

NZOIA QUARTERLY

ISSUE 52

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION



A horizontal cam



A bomber wire



A solid hex placement



Rock Protection and the Bombproof Anchor

John Entwisle

P 4



Walking the Talk

Amy Horn

P 8



Reality Check

Chris Pruden

P 10



Te Ngahere: Our Own Backyard

Kelly Smith

P 11

“

....A few weeks ago I ran a Rock 2 training course as a revalidation for Rock 1. I thought that when I asked for a bombproof anchor I'd get all 5's. I didn't. Only 1/5 turned up. Sadly I didn't take a photo so you'll have to do with my attempt.

Does my anchor rate a 5? ”

▶ Page 4

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Quarterly Contributions

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

Please forward all items to:
Administration Officer, PO Box 11-090, Manners St, Wellington 6142

Or email: ao@nzoia.org.nz

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

Advertise in the Quarterly

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-Please enquire for affordable advertisement design rates. Send your advertisement to:

The Editor, NZOIA, PO Box 11-090, Manners St, Wellington 6142 Email: ao@nzoia.org.nz

Advertisement	Cost
Half-page advertisement, black & white only Format: horizontal 186 mm wide x 132 mm high	\$100 + gst
Quarter-page advertisement, black & white only Format: vertical 90 mm wide x 132 mm high	\$70 + gst
Third-page advertisement, black & white only Format: horizontal 186 mm wide x 86 mm high	\$70 + gst

NZOIA gratefully acknowledges the financial support of the following organisations:



Member Organisation



Executive Update

Ministerial Risk Management and Safety Review

Over the past few months the Department of Labour has been working on the safety review into commercial and adventure tourism activity. As many of you will be aware, this was initiated by the Prime Minister as a consequence of the tragic drowning of English tourist Emily Jordan in 2008, while river boarding on the Kawarau River. This has been an inclusive process and we have been able to contribute positively as part of an external reference group. In this capacity we have made a number of submissions, and met with the DoL to discuss qualifications and registration in greater detail. The approach has been a good one, though the timeframe very tight, and it has been pleasing not only to be included, but more importantly to have been actively listened to. The review has been an interesting process and included a thorough stock take of activity, economic benefit, systems, and accidents in NZ as well as regulation and other approaches to safety management overseas; leading to an analysis of 'the problem' and identification of 'gaps'; and finally a report presenting options and recommendations to the Minister of Labour. This is now the Minister's report so not a public document at this stage. While I have not been privy to the final draft, I understand it presents numerous suggestions, so it will be interesting to see how the government chooses to act.

Communications

NZOIA and the work that we do is all about people. As employees all staff are committed to providing excellent service to members, employers and the public, and we like talking and getting to know you. There are many forms of communication and like other organisations we are struggling under the ever increasing weight of email; we simply don't have the resources necessary to meet some of the challenges presented by the changing nature of communications and must prioritise.

Often a short phone call would save the considerable time necessary to compose an email, particularly if it's a complex issue or if a speedy response is required. If you email us and we are slow to respond, please don't hesitate to send a reminder...it's not that we are intentionally ignoring you, it's probably because we're snowed under.

From my perspective it's good to talk to members over the phone as it provides an opportunity to talk about other things and to form a more meaningful connection. Getting to know members is important in terms of understanding what is happening in the industry; it is also one of the most satisfying aspects of my job. If possible, let's have a real conversation.

Course Bookings

Many of us (myself included) have suffered the inconvenience and frustration of a cancelled course. Unfortunately NZOIA is unable to run courses when numbers are too low, particularly when we must fund raise for half our costs in the first place. Understandably, members are sometimes hesitant to commit to courses unless we provide assurance that they are certain to run, but this has a way of becoming a self fulfilling prophecy...nothing is more likely to result in cancellation than lack of bookings! Administratively we work on the basis of a SIX week deadline prior to the course date. That is when a decision is made to go ahead or cancel (unless we meet minimum numbers before that date). Six weeks is the minimum time for us to secure a trainer or assessor and to make necessary accommodation / model student / equipment arrangements; it's also fair notice of cancellation that gives assessors and members time to make alternative arrangements.

