of our teenage years into a tangible plan of how to use adventure in the outdoors to nurture young people in our community.

Kim Froggatt and I spent our teens, and 20's, and 30's being the gender minority in most outdoor activities we enjoyed. We were also teenage girls ourselves a while back, the challenges around self-belief and self-worth, a sense of belonging, and resilience are still palpable. It was obvious to us how much personal growth adventuring in the outdoors gave us individually, and how the love of being active in the outdoors contributes to the wellbeing of those who have discovered it. Kim grew up in Alexandra, she studied physiotherapy and chemistry before becoming an Outward Bound instructor. I am from Queenstown, and have been a physiotherapist in Alexandra for the past 13 years. We both have outdoor instructor husbands who ironically are now working in other fields as they support our Journeys dream.

Alexandra, Central Otago, is surrounded by 100's of kilometres of mountain bike trails and wild DOC, council, and private land which the community can access. It's always been great to see the groups of boys out on their mountain bikes, but the girls? Almost zero. Our plan in 2018 was to create a programme founded on the benefits of outdoor adventure in a way which explored the barriers and enablers for more girls and women to explore our local wild places.

We held information sessions for local teachers and principals to further gauge a community need for a programme which empowers girls through adventure in our local wild places. Their support, as well as that of local sponsorship, allowed us to run a pilot programme. We selected two Year 7 girls from each of the four local primary schools, delivering a six-week Mountain Bike and six-week On Foot programme along with Penny Smale, another outdoor adventuring local woman who lives and

breathes our values. We paused briefly to expand our families, before discovering that maternity leave is actually a superb time to spend on background programme development!

In 2019, we were stoked to become part of the Sport NZ Innovations for Young Women fund, which gave us support, mentoring, workshops, and funding for a year to develop our programme, in particular using co-design with the kōhine in our community. Over the following year we became a registered charitable trust, worked out our structure, and curriculum – both around outdoor skills and mind skills. Penny built our website and Kim worked systematically developing our robust health and safety systems, which of course continue to be reviewed and developed.

Journeys is fortunate to have received great funding from community trusts (Central Lakes Trust and Otago Community Trust) and Sport NZ via Sport Otago, which means there is no cost for participants. We have been able to obtain plenty of great quality gear to short or long-term loan to girls who need it, such as with the support of the Macpac Fund for Good. Our instructor team has expanded steadily beyond Kim, Penny and myself – we have trained another 13 incredible local wāhine who volunteer two hours a week to adventure in pairs with groups of around ten 12–15 year-old girls.

Our mission is to connect, empower, and inspire, we have created an evidence-based logic model using research from the sport and recreation industry to ensure the components of our programme are most likely to lead to our difficult to measure objectives. Our logic model tells us that some of our really essential components need to be: to experience an appropriate level of challenge, for the girls to feel a sense of belonging, to build relationships with female role models, and most definitely to have fun. We are stoked when the girls tell us they are proud of themselves for 'pushing my limits', 'trying new things', and 'doing things I thought I'd never do'. We work hard to create an environment where "you get to be outdoors with your friends without worrying about being judged".

The Journeys formula, while carefully designed, is incredibly simple and has an uncompromising commitment to our values: Connection, Adventure, Fun, Nurturing, and Wellbeing.

We run a Mountain Biking season from October to late February, and an On Foot season from late March to late June, including through the school holidays. We adventure weekly in the evening for two hours in our local wild places, and allow the teaching structure to follow our 'Flow, Fly and Facilitate' model. Over the season, outdoor skills (for example, mountain bike body position, map contours, appropriate clothing) and mind skills (for example, positive self-talk, supportive group culture, comfort zones) are shared through a mixture of these formats. For some sessions, we go with the flow and the adventure will speak for itself, sometimes the instructors will share tidbits gently on the fly, while some adventures will include a 10-20 minute facilitated discussion or teaching session. We listen to the voices of our kōhine throughout each season, and each group adapts their plan depending on what direction their crew wishes to take.

The design is such to keep it fun for our kōhine, and also to best nurture our wāhine who are the most incredible volunteers. Finding the balance between gently challenging our instructors, and not intimidating them through unreasonable expectations is incredibly important.



Photo supplied by Journeys

Kim holds NZOIA Bush 1 which she obtained during her time working as an Outward Bound Instructor, and in April she and I both achieved our NZOIA Mountain Bike 1 qualification. We are excited to continue to increase the credibility of and knowledge base within Journeys, as we share learnings from the outdoor industry amongst our ordinary and inspiring wāhine, to then be shared amongst our kōhine, as we work to grow our community of outdoor adventuring girls and women.

For somebody to get involved in an activity, they ideally need to see people similar to themselves doing it. We hope that by pulling together these incredible women, and developing a fun and inspiring programme alongside the kōhine in our community, we can work towards a critical mass that pulls more and more girls and women into discovering all the goodness that is outdoor adventure – with all the holistic benefits that we all know it brings.

