



QUARTERLY

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

ISSUE 68: DECEMBER 2014

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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.

Contact Us

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Cover Photo by Greg Biesley: Max a bit excited to get to the summit.

Custom & Contract Courses

NZOIA courses not being run at a suitable time or location?

Want to get all your staff sorted when and where it suits you?

Got a group of 3 or more people and a date / location in mind?

Whether it be training, assessment or revalidation we are happy to run a custom course for you.

Contact the programme and membership manager to discuss your needs and we'll do our best to make it happen. Costs may vary from scheduled courses and minimum numbers of participants dependent on the course type will apply.

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

NZOIA gratefully acknowledges the financial support of the following organisations:

Member Organisation





Chairperson's Report

Kia ora all,

It's hard to believe it's already more than a month since the NZOIA Symposium at Tihoi Venture School. Thanks to Natalie and Penny for another superbly organised Symposium and AGM, and to our hosts Chris, Cyn and the team at Tihoi. Those of you who couldn't make it missed a great event, and an opportunity to refresh qualifications and knowledge, and catch up with colleagues.

Heartfelt congratulations go to this year's worthy recipients of the Tall Totara and Emerging Instructor awards, Mike Aitkinson and Alan Haslip. We also welcome Matt Barker and Stu Allan to the NZOIA board. There will be more on these folk in upcoming NZOIA Quarterlies.

Besides the professional practicalities of workshops, revalidations etc, the future status of NZOIA qualifications and the Adventure Activity Regulations were topics of interest during the Symposium and AGM.

Skills Active CEO Grant Davidson and Matt Cowie recently came across to the NZOIA office in Nelson for a meeting on the NZ Certificate and NZOIA qualifications. We have agreed to benchmark the NZOIA qualifications to the NZQA Framework, and to develop an NZOIA – Skills Active Partnership Agreement. This means that NZOIA qualified instructors will also be able to gain the appropriate NZ Certificate with an agreed benchmarking process. Finalising the benchmarking process will take a bit of time yet as we need the TRoQ processes to be completed first. In the interim the recently advertised opportunity to sign on for the Re-Boot NZ Apprenticeship scheme (check out the members section of the NZOIA website for more information) is a start, with recognition of NZOIA qualifications in the Apprenticeship programme. Resolving the relationship between NZOIA qualifications and the NZQA framework has been an ongoing saga. It feels like we are now heading in the right direction.

The implementation of the Adventure Activity Regulations has been creating challenges for some NZOIA members. We are considering what feedback to provide to WorkSafe NZ. It has been challenging to determine exactly how many NZOIA members are impacted by these regulations, and how they are affected – despite seeking responses to a brief survey earlier in the year. We are likely to be seeking more information from you.

If you are affected, please respond, as we cannot represent members' interest effectively unless we have information from you. These regulations are here to stay – we want to provide constructive input that encourages cost effective implementation to enhance safe and accessible outdoor recreation – as supported by NZOIA qualified instructors, without putting responsible operators out of business.

WorkSafe NZ have advised that they do not consider NZOIA to be an "Adventure Activity Operator" because our activities are focussed on instructor assessment (there is a copy of the letter from the WorkSafe Registrar on the members section of the NZOIA website). This means that neither NZOIA, nor our contracted assessors, need to register with WorkSafe to deliver instructor training, assessment and revalidation for NZOIA. It is pleasing to see recognition of NZOIA professionalism in several aspects of the implementation of the Adventure Activity Regulations.

While the Regulations do not apply to NZOIA, the NZOIA Board is committed to the principle of high quality instruction that enhances safe outdoor recreation and enjoyment of the outdoors. All NZOIA activities sit under the NZOIA Safety Plan, and we are in the process of having this plan reviewed by a registered Adventure Activity auditor, so that we are confident that NZOIA is operating to best practice.

Advocating for NZOIA members when it comes to the qualifications and regulatory systems is an important role of your Board. We will also be keeping closely engaged with the development of Sport NZ's new Community Sport Strategy. Our financials are now in good health, and keeping in touch with funding agencies is an important priority so we can keep the financial picture that way.

Now we are heading into the summer, when we should be out enjoying the great New Zealand outdoors. I'm off to brave the Southern Ocean in January and February as an expedition staff member on a 100 passenger tour ship – from Patagonia to the Antarctic Peninsula then around the Antarctic coastline to the Ross Sea and to Bluff via the Sub Antarctic Islands – so hoping the weather gods are in a good mood. Best wishes to all of you for some great and safe adventures over the summer.

Gillian Wratt, Chairperson

THE CAPITAL CONNECTION: CHANGING WITH THE TIMES

The past few months have brought significant changes in the outdoor recreation sector. Not only do we have a new Minister for Sport and Recreation in Jonathan Coleman, but we've also seen a new approach to funding for some key sector organisations. Sport New Zealand (Sport NZ) has recently released a draft of its new Community Sport Strategy, which intends to set a structure for the future of community recreation and provides Sport NZ's vision of a sector that is high performing and focussed on quality.

The strategy places a significant focus on the end user through an increased emphasis on capturing and applying participant insights – understanding the wants and needs of participants. Fortunately, NZOIA is well placed to adapt to this change and can continue to improve the offering it provides to members. Some evolution will be required – a greater focus on partnerships in particular – but promoting the highest standards of outdoor instruction and guiding, and striving to ensure that outdoor activities participants enjoy quality experiences will remain at the core of what we do.

In fact, many of the challenges these changes bring can also be viewed as opportunities. For example, the recent change in direction by the Mountain Safety Council (MSC) makes NZOIA training even more relevant. MSC is likely to reduce its outdoor safety training focus in favour of a new approach that will see it take its outdoor safety education messaging to a wider audience of the "million-plus" people who venture into the great outdoors each year. This reduction in MSC outdoor safety training may provide NZOIA with an opportunity to take an even greater role in this space.

Another significant change in our sector has been the outcome of negotiations between Sport NZ, Outdoors New Zealand (Outdoors NZ) and the New Zealand Recreation Association about the future of the outdoor recreation sector. Sport NZ has awarded funding to NZRA to provide leadership, advocacy and professional development to the outdoor recreation sector, with support from Outdoors NZ.

The other hat I wear is that of NZRA CEO and I am keen to explore opportunities for NZRA and NZOIA to work more closely in some areas. I also see my dual-role as an opportunity to help ensure NZOIA's voice is heard in discussions about the future direction of the outdoor recreation sector.

However, ensuring NZOIA is well-positioned to make the most of these changes would not be possible without the hard work and support of NZOIA's dedicated Board and passionate staff. In particular, I'd like to say a special thank you to the NZOIA team for the work they have put into bringing the recent Symposium together, organising assessments and enabling access to the apprenticeship scheme in the past few months. This work has been much appreciated.

By working together more closely, both within NZOIA and across the wider recreation spectrum, we can achieve greater cohesion that ultimately achieves a stronger voice for our sector and a better outcome for people who enjoy guided outdoor experiences.

Andrew Leslie, Executive Support Services

LEAD EXPEDITIONS OVERSEAS



World Challenge Asia-Pacific is currently recruiting Expedition Leaders for challenging one to four week student-led expeditions to one of over fifty 'developing world' destinations in South America, Asia and Africa.

For more information:

Visit: www.worldchallenge.com.au

Email: leaders@worldchallenge.com.au

Phone: 0800 456 134



This could be you!!