So, make a firm commitment. Get your complete application and the course fee paid well in advance; and that way we can confirm the course is going ahead as soon as possible. In the unfortunate event of a cancellation we'll refund straight away.

Assessment Pre-requisites

All NZOIA assessments have prerequisite requirements. For most it is simply a matter of a current first aid certificate, but others require things like VHF certification or avalanche course attendance where the skills and knowledge within these prerequisite courses may be tested on the assessment. To date NZOIA has been somewhat relaxed about these being

presented prior to assessment and has simply made the candidate aware that they will be automatically deferred, but will pass once the pre-requisite is met. Unfortunately this carries the risk of additional deferment tasks or even a fail where the candidate on assessment is unable to demonstrate a particular skill that should have been learned on the prerequisite course e.g. an avalanche transceiver search. This obviously makes the deferment more complex and costly for the candidate, so we are keen to avoid it. The staff will continue to consider individual requests to attend assessments before pre-requisites are met, but please be aware of the risks associated with this.

Assessor Recruitment

It has been extremely pleasing to receive well over 40 expressions of interest from people wishing to become assessors, and subsequently a large number of excellent applications. Our first Active Assessor course in Christchurch is full, but we've unfortunately had to cancel the Auckland course. Many people who have applied are already trained and experienced in assessment because of their roles within schools, polytechnics or universities, and for these people we are developing a shorter course; this will be advertised and available to others later in the year. Expressions of interest for future courses are encouraged, especially from the North Island; please contact tsc@nzoi.org.nz for details.

Training and Assessment Coordination

As you will have realised from our recent emails Ben is no longer working as our Training and Assessment Coordinator and we have advertised a new full-time position. The job description has changed significantly so this should be a rewarding and challenging job with plenty of interest and interaction with both members and employers. Janette Kear willingly stepped back in to the role at short notice to carry things forward until the new appointment is made, so special thanks to Janette for helping us out at a critical time. The new position will continue to be based at Skills Active who are providing significant support to the role, but will be under a changed management and reporting regime. We'll keep you informed once a new person is employed.

Funding

Currently approximately 50% of NZOIA's income comes from external sources, those being SPARC, Water Safety NZ and NZ Community Trust. This year we have been fortunate to retain the same level of funding as last year and are grateful to have recently received a \$20,000 grant from NZCT, who as a gaming trust have had a reduction in funds available to distribute. For the coming year there is little certainty, particularly given that SPARC has implemented a new funding strategy for the outdoor recreation sector. This sees an end to the former model of organisational funding from which we have benefited for a number of years, and a change to a contestable process that is now open to applications from many more organisations. To support this SPARC has substantially increased the available funds, and we have had an opportunity to apply for an increased level of funding to support aspects of what we do. Predictably the new process has led to considerable over-subscription so SPARC will undoubtedly have some difficult choices to make; and we must wait till later in the year to see if we will receive ongoing funding. While NZOIA is not fully dependent on a single source of funding we are certainly vulnerable and must ask ourselves if our reliance on these external sources is desirable and sustainable.

Annual General Meeting

Our AGM this year will again tie in with the ONZ Outdoor Forum to be held at the Overseas Terminal in Wellington on 24 -25 September. I encourage you to attend the Forum if you are able to do so as it is always a worthwhile and interesting opportunity to keep up to date with what is happening in the wider sector, and of course to catch up with old friends and meet new people. I shall look forward to seeing many of you there.