The development of Journeys has been a series of never ending false summits, as Kim, Penny and I make frantic scrambles to where we think we might be getting there, before realising that it's only a very small saddle before the next climb. Our infinity loop of development is probably designed to do just that, and we are grateful for our small and nimble organisation which means we can organise and reorganise our resources to respond to the needs of our community – particularly as we continually learn what these are, what is feasible, what approach best stays true to our vision and nurtures our valued instructors.

As we delve into winter of 2021, we feel we are in a position to consolidate the learnings from the Innovations for Young Women year, and the past seasons of Mountain Biking and On Foot. Seven of our instructors have now been with us over a year, and the first girl from our pilot back in 2018 is now an inspiring Year 10. She is at the centre of the beginnings of our leadership programme, which is evolving through the authentic, messy and incredible process that is co-design. We have been delighted to retain 96% of our kōhine from last summer's Mountain Biking through to On Foot, and we hope most of our 45 girls will continue adventuring with us into the next season, and beyond.



Photo supplied by Journeys

Our approach to our instructors has been carefully designed. We want our instructors to first and foremost be relatable role models to our kōhine, and we love that they are 'ordinary and inspiring women'. We have engineers, vets, scientists, physios and mums, and what we hold in common is a love of adventuring in the outdoors, and huge respect for our young people. This is reflected by the relationships our instructors develop with the girls: "They were amazing, they helped so much and were super encouraging which made me do better than I thought I could". Giving our instructors an opportunity to 'give back' by volunteering, along with upskilling them, connecting them, providing opportunities to take notice of our outdoor places, and being active is purposefully modelled from the Mental Health Foundation's five ways to wellbeing. Our training for instructors has core components that they all need to do – a first aid course, how to teach mountain biking/navigating/mind skills and induction into our systems. We also run optional 'give back' courses for their personal growth in mountain biking and navigation. We've been blown away by the instructor team that has come together in rural Alexandra with some very talented outdoor adventuring wāhine – although I believe this could be the case anywhere if one went looking.

# SURVIVING THE TERM! A TEACHER'S PERSPECTIVE

KEN MCINTYRE



It's well into 2021 and life has resumed in schools post Covid. It doesn't seem a year ago that teachers were scrambling to rejig trips and programmes to fit in with social distancing etc.

I have been the Outdoor Ed/Rec teacher at Wakatipu High School in Queenstown since 2000. One of the most loved trips we do is a kayaking journey down the remaining whitewater section of the Clutha River near a small rural district known as Beaumont. It's a Year 13 trip – three days and focuses on developing and assessing kayaking skills on class 2 water (Achievement standard 3.4).



This river is special to me. As a boy growing up in the South, I well remember marveling at its distinct blue colour and sheer size and power when viewed from the tops of the Blue

Mountains. And as an aspiring kayaker it was only a matter of time that I was able to utilise it for kayaking from my first teaching job at South Otago High School (Balclutha).

Schools can be intense places in the busyness of the first term. Developing positive relationships is always the key as you are tasked with moving students through your learning area with sufficient credits to enable a meaningful job or tertiary course entry. But for me it is the experiences and learning in the outdoors that are the key values that I want them to take away.

I feel blessed to be doing my job in Queenstown. It is a unique location for Outdoor Education with a great kayak training location at Kawarau Falls, superb backcountry beyond Glenorchy and the Remarkables, and our alpine zone on the school's back door.

So for the best part of the ten week first term we trash ourselves... fast paced organisation in getting the students to and from Kawarau Falls in a 90 minute turnaround; doing the important rolling practice in the evenings! Long days in the buildup to the Clutha. Then there is just the last week left and it's time to head south, escape the madness of the workplace and introduce the students to the challenging but varied settings of Aotearoa's mightiest river.

This year's classes did the business! There were many great moments on and off the water... a shared pub meal with 30 plus students and staff; the power and respect gained from "Big Swirly" (a BIG whirlpool feature!); kayak surfing at the Clutha's end, to finish at Kaka Point.

As you reflect at the end of the trip and listen to the chatter on the road trip back, the hours that have been put in to get to this point seem so worth it. Teaching is a complex job with ever increasing demands. But ultimately you get back what you put in. Time to wind down for a holiday break then consider that next trip!

Ken McIntyre | Wakatipu High School

# FIRST AID: ALCOHOL SWABS

CAMPBELL DOAK

Whether you're an outdoor professional who has completed a basic first aid course, five-day PHEC, or a bachelor's degree in paramedicine, you need to have access to an excellent first aid kit. When working as an outdoor instructor full time, my first aid kit consisted of two Ziploc bags. One was for common ailments, blisters, headaches etc., and another for significant injuries – affectionately they were referred to as a "boo boo kit" and an "oh sh\*t kit", respectively.

Every individual has a different definition of what's in a good first aid kit; a first aid kit for a free solo climber will look very different to that of a raft guide. Therefore, in this article, rather than generalising, I will drill down on one item that I am confident a majority of first aid kits around the world are stocked with; the alcohol swab.