WATER SYLLABI RELEASED!

Oliver Weber Photography

It has been a long time in the making but finally all the pieces have come together for the new look NZOIA Kayak and Canoe syllabi. One of the big developments in this process has been the re-designing of the River Rescue training courses that were previously administered by Whitewater NZ. So read on for some significant changes to these water courses.

River Rescue

NZOIA and Whitewater NZ have worked together with leading whitewater instructors from the industry to develop and update syllabi for River Rescue Courses designed for white water kayaks and open canoes. These training courses are for recreational and professional paddlers to better enable them to safely paddle with their peers, when leading a group, or when providing an instructional or guided experience. These courses are now pre-requisites to Kayak 1, Kayak 2 and Canoe 1.



Whenua Iki instructors Charlie Martin and Johnny Johnson hard at work.

Current NZOIA Kayak II qualification holders can deliver these courses. You can access qualified people through our NZOIA instructor search. Instructors / businesses that regularly run courses have been asked to send their names and contact details in so that we can make the connection between you and them easier by providing a list on the website. NZOIA will not be delivering training courses, however there is an advertising service available if instructors wish to use it. This includes loading courses onto our calendar followed by an alert in NZOIA 4YA.

Check the content of these courses out in the syllabi found on the NZOIA and WWNZ website.

And, the best part is... you can revalidate your Kayak 1, Kayak 2 or Canoe qualification by attending the appropriate one of these River Rescue courses every second revalidation cycle.

Canoe Qualifications

The canoe qualification review team identified that the original NZOIA Canoe qualification was not a good fit for industry, as it sat in between a Leader and an Instructor qualification. It required too much from entry level instructors / guides and not enough for the scope of a level 1 instructor. The results from this discussion were the development of a Canoe Leader and Canoe 1 qualification.

NZOIA Canoe Leader is designed for those who lead canoeing activities on flat or sheltered water, with little or no wind present or forecast for the next 12 hours at the selected site. This assessment comes complete with a Canoe Leader workbook and is offered through our Free Range Assessment Model.

The NZOIA Canoe 1 holder can organise, instruct and lead multi-day canoe trips on moving water up to class 2, and in coastal, lake or open water areas where adverse conditions and limited periods of exposed coast may be encountered. From 2015 onwards all applicants must have completed a NZOIA / WWNZ River Rescue 1 training course as a pre-requisite to this qualification.

Kayak Qualifications

NZOIA Kayak 1 is an oldie but a goodie. In recognition of this not much has changed to the content of this qualification. It has been re-formatted to provide clarification of expectations and the pre-requisite NZOIA / WWNZ River Rescue 1 training course has been added. Anyone sitting Kayak 1 in 2015 will be expected to have attended this course. ▶



Canoe training on the Pelorus River.

Rescue practice, Oliver Weber Photography.



The results of this discussion saw the NZOIA Kayak 2 being divided into two parts including Class III River Management and / or Kayak Skills Instruction. This provides candidates with stepping stones to completing Kayak 2 in manageable bites. Alternatively the candidate can complete the Class III River Management assessment only and work within that scope.

The candidate will not be awarded the Kayak 2 qualification until they have completed both parts. By completing Class III River Management they will receive a NZOIA certificate and a NZORB card with an additional Class III River Management noted under their Kayak 1. Class III River Management must be completed before Kayak Skills Instruction.

Apart from that major shuffle, the only other significant change is the addition of the River Rescue 2 training course as a pre-requisite to the Kayak 2 assessments.

Well that's enough excitement on the syllabi review. Next up – Cave!

The review team looked at ways of making Kayak 2 more accessible and to provide members with an attainable means of managing groups in Class III water. This was a similar situation that was discussed by the Rock review team, resulting in the development of the very popular Sport Climbing Endorsement.

Penny Holland, NZOIA Operations Manager

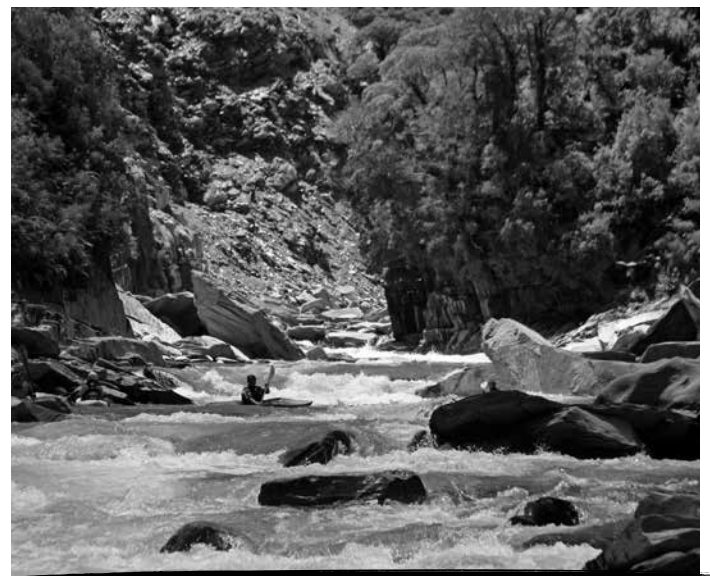
WHITEWATER NZ: PRESERVE NEW ZEALAND'S WHITEWATER RESOURCES AND TO ENHANCE OPPORTUNITIES TO ENJOY THEM SAFELY

Whitewater NZ's (WWNZ) mandate comes from the International Canoe Federation; to represent the interests of all kayakers in New Zealand, and is directed and funded by the membership.

Over the past decade and more, WWNZ has rolled with many changes and challenges in the pursuit of our mission, and while it hasn't always been easy we have continued to have many successes. Many of you may remember Meridian Energy's dib to dam the Mokihinui and the Environmental Courts ruling in favor of kayakers. The celebration didn't last long and the fight went on for the Hurunui. It was touch and go in that fight, however we eventually secured a ruling that means that the Hurunui will continue to be available to kayakers for years to come. Simultaneously we were dealing with challenges to the Nevis Water Conservation Order, the Buller, the Kawarau (Dogleg section) and preparing for the big fight for the Waitaha.

So that's a very brief summary of the 'preserving our whitewater resources'. What about enhancing opportunities? Under our old name (NZ Recreational Canoe Association) we developed a kayak leader / instructor award scheme and then partnered with a fledgling NZOIA who took over the role of on-going development and delivery of the scheme. We also developed river safety and rescue syllabi. Over the last two years NZOIA & WWNZ have been partnering again and it's satisfying to see the results in the form of the newly released syllabi.

Moving forward we will continue to fight to keep fresh and clean water in the rivers so that everyone has a playground



and instructors have a workplace. We will also continue to advocate to policy makers and land managers for recognition and funding for the sport. As instructors you are essential to providing leadership and expertise. The partnership between NZOIA and WWNZ is an essential one to meet the vision of both. I encourage you all to be in touch with us so that kayaking in New Zealand thrives and continues to be world leading. Thank you.

Matthew Bennett, President, Whitewater NZ



GREG BIESLEY

CHANGING YOUNG LIVES IN EL ALTO, BOLIVIA

Fernando grew up scavenging food scraps from rubbish dumps to survive. Several years ago Fernando, now 20, and I were sitting on the sharp summit of a 6000m Andean giant. *'Hoy es el primer día en mi vida que me he sentido libre'* he told me. Today is the first day in my life that I have felt free.