Matt Cant, Chief Executive

Rock Protection and the Bombproof Anchor

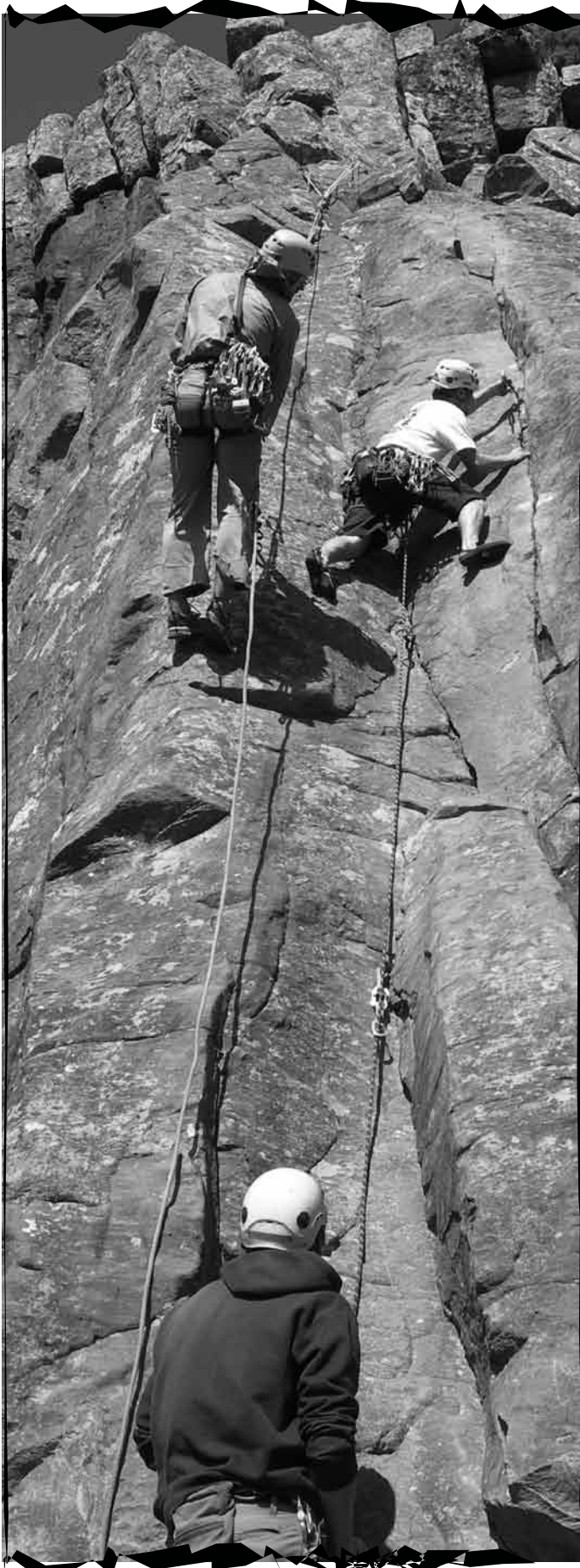
John Entwisle

Natural pro

Well, unless you use flax slings, wooden wedges and a hemp rope, none of our modern gear is strictly natural. It's either based on the petro-chemical industry (in the case of ropes and slings) or engineered energy-intensive metalwork (for rock pro). What about rock features like flakes, threads, chockstones, cracks and trees you ask? Aren't these natural? Yes, and sometimes no. Recently at Spur Road I've used large pine trees at the top of the crag. But rarely can I remember using trees to protect a climb in NZ and those I have used on popular crags have now gone. Clearly being fallen on by climbers does them no good. Flakes seem to meet a similar fate as New Zealand's generally unreliable rock and changeable weather rapidly casts them off, perhaps with the odd clinging climber. The other three features at first glance appear to be "natural" but sometimes, closer inspection reveals the interventions of climbers. Before the arrival of number 5 cams, a large chockstone used to migrate up and down the wide part of 'Cenotaph Corner' in the Llanberis Pass. Not only did this stone move in accordance with the whims of what it felt necessary to protect, but it was a river worn and washed boulder. As a teenage climber I carried several, smaller such stones to wedge in cracks. Threads and cracks often have to be dug out. What are now clean cracks were once plant-choked weaknesses in the rock. Why do you think the 'Garden Trowel' route on the Mate is so called? Some cracks can now be protected 'clean' because they were originally pegged and de-pegged to gradually widen the placements. And, in the so-called Mecca of ethical climbing, Britain, I've placed pro in cracks where the placements were chipped out. So, like 'clean and green', natural isn't always natural.