For years, the tinfoil wrapped piece of cotton soaked in 70% isopropyl alcohol has been a mainstay of our first aid kits. How should it be used, and what can it be used for? Alcohol swabs are used for skin preparation and sanitisation of instruments. In the outdoor setting, this may mean using the swab to cleanse the skin around a wound from natural oils, dirt, and sunscreen so that the adhesive of a sticking plaster or steri-strips will adhere well. They can also be used to clean instruments such as tweezers before digging out splinters.

Who of us recalls sitting in the school sickbay, having your scraped knee dabbed with alcohol or hydrogen peroxide and the pain associated with it? It's akin to cruel and unusual punishment. Alcohol swabs are not to be used on (or inside) any wound. The alcohol on exposed tissues of an open wound will dry the wound out, prolong the time of healing, damage tissues and, of course, sting like heck!

These days the standard for cleaning out wounds of any size is water. Any water that is clean enough to drink is perfectly appropriate to irrigate wounds with. Saline ampoules are fabulous for their squirting capability; however, many outdoor instructors find they break open in their pack and ruin their first aid kit. Alcohol-free antiseptic wipes are also an option, and these are usually chlorhexidine or iodine based. Most wounds don't actually need any antiseptic applied to them, just plenty of water.

Ounces equal pounds in the outdoors, and you may well be thinking, "ok great, I can take alcohol swabs and saline ampoules out of my first aid kit" (replaced by a water bottle that does

everything you need it to) **But wait, there's more!** The alcohol swab has a hidden use.

Inhaling the vapours from an alcohol swab is a safe, cheap, over-the-counter and effective treatment for people experiencing nausea. The bottom line of one study states, "Two trials with about 200 non-pregnant adults presenting to the emergency department found smelling isopropyl alcohol improved mild to moderate nausea and vomiting." While more study is needed to determine the best method of administration, the above study used the following: "patients inhaled deeply as frequently as required to achieve nausea relief from commercially available isopropyl alcohol pads held 1 to 2 cm below the nares." (PMCID: PMC6189884).

This trick has been around the medical community for several years. I have personally used it on several occasions with great effect. There are many promising studies concerning this topic circulating in the medical community.

If you are interested in furthering your first aid skills for the outdoor environment, check out the newly formed New Zealand Society for Mountain Medicine via [www.nzsfmm.co.nz](http://www.nzsfmm.co.nz) or their Facebook page. Please contact me at [emcare@horizons.co.nz](mailto:emcare@horizons.co.nz) for enquiries regarding outdoor emergency care training, questions or if you have suggestions for future articles.

Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6189884/>

Campbell instructs the Pre Hospital Emergency Care course for Horizons Unlimited. He has worked as a hiking guide, facilitated high ropes courses and is learning to lead climb. He studied paramedicine at AUT, is qualified as an Emergency Medical Technician and works regularly on frontline ambulances.



HORIZONS  
ADVENTURE TRAINING

Campbell Doak | Horizons Unlimited, Emergency Care Programme Leader

# PACKING A PLB: 'THE SINGLE BEST DECISION'

Tramping Video Series 2: MSC on the Copland Track, West Coast during filming for safety Tramping Video Series Two. PHOTO/NATHAN WATSON

For a Christchurch father, hiring a Personal Locator Beacon (PLB) for an overnight tramp with his sons was “the single best decision” he made. **The NZ Mountain Safety Council (MSC)** chatted to the father-of-two about the decisions he made and what led to activating the PLB.

I never thought that I'd end up using a Personal Locator Beacon (PLB) on the first ever trip that I carried one, but I did, and am very glad to have done so!

Over the Level 4 Lockdown period, I promised my two primary school age boys that I'd take them on an overnight tramp after the winter, so when Labour weekend was near, we made our plans and prepared our gear. While they had been on plenty of day hikes, this would be their first “proper” tramping experience, complete with staying in a hut overnight.

I had heard that Macpac stores hired out PLBs, because I would be taking two young boys into the hills for the first time, I hired one for our trip. I had never carried one before, as I had never been in a situation where I thought I needed one, and the cost of purchasing one was prohibitive. **Hiring a PLB was a very straightforward process, and looking back that was the single best decision I made all weekend.**

We had planned to go to either of two huts, with Pinchgut Hut up the Okuku Gorge being the preferred option. There is a river crossing at the start of the track, so I had been checking the weather forecast and river levels during the week before. There was some rain forecast for Monday night, but I wasn't too concerned as I've been up that river a handful of times before, and the various weather websites only predicted a little rain. The river levels had been very low and stable for the preceding weeks, so it looked good. However, there's still nothing like seeing it in person, so I agreed with my wife that I wouldn't make

the final decision until we saw the river and weather on the day. If I judged the water level was too high, or there were rain clouds looming overhead, then I would have changed plans and driven further south towards Hut B. Once we got to the river at the road bridge it was very low, so I sent my intentions via text message and confirmed our route with my wife. This was mistake #1.