With my wife and 3 children, I live in El Alto (The Height), Bolivia. El Alto is attached to the city of La Paz (The Peace) below and is situated on the high Bolivian plain known as the Altiplano. Our house sits at a lofty 4020m, more or less in the middle of the 1.5 million Alteños who inhabit this crazy place.



Gangs are a major problem in El Alto. In some barrios (neighbourhoods) up to half of the youth of the area can be affiliated with a gang. Young guys and girls join for many reasons but very often it is because of boredom and a sense of hopelessness. There are very few things to do here and getting into trouble is easy. The profusion of cocaine factories (the closest to our house is 100m away) means a plentiful supply of base, the by-product of cocaine production which is smoked and is worse than cocaine in its effect. The cocaine itself is exported. Gangs rob and kill and get killed – one gang murdered over 90 people in a 2 month splurge of violence 2 years ago.

Another major concern is the high incidence of child and youth kidnapping. Hundreds are taken every year, including 3 from our street and a child we worked with, for slave labour, prostitution, rituals and body parts. The going rate for taking a child is 70Bs (about \$14). My rage against this is intense. I have thought a lot about possible solutions and haven't come up with anything workable and lasting. Talking to El Alto youth; their

take on it is that nothing will change until there is no one left, desperate enough to be involved in these scenarios. They tell me; changing that will require a general increase in employment and education for Alteños, starting with them.

To give the gangs some competition and to be part of the solution to child trafficking, we are involved in a number of youth driven projects. I'm building a music studio (my second here). We have an education fund, backed by NZ churches, to help El Alto youth go to university. We do some tutoring in English, maths and physics. I run a website to promote Bolivian mountains – www.boliviaclimbinginfo.org to increase employment in nearby mountain areas – this of course requires that I do research of the climbing big things kind. We also have 3 different mountain based outdoor programmes going.

The first is simply giving Alteño youth, some who have never left the barrios, the chance to get into the hills. They can see the peaks from their homes and have dreamed about climbing them all their lives. Last week Santos kept telling me; "this is a dream come true, I just can't believe it" as we made a successful ascent of a local mountain. This is a typical response and years after the event I will be told by someone that being in the mountains was the most significant moment of their life. They sing, dance and occasionally break dance their way up big peaks having the time of their lives. So far we have taken hundreds of youth up mountains between 5300m and 6200m and the benefit to them seems well worth the effort.

We will, in the not too distant future, return to paradise (New Zealand) and so another aspect of our work, is to train leaders amongst the youth to continue what we are doing. This opens up employment opportunities as they become some of the more skilled mountaineers and rock climbers in the country. They are getting jobs in tourism that pay many times what they would otherwise expect to earn. Some of these leaders are adamant they want to come to NZ somehow and take NZOIA assessments to get outdoor qualifications!

Finally we support and help run a growing alpine sports and climbing club for Bolivian youth. We had Bolivia's first, and at 5300m probably the world's highest, snowboard competition last month. A club member has been asked by the Bolivian Olympic Committee to go to the 2016 winter youth Olympics which is pretty awesome. ▶

There are a number of challenges working with El Alto youth that has required a few instructional adaptations. They are intelligent, street smart, humorous, tough, gung ho, passionate people of Aymara and Latino heritage. It takes time and patience to get to know their culture. Firstly they speak a local version of Spanish laced with Aymara so having a good grasp of the language and nuances of youth communication is essential. Secondly, safety is not necessarily a priority for them. El Alto is a spectacularly unsafe place to live in general and it can be difficult to communicate my need to make an outing to the mountains or rock as safe an experience as possible. This would entail a significant reduction in risk than in their daily life and it can seem ridiculous to them. This often translates into a period of following instructions out of respect followed by, what would seem to us, an inexplicable lapse into doing something profoundly risky. I am for ever on the alert for that something. Thirdly, when that something happens, it helps to berate them with some vigour! I've tried all the measured, calm and reasonable approaches I'd use in NZ to no effect whatsoever. The thing that gets understood is a bit of passionate ranting, preferably with wild gesticulations. Afterwards I might ask one of the leaders if they think that worked or if I have to have another go with a bit more grunt added. They take no offence at these antics and it is the best way to drive home an important point, even though many know that I'm just acting.



Other challenges include the high altitude and the extra layer of complexity in outdoor activities due to it, lack of equipment, corrupt officials, social unrest causing roads to be blockaded and discrimination against El Alto youth.



It isn't particularly easy sometimes but I think we were fairly well prepared for Bolivia. With my wife Sal and eldest son Toby, I spent over 2 years living and working in Indian slums, mostly in Kolkata (Calcutta), running a sports programme for slum kids and generally trying to keep them out of trouble, with mixed success. This has helped a lot with being able to cope with the inevitable frustrations of living in Bolivia. Being open to try whatever comes along is also valuable – I have a stunning lack of musical talent but am in demand by young musicians for my (and Dr Google's) planning and building skills (stop laughing Dave); I can skutch down big peaks on my plank trying not to fall into crevasses but somehow I'm the only person in Bolivia willing to teach snowboarding! It seems to help being Kiwi – we often do relatively well in challenging environments. Instructionally, I was well served by working at OPC in the mid 90's and learning the craft from some excellent operators, beside whom I'm still just a climbing bum moonlighting as an instructor.



Being part of NZOIA is also important to me. I've maintained my quals while being based overseas for 5 years for a number of reasons. I find it valuable to be part of a body of outdoor professionals striving for excellence. This inspires and challenges me to be better at what I do. People here appreciate the qualification I have and most of the NZOIA website hits originating from Bolivia are not hackers but outdoors people here wondering if they could have something like it. Also, having been part of it since 1995 I know a little of the epic amount of hard work put in by a large number of people to get the association to where it is today and respect that effort.



Well, Fernando is now working with street kids in La Paz and as for us, I guess we'll be here for a bit longer. We'll have some more Bolivian adventures, try to stay out of trouble and take a few more dreamers into the Andes to experience the freedom of the hills.

Greg holds Rock 2, Alpine 2 and Bush 2 NZOIA awards and is currently working with El Alto youth in Bolivia.

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 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. / A reflection on any aspect of outdoor instruction that you think would be educational and beneficial for others to hear.

Contact Jen Riley the editor with your ideas and for guidelines: editor@nzoia.org.nz

Photo: Johnny Johnson



Advertise in the Quarterly

Advertisement	Format / Size	Cost
Half-page advertisement, black & white only	horizontal 186 mm wide x 132 mm high	\$115 + gst
Half-page advertisement, black & white only	vertical 90 mm wide x 273 mm high	\$115 + gst
Quarter-page advertisement, black & white only	vertical 90 mm wide x 132 mm high	\$80 + gst
Third-page advertisement, black & white only	horizontal 186 mm wide x 86 mm high	\$80 + gst

Advertisements should be in black & white PDF file format. No 'bleed' advertisements accepted. Colour files can be converted to black & white but tonal contrast may alter. Please enquire for affordable advertisement design rates. Send your advertisement to: The Editor, NZOIA, P.O.Box 1620, Nelson 7040 Email: editor@nzoia.org.nz

Congratulations on these recently gained NZOIA Qualifications!