Trad pro

Trad to whom I ask? To those like me who started climbing in 1960 the above was our pro. As we became wiser we supplemented it with the roadside detritus of the British car industry. Namely, a variety of nuts drilled out and threaded on slings. The controversial pro of the times was pitons, the kind of thing those weak-kneed continentals would use. Longland expressed the Alpine Club view, 'that the man that would drive a piton into British rock would shoot a fox.' Now for those of you not familiar with upper class mores, I'll explain that the proper way to kill a fox is to have it torn to shreds by a pack of hounds while a collection of toffs on horses watch. The best climbers of the times, Joe Brown and Don Whillans, being working class, had no such compunctions, but they did try to limit their use of pitons to two per pitch. The traditional crags



of New Zealand were opened up in this era and some still bear a few rusting relics in forgotten corners. Now I take as trad passive protection, which comes in a huge variety of shapes and sizes from tiny RPs to large hexs. Most of them require some constriction in a crack or pocket to work.

And so to modern...

By which I mean cams and any device possessing some degree of movement, so they can be used in a range of placements, albeit some very small. The first "Friends" arrived in the late 70's. They had rigid stems and now appear prehistoric, but in steep, parallel side cracks they were brilliant. Now they have evolved to fill nearly every niche available to stuff them into, from old piton scars and fingertip cracks to horrendous off-widths, which the occasional perverted soul delights in climbing for some reason best left unexplored. Could be character building. Given that active pro appeared over 30 years ago, then to most climbers (that is you young folk) it is trad, but not compared to the history of climbing. Like sex, it was thought of years ago!

At the risk of sounding like an art critic, I'll move to post-modernism. By which I mean (oh dear! I had better whisper), bolts. I'll refrain from going over the ETHICS of bolts, except to say that from a professional point of view they are great. This is provided that you still run a critical eye over them along the following lines. What rock are they in? Expansion bolts work in hard rock while softer rock, such as ignimbrite, needs glue-ins. Who put them in and when? Even stainless steel is only given a building life of 25 years, so almost any pre-1990 bolt is due for replacement, especially on working crags. What is the rock like? Has it cracked or crumbled away from the bolt? Is the bolt in a block now detaching itself from the cliff? If in doubt, start again as usually there is no other pro.

Using it...

That's enough of trying to classify pro, so let's get on with using it. Where better to start than at the bottom of a crag about to lead a climb. Has it natural pro? As I've already mentioned, one cannot guarantee the quality of trees and flakes. But what of threads and chockstones? Is it going to be worth the effort of threading them? Are they reliable? Or will they just clobber your belayer if you fall off? Sometimes a well-placed sling will help hold a chockstone steady in the crack. For threads I like to be able to use two hands, otherwise the effort outweighs their value. Unless, of course, there is nothing else. There usually is - like pro you can place, rapidly. Being a modern pro climber means cams rather than passive pro, which my generation (who, contrary to 'The Who', have got old) prefers. So what can go wrong with cams? Frankly, not much. One thing is using them behind flakes or blocks, as when loaded the expansion of the cams can heave the flake or block off. The next danger is undercamming so that they pull out, which they are liable to do on soft rock



This page and previous page: Rock 2 in action. Climber Gareth Hutton on Escalade 17 at Castle Rock. Belayer Aaron Gillespie with candidate Ollie Yeoman watching from the rope. Photo by John Entwisle.