The river crossing was less than knee deep, and quite refreshing in the warm overcast conditions. We had an enjoyable couple of hours walking up the river through the beech forest, and we made good time, reaching the hut well before dinnertime. After dinner time it started spitting, but that didn't stop us lighting a campfire outside and toasting marshmallows for dessert. We went to bed early, and while I knew it would rain overnight, I still wasn't worried. That all changed in the night when I woke at around four AM and spent the next couple of hours wide awake listening to the torrential rain on the tin roof. I now started to worry as this was a LOT of rain.

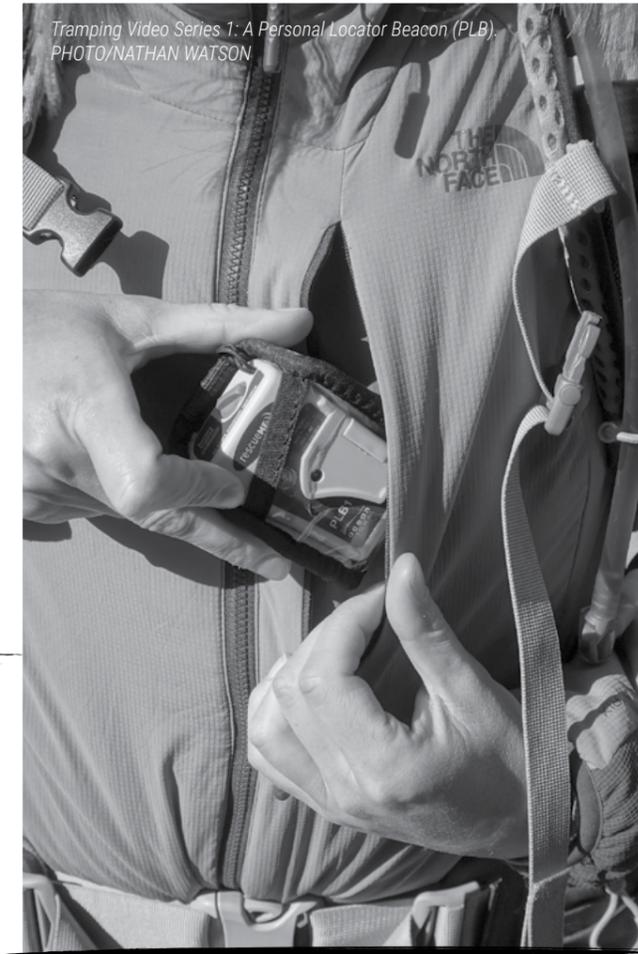
By morning the rain had passed on, now it was only dripping from the trees. While the creek at the hut had risen a little, it was still clear. The temperature had dropped overnight, so after some warm porridge for breakfast, we put raincoats on and started the climb back up the hill.

Despite the rising river, the walk out went well, although the track was slippery in places from the rain. We made it back to the river crossing in good time, there I had a big shock. While we'd been walking that morning, the river had continued to rise. The river was now very discoloured and thundering along, there was no way that we were getting across.

I was carrying a tent and spare emergency food, so we were prepared in case we had to camp out for another night. However, mistake #2 had been arranging with my wife to raise the alarm if we weren't back by that evening. We had no cell phone reception at the river crossing, so I couldn't tell her that we were ok, that we would camp out overnight, and not to worry.

So I told the boys that we'd have to do some problem solving. I pulled out the map, and showed them the forestry tracks that ran along the river on our side and proposed that we'd walk a km or

Tramping Video Series 1: A Personal Locator Beacon (PLB). PHOTO/NATHAN WATSON



so to get to a higher point. The plan was to see if the river was crossable down below the gorge where it spreads out across the braided river bed, and also see if we could get cell phone reception higher up.

**When we got to the high point, I suddenly realised it was now crunch time, that I had to now start making good decisions.** The boys were getting really cold and tired and rain showers kept passing through. So, first things first – we found shelter under some trees, put on woolly hats and extra layers beneath our raincoats, we sat down and ran through our options. We couldn't cross the river at the ford, we couldn't get cell phone reception at the high point, and we couldn't cross the river further downstream, it still being too high. The boys were not able to walk out down the forestry tracks to the road end as that was at least another 8km and there was no cell phone reception there either. Looking at the river I doubted that we'd be able to cross next day either, even if we did camp out. (In the end it took a week for the river to drop back to its pre-flood level!)

As I stood there, I realised that we were stuck, and that I needed help. I had to face the fact that I had gotten my boys into trouble, and that I couldn't get them out of it. It dawned on me that it was inevitable that the rescue team would come, it was just a matter of timing. If I waited it out then my wife would raise the alarm that evening and they'd be searching in the dark. Alternatively, the shop staff would raise the alarm in the morning when the PLB wasn't returned and the chopper would be searching for us the next afternoon. Seeing as we were cold and tired and it was still raining, I decided that the best option was to raise the alarm and get the chopper out that same day, with good light.