Alpine 1	Richie Jacomb
Bush Walking Leader	Justin Berger
Bush 1	Katinka Vaughan, Maike Walther, Tony Popenhagen, Richie Jacomb, Annelise Impelmans, Louise Henderson, Nick Brown, Peter Cammell, Tania Hendry, Stewart Tokerangi, Nic Ewen, Leela Samuels, Emma Yates
Kayak Leader	Justin Berger
Rock 1 - Sport Climbing Endorsement	Willy Polson, Gideon Geerling
Sea Kayak Leader	Sean Mulvany, Steve Gibbons
Sea Kayak 1	Grant Whitehead, Gary Miller

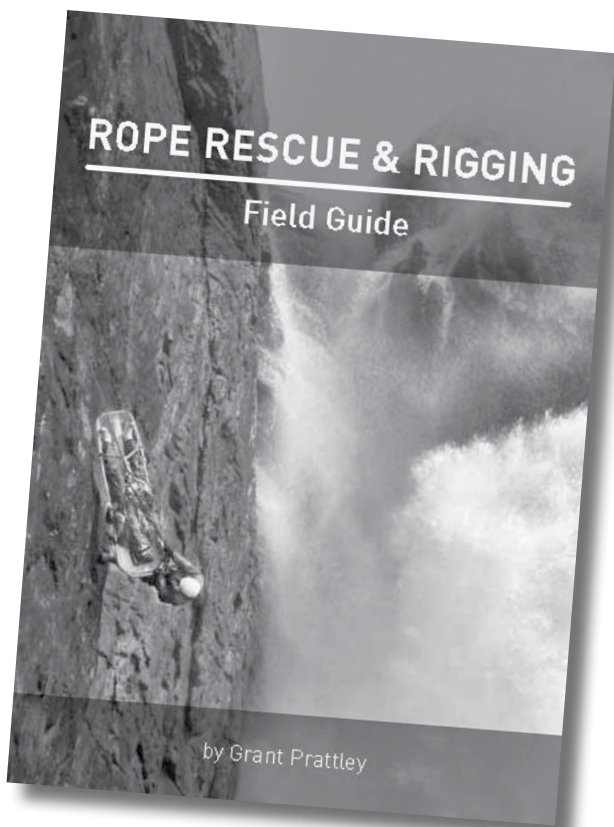
Photo: Toine Houtenbos



RIGGING MYTHS AND OTHER THINGS ROPE

BY GRANT PRATTLEY

Editor's note: Grant has been professionally involved in rescue since the early 90s, initially in ski patrol and then for 14 years in the Aoraki / Mt Cook Mountain Rescue Team. He has expanded his skills and experience to include expertise in the caving, canyoning and industrial environments. He loves to share his knowledge as a trainer and each year spreads the word all over the world. In this article he shares about some of that training which happened at this year's NZOIA Symposium.



Grant Prattley has recently released 'The Rope Rescue & Rigging Field Guide' which provides easy to reference practical reminders on essential field techniques for training and responding to rope rescue incidents. It is aimed at rescuers working in the back country and remote areas as well as off road and industrial situations.

You can purchase the Rope Rescue and Rigging Guide from the NZOIA website.

In October at the NZOIA Symposium at Tihoi, we had a bunch of people out for half a day breaking and load testing various components in rope systems, and maybe also breaking a few myths along the way. Back in the classroom we discussed more about the theoretical concept of vectors. The idea was to open up the thinking and start analysing what gear we have and how we use it.

Testing

We set up a load cell and then various participants produced all sorts of old and new bits of gear to test. We broke the gear with a 9:1 pulley system with 4-6 people pulling. Using a pulley system allows you to feel the real force required to break the gear. The testing was limited to software as hardware tends to have a mind of its own once broken.

Results

8mm Nylon Accessory Cord		
Clove Hitch	6.66kN	Failure at knot
Figure 8 on the bight	8.06kN	Failure at knot
6mm Accessory Cord on 10mm Donaghy's Polyester		
Prusik (Classic) Hitch	7.30kN First Slip	Failure at hitch
	9.88kN Failure	
Klemheist	7.20kN Minimal Slip	Failure at hitch
French	5.22kN First Slip	Failure at hitch
	8.38kN Failure	
On 11mm nylon static rope		
6mm Accessory Cord	12.88kN Minimal Slip	Failure at hitch
VT Prusik (Canyoning)		
Croll (mechanical ascender)	6.60kN	Stripped sheath
10mm Beal Dynamic		
Clove Hitch	10.44kN Minimal Slip	Failure at knot
Italian hitch holding power 11mm nylon static rope		
0°	3.7kN	One gloved hand
180°	2.4kN	One gloved hand
20mm Webbing		
Girth hitch onto a carabiner	13.06kN	Failure at hitch
Tape bend	15.82kN	No Fail – Test Stopped

Note: 1kN = 100kgs under the influence of gravity

Further work and thoughts

We only did one test of each variation. To be more accurate we would ideally need to do 5 tests with each setup. So the main point of the testing was to experience the testing - to see, feel and hear it, and... there are now 10 more people enthusiastic about breaking stuff. Here are some of the points we discussed.

Girth hitching cow's tails

There has been quite a bit of debate around whether you should girth hitch your cow's tail (aka daisy chain / lanyard) into your climbing harness. You should only be putting body weight on the cow's tail and not dynamically loading it. Our test indicates a breaking point of 13kN, which is a good result, however it needs more testing to confirm and to give the industry information on which to base recommendations.

Trusting a Prusik

In all our tests the prusik cord broke. The really old and used (approx. 7 years) broke around 7-10kN and the newer around 13kN. Over the years I have done hundreds of tests on prusiks and found they do not slip without a great deal of force being applied, nor do they spontaneously break. This is why we use prusiks for rope rescue; they're easy on the rope, lightweight, they give you a great deal of warning before failure and they only fail at high load.

Mechanical ascender failed at a low load

They are super efficient for climbing ropes (I wouldn't want to climb a 50m pitch with prusiks!), but ascenders have limitations. It stripped the sheath of the rope with no warning at 5-6kN. They also don't load dynamically and are best suited for single person use.

Clove hitches

We often use clove hitches to build climbing anchors in dynamic rope. Our one test was done as a slow pull. I have looked for further testing on clove hitches and there is quite a variety of results for slow and dynamic pulling, tested on dynamic and static rope. This warrants further testing.

Drawing vectors

Back in the classroom we had a discussion on vectors and drew a few vectors to visually explain how forces work in rope systems.

Drawing vectors is a very non-mathematical way to figure out what's happening with the forces in your rigging. Initially draw your system and then work out the forces. Once you get the hang of it you can visualise and estimate the forces as they happen in front of you.