(it pays to check the rock quality around your placement). If the crack narrows, you may be saved by the cam acting passively as it carves into the rock. I've had this happen to a student. Lucky for me, very lucky for him. If in doubt, go for overcammed as most stuck cams are retrievable with some hard work. I've lost three in 30 years of using them. Another mistake I see is not aligning the stem to the direction of force. Please spot which way gravity acts. Flexi-stem cams, which also work in horizontal breaks, at least lessen this as an issue. And, as you progress up the pitch, you may find that your choice of cams to fit the crack is limited, so do you a) leap off onto your last piece and lower to the ground to collect the sizes you want; b) press on, making do as even a poor cam is better than none; or, c) scream for a top rope. Over to you.

Or use wires. Or hexs. How retro. Why do oldies like such stuff? Well, for a start, you can see that it is wedged in. If the rock is solid, massive force is going to be required to extrude the metal through the constriction. Like cams, the ideal is to maximise metal to rock contact and, like cams, a softer quickdraw helps to prevent the placement walking. As does giving it a good tug to settle it in the crack. A hint here is to hold something solid while you do this. Another is to give the second a nut key and a pet rock to hit it with. If you are going to protect a climb with passive gear, a safe move is to get your belayer in under the climb and then have an early piece that will take an outward pull. Don't put a long sling on it as this negates the effect of keeping the rope close to the rock. Whew! You've made it to the top.

Now for the "bombproof" assessment standard anchor

How can you measure 'bombproof'? Try the rope, so at least 22kN. What if it's a large tree or monster well-anchored block? Once around with something as strong as the rope (provided there are no sharp edges). Twice, or more, with weaker cord. A locking biner at the focal point and an extra one if it's a repetitive-use top rope. For bolts, use your own slings and biners rather than wear out ▶

what is there. I tend to use snaplinks in the bolts and a locker, at least, at the focal point.

No fixed gear? You're going to have to build an anchor. My first step is to try to find a 'Come to Mama' piece of gear. By that, I mean one that I'd unhesitatingly abseil off in an emergency. Next find another one if you can. AND ANOTHER. Remember that small cams and wires are only rated to about 6/7kN, so you need at least three of them AND THAT'S ASSUMING BOTH PERFECT ROCK AND AN IDEAL PLACEMENT. Best find big gear if you can. Oops... forgotten about my own safety. No I haven't. I'm still on belay and I've clipped a quickdraw to the first piece I put in. Don't use 'SAFE' until you are ATTACHED to the focal point and you are DEFINITELY going to abseil. If you are a bored belayer and don't know what is happening at the top, then tie your belay plate off and wait for a call.

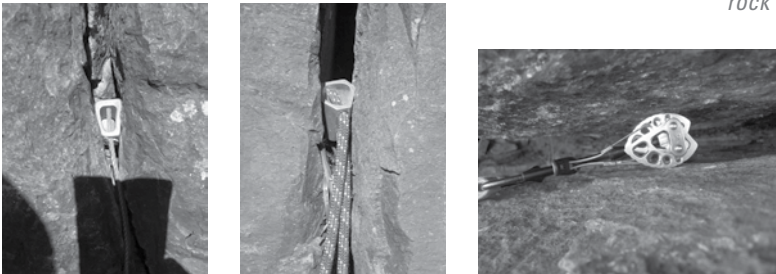
Back at the top you're puzzling about tying it all together. If you've climbed there, use a cordelette. If you've walked up, take a rigging rope. Forget about

equalisation. You'll only get near it if each piece of gear is equidistant from the focal point and the climber is always directly below the focal point. That's too hard for me! Go instead for huge redundancy with the ideals of minimum angles and travel (in case one piece fails), INDEPENDENT PIECES (IF FEASIBLE), doubled cord/tape over edges, and reinforced focal point (which is visible from below). A few weeks ago I ran a Rock 2 training course as a revalidation for Rock 1. I thought that when I asked the course participants for a bombproof anchor that would meet NZOIA assessment standards I'd get all 5s. I didn't. Only one 5 turned up. Sadly I didn't take a photo, so you'll have to do with my attempt. Does my anchor rate a 5? Please post your answers on a large denomination NZ note.