It was still a hard decision to activate the PLB, as I was very aware that when I pressed the button, a huge amount of resources would be diverted from important rescue work to come to our aid. However, we did need rescue, and I could see only downsides of not pressing the button, so I activated the PLB. This came as a great relief, as it was now out of my hands, and help would be coming.

That done, I got the cooking gear out and got some warm food and drink into the boys. Within the hour we heard a chopper coming up the river, so I got out from under the trees to wave at it as it came past. It couldn't land where we were due to the trees, so it disappeared from view to offload some gear across the river before coming back. In short time, a paramedic winched down, established that we were not injured, and told us the plan for winching us off the side of the hill. Two trips later we were all safely landed across the river, and I got a lift from the local farmer to get my car.

They say you learn more from your mistakes. I'm pretty embarrassed that I put my boys into danger on their first overnight tramp and that I needed to get rescued off the side of a hill. On the plus side, taking a PLB along was the best decision I made that weekend. I also think that activating the PLB was a good decision, even if we weren't in a life-threatening situation (yet). While we were being rescued, I was told that too many people either don't carry a PLB, or continue to make poor decisions which only makes a bad situation even worse.

## Key Learnings:

- Always carry an emergency communication device when tramping, like a PLB. Cost is no longer an excuse not to carry one as hiring them is a very straightforward and there are lots of places (including all Macpac stores) who hire them out to the public. Find more details at: <https://www.adventuresmart.nz/distress-beacons/>
- Carrying the right gear doesn't help if you haven't thought through the timing of who will raise the alarm and when.
- Aim to avoid tracks that require a river crossing if there is rain in the forecast.

## Want to learn more?

- Download the new Plan My Walk app to help you plan a safe walking or tramping adventure. The easy-to-use app, developed by MSC, includes more than 1000 Department of Conservation tracks, MetService weather forecasts and severe weather warnings, track specific alerts, interactive gear lists and other useful planning advice.
- The Mountain Safety Council website has many more articles like to this to help readers learn from other trampers' experiences, plus heaps of free resources to help you learn and prepare for your next adventure.

## Got your own story to share?

Get in touch with MSC to help others learn!  
Email us and use #MakeItHomeNZ

# FAITH-BASED OUTDOOR EDUCATION

PAUL HUMPHREYS



Imagine if I could send you into outbursts of joy and tell you about an opportunity to facilitate a teachable moment that lasted all day long, all reinforced in the outdoors. That is the endeavour of Faith-Based Outdoor Education.

Before you flick to the next article in this holistically filled publication, take a risk, or as you frequently pitch... 'step out of your comfort zone'. This article might not be what you think. It's not a defence of the Christian faith either. In reading this article you, as outdoor educators, have an opportunity to practise the very same thing we enable with our audiences. These are my views, but more than that, they are my experiences, and how I facilitate outdoor education through a lens of the Christian faith.

At Winter Camp last year, we examined a story from the Bible about King Eglon and how Egdon rescued a group called The Children of Israel. While embracing this and other similar stories, we asked the following questions:

1. Why did people find this important to write it down?
2. What was going on in their world at the time?
3. Why did they feel the need to put it into words?

As we dove into the story that morning, we read the story and instead of debriefing it, we "Let The Experience Speak For Itself" or as I call it L.T.E.S.F.I. ("lites-fi"). The story was a perfect attraction to a bunch of rambunctious campers.

Later that day we took the question of "what was going on in their world at the time?" Quick history lesson. The Israelites were really good at making the same mistakes over and over again. The pattern of being occupied by a foreign power, crying out to God, God sending help, being dramatically delivered from slavery, prosperity for a few years, beginning to worship false gods, their choices have them occupied by a foreign power. HIT REPEAT. This goes on for hundreds of years.

As the day unfolded, we framed our experiences around the three questions. We created opportunities for discussion, played

a several ABL games. Creating this sub-theme of making the same mistakes over and over or put more succinctly, "fulfilling the definition of insanity". At this point campers have engaged with the Bible, had a conversation about it and played a game to reinforce it.

After lunch we hit the mountain bike tracks along the Kowhai River outside Kaikōura. It was a perfect day, so let's go. Besides, campers come to camp to do cool outdoor stuff not read about the silly old Bible.

On a previous recce we had discovered a new piece of track, created to take riders away from the riverbed which was frequently washed out. While the old trail still existed, with some creativity, we could create a scenario of biking round and round in circles, each lap taking about seven to ten minutes. Knowing this was there, we intentionally set out to do it while not revealing our plan. After about three laps, campers realised our plan and were 'crying out'... sound familiar? What made it more perfect was a small muddy hill which required pushing their bikes, which was tailor made for more whining and grumbling.