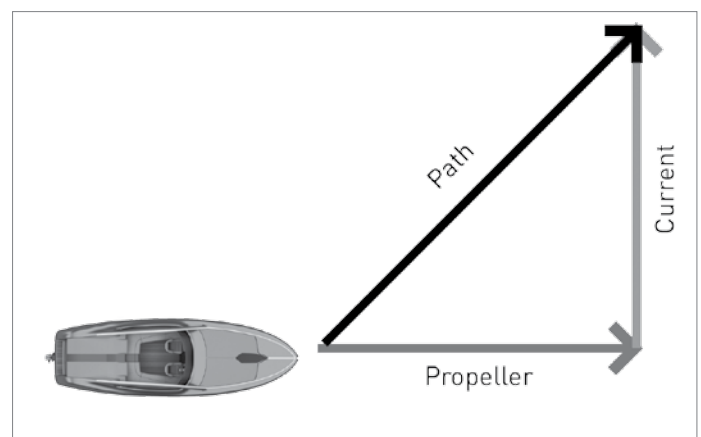
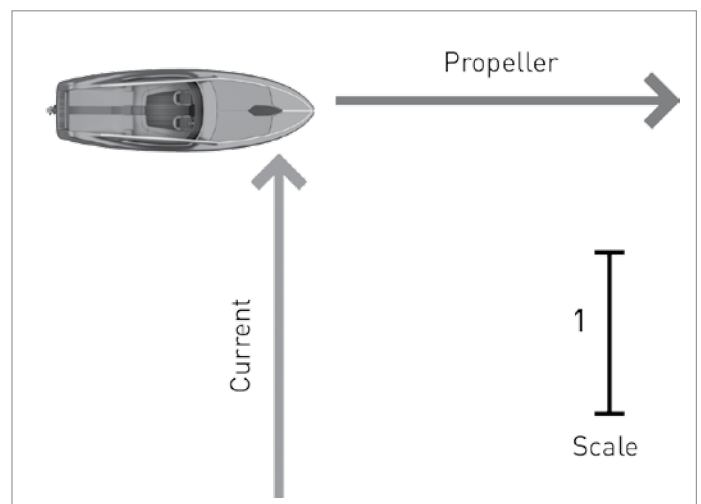
A vector has magnitude (size) and direction. The vector is drawn using a line with an arrowhead. The length of the line is magnitude and the arrowhead is the direction

Boat Example

Using the scale 1 = 1km, the propulsion of the boat in 1 hour would be 2km/hour east, i.e. magnitude and direction. (I think they must be fishing).

At the same time a current is pushing the boat the same amount north (2km/hour). These are now known as component vectors and both are acting on the boat.

We can add one vector to the other, in any order to find the resultant; which is drawn from the start to the finish. The resultant vector is 2.8km/hour north east, and is the actual path of the boat.



Rope Rigging Example

The trick for rope rigging is to recognise the components and resultant. Components are going to be along the physical rigging, i.e. ropes, webbing, cord etc. The resultant or where the actual load is being applied is into space.

Let's apply vector drawing to a 90 degree redirect of a rope around a pulley. If the load (L) is 1, there is also 1 on the rope on either side of the pulley and 1 on the anchor (A).

We can draw two component vectors of 1, one on each rope being applied to the redirect pulley and anchor (using the scale).

When we add the component vectors together we get the resultant of 1.4.

The resultant vector is 1.4 the length of the component vector of 1. The length of the vector is relative to the force being applied. Notice that if we draw parallel lines (to the ropes) from each component vector head we get the same result as adding vectors.

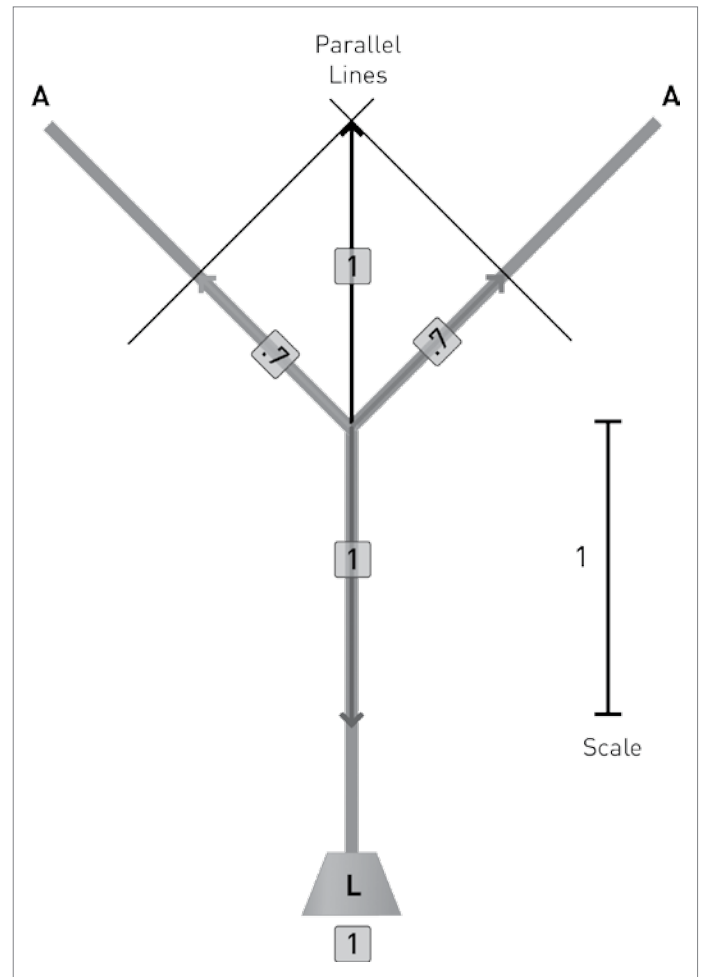
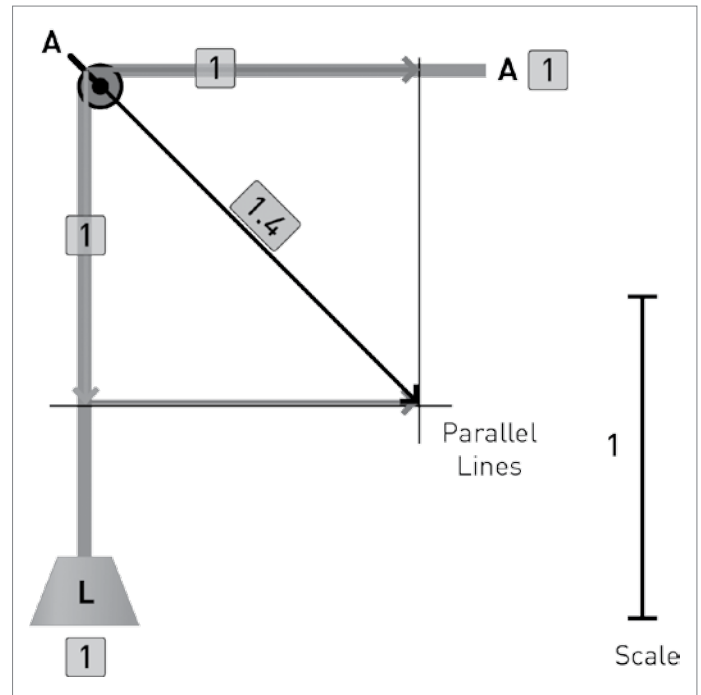
Lets apply vector drawing to a 90 degree 2 point anchor. If the load is 1, there is 1 load pulling the anchor system down due to gravity (down vector). We know that for every action there is an equal and opposite reaction (up vector). In this case it is pointing into space so it is a resultant vector.

We need to figure out the components on the rigging. If we draw parallel lines (to the anchor rigging) from the head of the resultant we will get the components i.e. the left and right vectors.

These component vectors are 0.7 the length of the resultant vector of 1. The length of the vector is relative to the force being applied.