John Entwisle

How do I describe myself? Essentially I'm a born again teenage bum spending my time tramping, rock climbing, fishing and mountaineering, except that I have grandchildren to play with.

I'm also an NZOIA grandfather holding Rock, Bush and Alpine to Level 2 and I assess all three posing as Stattler from the Muppets. Two recent trips were a 230km circuit of Kaharangi NP with Kate and a new rock route on The Mate's Little Brother with Chris Burtenshaw.



From left to right: A bomber wire. A solid hex placement. A horizontal cam. Photos by John Entwisle.



WILDERNESS FIRST RESPONDER COURSE

September 21–30, 2010

Kaipoi, South Island (Just north of Christchurch)

Founded in 1990, the Wilderness Medicine Institute of NOLS provides the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies.

In this ten-day course designed for outdoor professionals, you'll gain the skills and confidence to make complex medical decisions in remote environments.

Don't get caught unprepared—register today!

The Wilderness Medicine Institute of NOLS
www.nols.edu/wmi • new_zealand@nols.edu



OUTDOOR EXCELLENCE AWARDS 2010

Can you think of an individual, programme or facility deserving recognition? Here's your chance...

The Outdoor Excellence Awards recognise the highest achievements of individuals and organisations involved in outdoor recreation and education in New Zealand.

The following awards will be presented at the Outdoor Excellence Awards Dinner in Wellington on Friday 24 September 2010.

2010 TALL TOTARA AWARD

Nominations are requested from the membership for this year's Tall Totara Award. This award is presented at the AGM in September to:

a member who best fulfils the aims and objectives of our association, recognising the outstanding quality of their instruction and their contribution to the development of outdoor education.

Last year Ian Logie was presented with the Tall Totara Award, and previous award holders have included: David Mangnall, Ian Barnes, Linda Wensley, Ray Button, Lindsay Simpkin, Don Paterson, Mick Hopkinson, Mark Jones, Jo Straker and Graham Charles.

Please forward your written nomination by **31 August** with reasons detailing the nomination to:

NZOIA Administration Officer, email: ao@nzoia.org.nz post: PO Box 11-090 Manners Street Wellington

OUTDOOR EXCELLENCE AWARDS

Education Outdoors NZ Programme Award is awarded to an Outdoor Programme that has demonstrated quality and innovation, and has enabled a greater cognisance of outdoor recreation as a significant dimension of the New Zealand way of life. *2009 winner – St Cuthbert's College, Kahunui*

NZOIA Emerging Instructor Award recognises someone who has demonstrated enthusiasm, passion for the outdoors and excellence in instructional skills and techniques. The Emerging Instructor seeks to achieve relevant industry qualifications and continues to personally challenge themselves in their own adventures. *2009 winner – Jye Mitchell*

MSC Volunteer Award recognises the significant contribution that volunteers make to outdoor recreation and education in New Zealand through freely giving their time, energy and commitment to making a positive difference in the community. *2009 winner – Teresa May*

ONZ Facility Award is awarded to an outdoor recreation or education facility that has reduced the barriers for participation in outdoor recreation. *2009 winner – Peel Forest Outdoor Pursuits Centre*

Sir Edmund Hillary Outdoor Pursuits Centre Environmental Leadership Award acknowledges individuals or programmes who have influenced the ecological worldview of participants and/or demonstrated a significant commitment to conservation or protection of adventure places. *2009 winner – Dave Irwin*

SPARC Supreme Award recognises dedication, commitment and significant contribution to outdoor recreation and education in New Zealand. *2009 winner – Liz Thevenard*

Nomination Procedure

Please visit: http://www.outdoorsnz.org.nz/cms_display.php?sn=157&st=1&pg=1979

Complete a nomination form and an explanation of why the individual, programme or facility is worthy of receiving the award. Supporting material or evidence is recommended. A high-resolution digital photo (not embedded in your text) of the person, facility, or programme is required.