Upon their realisation, a halt was called, with the following conversation. What just happened?... So, what does this remind you of? We were able to develop a conversation around now what does this mean for you? Or more artfully, how does this remind you of our story today?

Because of limited time (contact me for more extended version), the conversation took a turn towards the choices that you make that aren't healthy, and yet keep making over and over. And then asking, how would you break out of that cycle of bad habits? Sounds like the Israelites. We drew a parallel between our unhealthy repetitive choices and the Children of Israel's choices. For us, this was exploring the Bible and demonstrating its relevancy today. Faith-based outdoor education believes Jesus Christ can help you. His help and love can come in many forms; including prayer and support, reading the Bible and talking to your leaders this week and others once you get home. The

leader's role being only to respond, ask more questions and not answer everything. The take-aways for campers was how to break the cycle of unhealthy habits. Broadly saying, don't be like the Israelites who 'rode their bikes' round in circles for hundreds of years. Not to mention the idea of a God who loves and cares for humanity and creation, hears their cries and sends help. These people thought this was important enough to write it down for us to hear thousands of years later.

By now we were at the late afternoon and had spent our whole day in the Bible. The teachable moments were there ALL-DAY LONG! Suddenly camp took on a different role.

A faith-based approach to outdoor education would seek to offer Jesus Christ (the centre of the Christian faith) as someone to emulate. There is universal agreement that he was a good man and did good things. In summary he fought against injustice, sought to reconcile people, was an advocate for children and even performed a few miracles (over thirty that are documented). Jesus largely modelled what it meant to be a good human being. Not someone who pushed an agenda of polarising people with arguments of right and wrong (i.e. you must, you will, you have to). Principally speaking, a faith-based approach to outdoor education is seeking to do the same. Which makes Christianity not too dissimilar from what we as educators do. Or put another way: "I am willing to accept that Jesus is the only way for Christians. I am unwilling to accept that Christians get to decide it is the only way for everyone else." – Barbara Brown Taylor, Holy Envy: Finding God in the Faith of Others (2018).

Another perspective would consider faith-based outdoor education as embracing the model of Te Whare Tapa Whā; where the four walls of physical, spiritual, mental and emotional, and social and family, are all nurtured and strengthened to support your health and well-being as well as that of your whānau. Sure, we emphasise spiritual, but ultimately faith-based outdoor education would argue that a healthy person is nourished in all four areas of their life. This approach isn't about dominating the conversation but highlighting a part of Te Whare Tapa Whā that equally embraces the other.

Historically Pākehā settlers (often waving a 'Christian flag') thought they had it right, coming to show indigenous people what they thought was the only way to live life. In everything from work, faith, relationships, land use and more. As a result, a very western view of life was pressed and compartmentalised with little overlap or acknowledgement of the other "walls". The faith part was something that they performed particularly bad, enforcing western approaches to the Christian faith as being the ONLY way to live out one's faith.

In faith-based outdoor education we would consider the Bible to see how it might teach us something today. By being better members of society, through contemplating the three questions asked at the beginning. Jay Ruka in his book "Huia Come Home" (2017) says "But everything we do has a context. Our ideas and actions have been shaped by the values and attitudes that were in the people who have gone before us... we associate history with ideas that are old and outdated, rendering an assumption that the past is irrelevant." Faith-based outdoor education would seek to look back into the Bible, consider the questions and allow it to facilitate and shape our learning. Considering the Bible is the beginning of the conversation not the end. Or I can let the whakatauki put it even more delightfully "Titiro whakamuri, haere whakamua"; "Looking to the past to inform the future."

For people who follow Jesus, the Bible is a guidebook. It's not a set of rules that are now out of date. It was written in a time and space for a specific group of people. Many think it's outdated, irrelevant, polarising and judgmental. This extends to views on the foundation of the universe. But not all who claim the Christian faith see the same. For example, the Big Bang Theory is how most scientists think the universe was created. Not everyone believes the same thing, people have lots of different ideas, some about science, some about how God was involved. That's OK, and interesting to talk about. But the Big Bang Theory is currently the most accepted scientific idea of how the universe was created, and what many people of the Christian faith subscribe to also. We don't all think the earth is flat or that it was necessarily created in six literal days. That's not the point. The point is not what happened but what does it mean. Read that sentence again! When reading the Bible consider not what happened but what does it mean. This can create some wonderful segues of facilitation in the outdoors.

This approach allows us to consider God as less of a noun and more as a verb, considering how we experience God. Where the idea is 'to only invite' and come be part of the conversation through facilitating outdoor experiences with connections to ALL walls of our "whare".



For many the approaches of the past in articulating the Christian faith have left many wounded and disillusioned. This approach of exploring the Bible, and using the three questions and the experiences of the day to invite conversation, is definitely changing how youth view the Bible. We believe it's refreshing, life giving and not fraught with agenda or subjectivity. It's about adding to what many of us do anyway.