Final thoughts

- Testing and analysis is often done with a component basis in quite an isolated fashion.
- To understand how things work we need to get better at testing systems.
- We need to also get better at testing applications of how things work when used in the real world.
- Thanks to SARINZ for providing the load cell and testing equipment.



For more information contact Grant at:
grant@oterescue.co.nz
or visit: www.oterescue.co.nz

AIRWAY MANAGEMENT

Assuming the scene is safe, the most important thing we can do for an injured patient, is to manage their airway. I suspect many of us become complacent about this given that almost all the patients we see are informing us loudly about what their chief complaint is. In these situations, the fact that the person can talk indicates that their airway is open and functional.

However it is easy to get flustered when we discover our patient is not responsive to voice or pain. The mind speeds up 10 fold and the adrenaline kicks in. They might be snoring, gurgling or even fitting. The ABC acronym (Airway, Breathing, Circulation) serves as a simple reminder; assessing and treating each of the part of the primary systems that keep us alive. Of these the airway must be open for the respiratory system to function and supply our circulatory system with the oxygen our cells need to survive.

The easiest way to assess someone's airway is to check their breathing. If the patient demonstrates breathing effort with their chest or abdomen but no air is moving through their mouth or nose, then their airway is likely blocked. If the patient is snoring then their airway is partially obstructed. An unconscious patient lying on their back is likely to have their tongue slip back and obstruct their airway as their jaw relaxes. Assume that any unconscious patient does not have the ability to maintain their own airway and that we must do it for them.

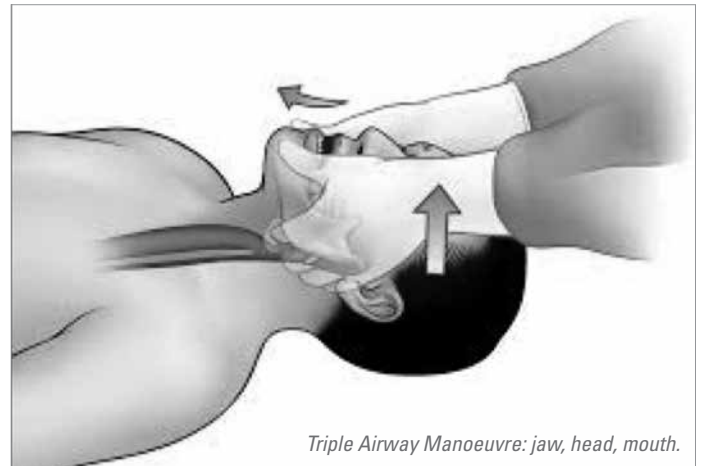
Fortunately, in most circumstances, all we initially need are our brains and our hands. While we might be lucky enough to have access to Oropharyngeal or Laryngeal Mask Airways, these should be considered adjuncts to the simple yet highly effective triple airway manoeuvre, which thrusts the jaw, tilts the head and opens the mouth.

The Triple Airway Manoeuvre

If the patient is lying on their back, kneel at the patient's head, looking down their body with your knees on each side of their head. Place 2 fingers behind the corner of the jaw, place the thumbs on the underside of the chin and lift the jaw up and forward. This should open the mouth at the same time. If the patient is on their side or front, leave them in that position while you assess their breathing. If assessment is impossible in that position then roll them onto their back.

Look, listen and feel for breathing. If the patient is breathing then ensure help is coming and maintain this position. If the patient does not have a traumatic mechanism of injury or if they are not breathing then tilt the head back to bring the tongue further off the back of the airway. If the patient still isn't breathing then commence CPR.

If you have ever had the triple airway manoeuvre performed on you in training then you might know how painful it can be. As well as maintaining the patient's airway, a good strong jaw thrust serves to irritate the patient; perhaps enough to bring them back to a state of consciousness, but if not then to constantly assess their response to a painful stimuli.

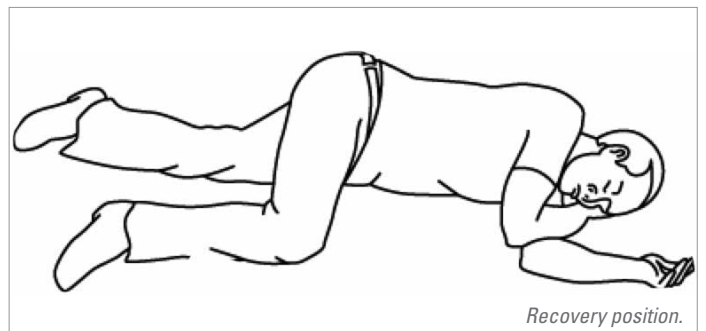


Triple Airway Manoeuvre: jaw, head, mouth.

The Recovery Position

This is an airway *management* position rather than something that will miraculously cause our patient to shake off their ailments. The danger with having an unconscious patient on their back is that if they vomit they can easily aspirate that into their lungs on their next inhalation. In particular head injured patients are prone to vomiting.

If the patient is breathing and it is safe to do so, consider carefully rolling the patient into the recovery position, taking care to keep their spine as straight as possible.



Recovery position.

The ability to perform a triple airway manoeuvre and place someone in the recovery position are two of the most vital skills in our pre-hospital medical tool kit. Neither require us to carry any extra gear and both can save a life. Some medical professionals dedicate their entire career to airway management which indicates to us just how important and current our skills should be in this area.

Henry Worsp, Peak Safety



ROCKTASTIC!

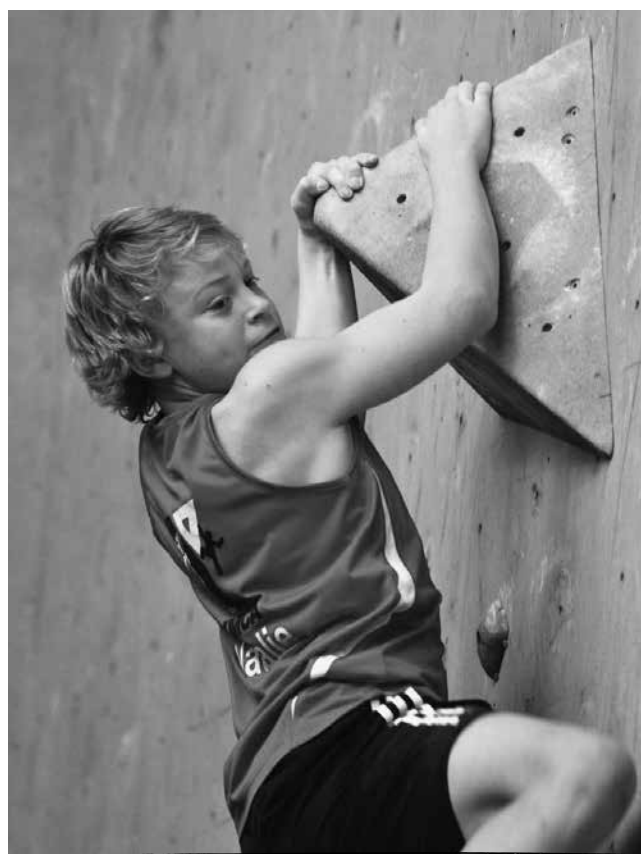
Indoor climbing has come a long way in the last few years; the sector has voluntarily embraced the Activity Specific Guidelines, the NZOIA climbing wall supervisor awards have been developed and bouldering has become increasingly popular as evidenced in the National Indoor Boulder Series run by the NZ Alpine Club.