The Outdoor Forum

Waiho i te toipoto, kaua i te toiroa



Deadline for nominations – 15 August 2010

Walking the Talk Practising what we Preach

Keeping Ourselves Honest

Amy Horn



*Race start - Kayaking across Rotoiti and down the start of the Buller.
Photo by Amy Horn.*

As outdoor leaders, most of us believe there are huge benefits for people who take part in challenging adventures of some description. We believe there is something significant to be gained from going beyond our current perceptions of our own limits and trying something new, taking a chance, pushing ourselves.

Correct me if I'm wrong but this is what a lot of us do for our students on a daily basis. We nudge them out beyond their comfort zones and encourage them to dream of success in a world where they are unsure of their capabilities, believing they will learn and grow as people, perhaps gain self-awareness, confidence, motivation, self-belief, passion and drive - among other things. But the question I have is, "Are we doing this ourselves?"

A friend was recently at a career counsellors' conference where the speaker asked, "How many of you have mapped out your own career path?" Only a few out of hundreds raised their hands. Scary isn't it, that career counsellors haven't even planned their own careers. But are we any different? Do we practise what we preach?

I work as an instructor at Outward Bound. We recently had an adventure race during our staff training week. Management employed someone specifically to design a challenging but achievable 72-hour course for the staff. The intent? To give us a taste of our own medicine – to push us, challenge us, make us uncomfortable and to give us an opportunity to learn, grow, and discover our own potential. It worked. It was physically and mentally demanding – perfect conditions for personal development in the outdoors.

The course involved whitewater kayaking, mountain biking, canoeing and navigating through bush and alpine

terrain. There were eight stages with one compulsory overnight stop. Six teams of four; everyone was committed and determined – the race was on.

During the final bush stage at about three in the morning, our team found itself terribly lost in the bush. I climbed up to a small point on the ridge with a clear view hoping for some navigational insight. As I stood there gazing at the moon, which was below me, I became perplexed as to how we had somehow climbed higher than the moon, which only moments before had been high in the sky. Slowly it dawned on me that I was not looking at the moon, but a reflection of the moon in a tarn that I was standing on the edge of! A teammate joined me and looking at the same picture commented on the headlamps of a group below us on another ridge. With an amused tone I pointed out that those 'headlamps' were, in fact, the reflection of the stars in the tarn. Unfortunately, the only tarns marked on the map were about four kilometres away from where we thought we were!



We had to stop our racing for a beautiful view and prime photo op as the sunset over the Nelson Lakes and Lake Rotoroa... it was worth the 3 min stop! Photo by Amy Horn.

It was a classic 'crunch' moment in the outdoors – teamwork was strained, patience stretched, exhaustion overwhelming. A moment when true character is revealed and attitude is more important than anything. Looking back on that race, I marvel at how many lessons were learnt and how much was gained from such a short experience. To cut a long story short, after a short nap under our two sleeping bags, we came up with a plan, got on the move and finished the course. And it turned out we'd managed to avoid the bog pine everyone else got caught up in!

However, it doesn't have to be an adventure race or anything as extreme as kayaking solo to Australia. There are many of these types of moments I can recall, as I'm sure you can too. Moments such as standing looking at a rapid wondering if I'm capable of paddling it or if I should

walk. Or pushing on to the next saddle before dark. Or making the crux move of a climb when I'm already well above my last clip. Decide... commit... be confident... take action... visualize success... believe. These are the moments that keep me alive and stretch my potential. Of course, these things need not be in the outdoors either – and for many of us maybe the challenge zone is in something far from the outdoors. Just writing this article is my very own example.

But regardless of the environment, I am convinced that it is essential that we keep ourselves out there on adventures, out of our comfort zones, challenging ourselves, aiming for great heights, taking a chance, a risk. Daring ourselves to dream of the possibilities of our potential.

We know this stuff works. We talk about it and see it all the time and we are better teachers because we have experienced it ourselves. So, let's not become too comfortable! Get out there and find a challenge, an adventure of your own – explore your own potential and challenge your self-beliefs. And while you're there, ask yourself, "What am I truly capable of?"