Often, we open or close with a karakia that sounds like this. I offer this to you also. Thanks for reading.

*God be in my head, and in my understanding  
God be in my eyes, and in my looking  
God be in my mouth, and in my speaking  
God be in my heart, and in my thinking  
God be at my end, and in my departing*

Paul Humphreys | National Leadership Facilitator SUNZ  
NZOIA Mountain Bike 1, Bush 1, Abseil Leader

# PROFILE: SCRIPTURE UNION NZ

Scripture Union New Zealand (SUNZ) is a Christian charity with many volunteers and 30 staff. We are a movement with a strong history of running camps and programmes and training leaders. SUNZ have offices in Auckland, Hamilton, Christchurch and Invercargill, with our Head Office in Wellington. We are grouped into teams representing Children & Families, Youth & Camp, Leadership Development and Administration.

Annually SUNZ facilitates 30 camps, from weekends to three 11-day wilderness expeditions called E3. These are a partnership with Adventure Specialties Trust and A Rocha. Our Leadership Development Programme is expressed through Beyond Experience (BE) and seeks to enable young adults in their leadership, sustainability and bicultural journey for now and as future decision makers in Aotearoa New Zealand society.

But more than that: we are a movement with a mandate from God. Our vision statement says: *We support churches to help children and young people discover Jesus and become life-long disciples who serve the world around them.* These are more than words. They are our calling.

We are called to work with churches to create opportunities for children and young people to discover Jesus and what it means to follow Him. We want children and young people to be equipped as lifelong disciples who serve the world around them.

The Church is facing many challenges at this time. We aim to speak out our message with prophetic relevance and communicate God's heart for children and young people – those in the church as well as those in the community. We are here to help churches (the big, the small and the alternative expressions) hear this message as they find their way into the future. We encourage churches to develop innovative and effective methods of faith formation that connect with children and youth as well as their families and whānau. This is imperative if there is to be a culturally engaging church for the next generation here in Aotearoa New Zealand.

The Church of New Zealand needs what SUNZ has to offer – a call to lifelong discipleship grounded in Bible engagement and prayer.

Paul Humphreys

## NZOIA Assessments, Training and Refresher Workshops

Course	Course fee (NZOIA Members) *
Refresher Courses	\$195 (\$100 1/2 day)
Training Courses	Member: \$415 (\$215 1/2 day) Non-Member: \$515 (\$315 1/2 day)
<b>Assessment Courses</b>	
<b>Leader Assessments:</b> Abseil Leader Bush Walking Leader Canoe Leader Kayak Leader Sea Kayak Leader Rock Climbing Leader <b>Free Range Assessment:</b> Artificial Whitewater	\$150 plus any assessor fees and costs <b>This fee includes annual membership for new members.</b> Please contact an assessor directly to arrange an assessment and their fee.
<b>1 Day Assessments:</b> Sport Climbing Endorsement Sea Kayak 1 Upgrade Multisport Kayak Endorsement	\$295
<b>2 Day Assessments</b> Kayak 2 - Class 3 River Mmt Kayak 2 - Skills Instruction	\$560
<b>2 Day Assessments: (plus evening session)</b> Cave 1 Mountain Bike 1 Rock 1 Sport Climbing Instructor	\$595
<b>3 Day Assessments:</b> Kayak 1 Multisport Kayak instructor Sea Kayak 1 & 2	\$760
<b>3 Day Assessments: (plus evening session)</b> Alpine 1 Bush 1 & 2 Canoe 1 Cave 2 Canyon 1 & 2 Mountain Bike 2 Rock 2	\$795
<b>4 Day Assessments:</b> Kayak 2	\$930
<b>4 Day Assessments: (plus evening session)</b> Alpine 2	\$980

The course calendars for Assessments, Training and Refresher workshops can be found at [www.nzoia.org.nz](http://www.nzoia.org.nz). Members are notified of updates to the calendar via the NZOIA 4YA – our weekly email.

### Booking for an NZOIA Assessment, Training or Refresher Workshop

1. Go to [www.nzoia.org.nz](http://www.nzoia.org.nz)
2. Check out the Syllabus & Assessment Guide, if you are applying for an assessment then make sure you meet all the pre-requisites.
3. On the course calendar, find the event you want to apply for (you will need to be logged into your member profile) and select 'Apply'. Upload any prerequisites (i.e. your logbook, summary sheet, first aid certificate and any other required documentation to your application). Note: Non-members can attend Training Courses.
4. Applications close 6 weeks before the course date.
5. After the closing date we will confirm that the course will run.
6. If NZOIA cancels a course, you will receive a full refund/transfer of your fee.
7. If you withdraw before the closing date, you will receive a full refund of your fee. If you withdraw after the closing date of a course, **the fee is non-refundable.** It is transferable under exceptional circumstances (e.g. bereavement, medical reasons), medical certificates/other proof may be required. Contact [admin@nzoia.org.nz](mailto:admin@nzoia.org.nz) for more details.