The Christchurch YMCA runs two indoor climbing walls, with a combined route count of more than 180, after purchasing the ROXX Climbing Centre and Clip 'n Climb at the start of June. The Y wall, will be decommissioned near the end of the year as the city site redevelops post quake. The earthquakes themselves damaged many outdoor climbing crags on the Port Hills, some temporarily and some permanently. This was an obvious loss in some ways, but in other ways it encouraged crags seldom used to be reengaged with. The climbing community in Christchurch has a Facebook page which is a great way to find climbing partners as well as to co-ordinate events and communicate updates on local crags.

Climbing is a passion for our staff. Recently one of our route-setters became the second person to ascend New Zealand's hardest boulder problem; Trifecta, at Flock Hill. I'm certain the third ascent will happen soon. They're not only good climbers, they are also very good instructors. Many cut their teeth on instructing at the gym and others are seasoned instructors from around NZ.

Climbing seems to be an activity that gets into your blood and hooks you in. It may be an on and off again affair, (I'm fickle I confess!) but the truth is; whenever I go for a climb I always finish with some little project I want to come back and complete. It's a rich dichotomy of individual focus and social gathering. Each route or problem gives you something to measure yourself against. It's easy to find that level which is just in the right challenge zone for you to get you in the Csikszentmihalyi flow, something that stretches you to push yourself to your limits, whatever they might be that day. Then there are all those great people; belaying you, helping with beta, catching up with each other or merely a recognisable face with something in common: a desire to climb.

Attached to both walls in Christchurch, are youth climbing clubs fuller each year with keen younguns. Their commitment ranges from dedicating every afternoon after school to training, to those who enjoy meeting up with like-minded mates. What is most heartening about these youth clubs is that they are mentored and lead by climbers with years of experience and skill who often volunteer their time. Those who are really keen, participate in climbing competitions run by the affiliated clubs such as Flying Geckoes and the national body; Climbing NZ. These photos are from the boulder section of the National Cup held in Christchurch last winter. It's great seeing people of all ages, from all over NZ participating and pushing themselves to excel, as well as enjoying meeting up again, talking about climbing trips and planning the next adventure.



Photos courtesy of Centuri Chan.

Jenny Jordan, Senior Manager, YMCA Adventure Centre, Christchurch

Profile: Rotoiti Lodge

It's 8am on a frosty weekday morning. Looking out the office window we can see snow covered mountains, a deep blue lake and beech trees full of cheerful songbirds. In the background is the sound of busy youths organising equipment they need for the day. There is excitement as well as nervousness filling the air as they prepare for another day on camp. These students are from one of the many school groups the lodge sees every year. For many of the students this is their first outdoor education camp, for others it is an anticipated highlight of their year. Hi, my name is Julian and this is the best job in the world.

Rotoiti Lodge Outdoor Education Centre is nestled in the heart of the Nelson Lakes National Park. It is one of the only centres to be housed inside the boundaries of a national park and was one of the first centres to open in New Zealand. In the early 60s, Police Sergeant Noel Oxnam from Murchison had the idea to provide a place for kids to go and learn about the environment, themselves and others. Since the opening in 1968, the lodge has been used to run outdoor camps for youth, as well as supporting community groups, sports teams, hobby groups and the NZ Army. It also hosts weddings and birthdays. Almost 50 years on, the lodge has morphed and changed, but the passion of giving kids a place to experience new and exciting challenges lives on.

Rotoiti Lodge runs activities that are designed to challenge and grow those participating, teaching them how to work and live with others while expanding their minds and limits. Some of those challenges include high ropes, group initiatives, team building activities, bush walking, overnight camps, abseiling and mountain biking.

The beautiful Lake Rotoiti and its surrounding mountains attract visitors from all over the world. We incorporate these iconic features into the students' week. During their stay, students have options of paddling on the lake to reach their camp, walking around it and visiting the famous Whiskey Falls. Some will go high up into the hills to view the lake from the top of Mt Robert.

The Lodge is a great platform for instructors to come and learn the ropes so to speak. It offers a good solid training pathway and supports the growth of new instructors. Rotoiti Lodge has very high standards and expects the best from its staff. The staffing model at the Lodge looks like this; there are two full time / part time instructors who work when there are programs on (about 25 weeks per year), one full time senior instructor who organises the programs and looks after overall safety and training, then there is the director who oversees the running of

the lodge, funding and finances. The Board of Trustees oversees the future planning of the Lodge. We also have more than ten contract instructors who work when needed. There is a great vibe when the Lodge is full and buzzing with people.



There is one story that keeps coming up in conversation around the Lodge...

There is a lot of wildlife in the Nelson Lakes National Park, and there is an intensive trapping program (Rotoiti Nature Recovery Project) run by the local DoC staff, to eradicate some of the unwanted wildlife. Some of the creatures that have managed to dodge the trapping have big personalities. They have made the connection between kids, camps, and yummy treats. During one camp, a teacher was rudely awoken to the sound of plastic bags being torn apart and something rifling through his pack. He opened the tent door to find a kea and a possum having a great old feast. The kea had opened the zip of the pack and the possum was dragging the food out for both to enjoy. The teacher's lunch for the next day was being devoured and his personal gear was being strewn around the camp site. This woke the whole camp and in the morning stories were told that the students will tell forever and a day.

Experiences like these can not be measured, quantified or bought, but they can have a lasting affect on how we interact, communicate and work together in an unforgiving and ever changing world. I like to think we do make a difference. Now tell me; is this not the best job in the world? I believe it is!

www.rotoitilodge.co.nz

Julian Malcolm, (Bush 1, Rock 1), Rotoiti Lodge



DULKARA MARTIG

A SLOW-PACED JOURNEY: WALKING ACROSS NEPAL

I have naturally itchy feet, always further aggravated by the Banff Mountain Film Festival. Last year as I walked out of the theatre, I vowed to succumb to the itching and set off on a longer journey. A few weeks after completing my first NZOIA assessment I found myself embarking on an unsupported traverse of Nepal with Tom Goodman. On our third day we had covered the distance we had planned to do in one. It didn't seem to matter. Our destination soon became merely a distant focus, a direction to head in.

Our journey started in Kathmandu, where we worked our way through a logistical minefield of paperwork to be signed off by government authorities. From the hustle and bustle, we made our way to Darchula, a town on the far Western border of Nepal, where a wire bridge over the river joins India and Nepal. Then we started walking east.

We passed through expansive areas of wild rhododendron, blanketing the hills in deep red and crimson. Some days were baking hot, leaving us feeling dizzy as we made our way through seas of cacti taller than us and spotted papaya trees bearing fruit ready to devour in the early monsoon.

We travelled through small villages and towns, on Himalayan trails that had been walked for thousands of years. Some were starting to see motorised traffic, and works were in progress to widen paths so jeeps could rattle their way further into the Himalaya. Some trails will never see motors. Change is inevitable, but occasionally I couldn't help but wish things would remain as they were.

Walking became a way of stitching together many moments, experiences, landscapes and encounters with people. We went to bed with the sun, woke with the sun and never wore a watch. Time was measured in high passes, new friends and changing landscapes. We forgot the sound of cars, traffic lights and advertising vying for our attention. Instead, we admired turquoise and deep red Himalayan butterflies and beautifully coloured native birds as they flitted between trees, singing their hearts out. Monkeys swung out in front of us, looking back with cheeky grins silently challenging us to try to catch them.

We crossed many streams and rivers, on everything from single log bridges to modern, sturdy, wire suspended bridges, suggestive of the size of the rivers when swollen with the monsoon rains. Snow-melt creeks often stranded us in the early afternoon and we'd camp early, spending the time soaking in the surroundings, basking in the sun if we were lucky.

Some tracks were like treadmills as we fought our way through a slush of snow melt, donkey piss and mud. Other times we were on cobbled pathways, and as I made my way slowly up, I could almost see the faces of the men who had placed the stones by hand so carefully and so long ago. Many stones were shiny, polished by the thousands of people who had walked those paths before us.

Many days we stopped walking earlier than anticipated, graciously accepting invitations to stay with locals we'd met on the trail. We took refuge from the baking afternoon sun under verandahs, munched on samosas around lunchtime and regularly went to bed satisfied with a large helping of dahl baht. Other evenings we sat hungry under rock bivvies, sheltering from snowstorms alongside Tibetan nomads.

Diary excerpt: The contrast between the old and the new hits me here. My eyes dart around the room and I see hints of changing times. Stacks of cheap canned beer from China accompany local rice brew, Snickers bars are neatly stacked on shelves next to dried yak cheese, and synthetic clothing peeks out from beneath yak-wool coats.

The scent of juniper rises from chimneys. It is the only wood available and is just used to light fires which are then sustained with yak dung. Houses are made of mud and stone and whole villages blend into the surroundings. There is little disconnect between people and nature; everything blends into the land in this high-altitude desert. Even human remains are left for the vultures that can be seen gliding through the valleys, as offerings to the gods. Life is tough, but there is a peacefulness, a sense of contentment and a deep connection with nature evident amongst the locals.

Our ears became accustomed to the ringing of bells as donkeys, laden with bags of grain or large rocks for building a house, trotted past at incredible speed, leaving us in pools of dust and almost knocking us off our feet. Alongside donkeys were men, women and children carrying heavy baskets overflowing with supplies. Later, loads were carried by small goats and then yaks as we entered the high altitude desert of the Upper Dolpa region. Soon marmots' heads popped up, and fresh snow leopard poo and footprints egged us on up high-altitude passes, exciting us with the chance of spotting one of the elusive cats.

With each step, our final destination became less important. Places, trails and landscapes blurred together, like ragged prayer flags on a high alpine pass slowly fading with the elements. I settled into the rhythm of life on foot and soon days, weeks and a couple of months passed.

Diary excerpt: Some people are drawn to wild places; our hearts beat stronger. Here I see life in all of its vastness, all of its beauty, and its extraordinary depth. My heart dances, it beats stronger in these mountains. Life is stripped to the bare necessities; it's impossible not to see what is most important.

Something about this place vibrates through me, like the sound of the conch shell in morning prayer in Saldang. It flows through the valleys like faded prayer flags dancing in the wind, elevating the soul of everyone who passes through. It's not just a connection to nature, but to a culture and community of people with so much history and depth.

Tom Goodman and Dulkara Martig near the Bhima Lojun La, looking towards the Annapurna range.



We spent an evening huddled in a circle around a fire alongside nomads drinking Tibetan butter tea and eating boiled potatoes dipped in chilli. Communication mostly consisted of toothy-grinned smiles and crazy gestures. While we had only backpacks, these families had herds of animals, hoards of grain to keep them sustained during the winter months and small toddlers to bring over the pass safely. As we slid into our sleeping bags and zipped up our light-weight Macpac tent, beside us our new friends shared yak-wool blankets, which they had spun and woven themselves, and sought shelter in a hand-made tipi. We packed up in the morning and a young boy looked on curiously. Meanwhile I observed the women boiling what looked like ordinary grass for breakfast.

On one of our final days in Dolpa – as the monsoon was looming – I found myself perched on a rocky mountain top, mesmerised by gigantic eagles soaring, swooping and diving like kites. I visualised myself soaring high above the vast valleys alongside these magnificent giants with their patterned wingspans. I felt the ancient heart of Dolpa beating strong that afternoon. As our time in this mysterious land drew to an end, I was almost hesitant to turn the final page. Then we were back on a local ►

Dulkara, where the Bheri Khola flows into the Kyalunpa Khola, Dolpa region.



Glacier near the Chan La, Dolpa region.



bus, rattling our way towards civilisation after around 70 days. As for our original goal of crossing the entire country on foot, we only made it halfway before the monsoon arrived. I was sold on the joys of slow-paced journeys, and one day I'll head back to resume walking where we left off.

How this trip influenced my journey as an outdoor instructor

This trip changed my path in the outdoor industry, fuelling my inspiration to start instructing on longer wilderness programmes, which led me to the National Outdoor Leadership School (NOLS). Before this journey I was usually racing the clock on personal trips in New Zealand. Walking the entire day and just making it to camp before nightfall. Dinners would be rushed, often half cooked and food was simply energy. I will continue to push physical limits in the outdoors at times, but I have a newfound appreciation for slow-paced journeys where instead of merely rushing past, I interact with the surroundings on a deeper level and have time to simply be.

During a longer journey, you become part of the landscape. You become progressively more connected and in tune with nature. The wilderness becomes, not merely a backdrop, it becomes your home.

Dulkara Martig, World Challenge Leader and NOLS instructor.

NZOIA Training & Assessment

ASSESSMENT FEES		
Assessment course	Course fee	
Abseil Leader	Contact an assessor directly	
Bush Walking Leader		
Canoe Leader		
Kayak Leader		
Rock Climbing Leader		
Sea Kayak Leader	\$290	
Sea Kayak 1 Upgrade		
Sport Climbing Endorsement	\$545 - \$595	
Canoe 1		
Cave 1		
Rock 1		
Sport Climbing Instructor		
Kayak 2 – Class 3 River MMt		
Kayak 2 – Skills Instruction		
Alpine 1		\$730 - \$780
Bush 1 & 2		
Canyon 1 & 2		
Cave 2		
Kayak 1		
Rock 2		
Sea Kayak 1 & 2		
Alpine 2	\$930	

The course calendars for Training and Assessments can be found at 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

- Go to www.nzoia.org.nz
- Check out the Syllabus & Assessment Guide, if you are applying for an assessment then make sure you meet all the pre-requisites.
- 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 your logbook, summary sheet, first aid certificate and any other required documentation to your application. (NB: Non-members can attend Training Courses)
- Applications close 6 weeks before the course date.
- After the closing date we will confirm that the course will run.
- If we cancel the course we will refund all fees.
- If NZOIA cancels a course, you will receive a full refund/transfer of your fee. 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 the Programme and Membership Manager for more details.**

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

Further Information

Details of courses run by NZOIA, pre-requisites and online payment are all available at: 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 for details on how to arrange a course. **Course Costs:** all courses run by NZOIA are discounted for members.

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WILD COUNTRY



Glenda Rowlands
on Tane Mahuta (26)
Mangorewa Gorge
Photo: Kerry Crawford

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PLANTING THE SEEDS OF ADVENTURE



Photos supplied by Rotoiti Lodge

Photo contributions are welcomed for the back page series 'Planting the Seeds of Adventure'. Please submit files in high resolution jpg format.