### Further Information

Details of courses run by NZOIA, pre-requisites and online payment are all available at: [www.nzoia.org.nz](http://www.nzoia.org.nz)

### Courses by special arrangement

It is possible to run assessments on other dates. You will need a minimum of 3 motivated candidates and the date of when you would like the course to be run. Go to the FAQ page on the website [www.nzoia.org.nz/faq#custom](http://www.nzoia.org.nz/faq#custom) for details on how to arrange a course. **Course Costs:** all courses run by NZOIA are discounted for members and heavily subsidised by external funding.

\*Course fees are for NZOIA Members only unless stated otherwise.

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\* Discount is off RRP, not to be used in conjunction with any other discount, special or offer. Some exclusions apply.

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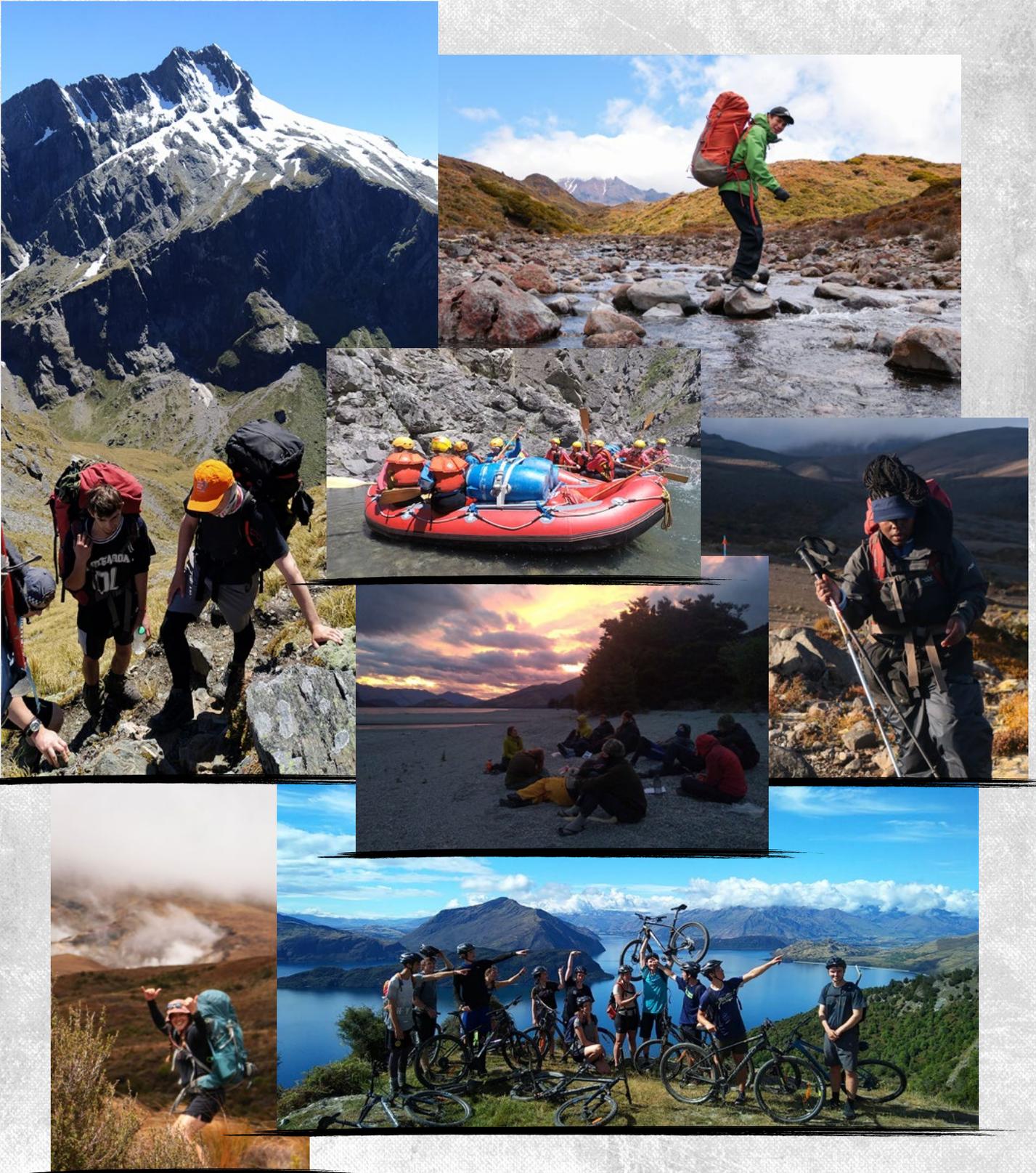
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# PLANTING THE SEEDS OF ADVENTURE



Photos supplied by Scripture Union NZ

Profiles of organisations are welcomed for the back page series "Planting the Seeds of Adventure". Contact [editor@nzoia.org.nz](mailto:editor@nzoia.org.nz)