Amy Horn has been instructing in the outdoors for the past seven years. She has just finished a three year contract at Outward Bound and is embarking on her next adventure, a bachelor of social work at Canterbury University. She holds several NZOIA level 1 awards and loves adventures in the outdoors!

Revalidation Reminder * * * * *

Who needs to come in for revalidation this year?

Qualifications gained before 30 June 2006

- You need to attend a revalidation refresher workshop for **ONE** of these qualifications **BEFORE 31 December 2010**
- You need to attend a revalidation refresher workshop for **all** remaining qualifications at any time **BEFORE 30 June 2012**

Qualifications gained 1 July 2006 to 30 June 2007

- You need to attend the relevant revalidation refresher workshop **BEFORE 31 December 2010**

Exceptions

- Overseas or heading overseas for an extended period? Contact us.
- Work with or know an assessor in the relevant discipline who can sign you off? Contact us for the forms they will need to fill in.
- Work as a trainer for NZOIA? You are automatically revalidated for the qualifications we employ you to train others in.
- Work as an assessor for NZOIA? You are automatically revalidated for the qualifications we employ you to assess in.

Book early so we can plan ahead and so you get a place on a workshop.

For revalidation dates for qualifications gained at other times or for any general information check out the website or contact us.

2010 Revalidation Refresher Workshops

Workshop Course Costs

LAND based workshops cost \$150. WATER based - Kayak /Canoe/ Sea Kayak - cost \$75 (with Water Safety subsidy)

The Revalidation Refresher Workshop calendar is now published only on the NZOIA website and is separate to the training calendar
http://www.nzoia.org.nz/refresher-workshops/training_calendar.asp
You will be informed by email each time it is updated
In addition we will inform you of any unscheduled events that have spare places

Applying for a refresher workshop

Applications for enrolment can be made online or by contacting the NZOIA Office. Applications need to be received at least six weeks before the actual course date. However, applications will be accepted beyond the closing date until the course maximum is reached. Places on courses are allocated on a 'first-in (with completed application form and course fee), first-accepted' basis.

Course cancellation – if minimum numbers are not achieved the course may be cancelled and a full refund given. You will be advised of this soon after the closing date for applications.

Refresher Workshops by special arrangement

It is possible to run workshops on other dates, either by special request or if sufficient candidates and trainer / assessors are available. Workshops can be run at other locations, including your workplace. Please contact the Training and Assessment Coordinator to register your interest. **Email: assessment@nzoia.org.nz Phone: 03 352 5786**

REALITY CHECK

Chris Prudden

Tickets please, level one or level two, they will get you on the job bus, but that one-off test is not going to sustain you through every task.

That ticket is to identify a knowledge/skill standard to future employers and for you a baseline of current skills and techniques to apply.

As sure as the rain falls and the sun shines those skills, techniques and standards will suffer some sort of compromise every other day on the job.

The employer/manager has a serious responsibility and a job from hell to ensure that all of their instructors, leaders or guides are not making compromises that have lost the all-important baseline threads that expose clientele and guides to risks outside the accepted pathway.

My way (and many others use the same) is the 'what if?' measurement.

The 'art' of compromise that will work is one that is always measured from the baseline standard and has passed the 'what if?' test.

The compromise that is not reflected back to the baseline standard or may well be a compromise on a compromise is a journey to high risk which will eventually result in a disaster.

So what am I actually talking about ?

Is it complicated ?

Nope, it's an everyday state of mind – stop think and measure every activity against the optimum 'safe standard'. In some cases it may take a few seconds in others a few minutes. If it doesn't take place or you can't come up with a clear answer, change or get some help!

The forces of nature deserve a great deal of respect and form part of the mix. Even moderate changes in weather need to be accommodated.

Examples are endless and my suggestion is for every outdoor operation to have an optimum baseline safety standard for all activities. Then all guides/instructors should be requested to note and report the compromises they make to the standard.

If you already operate this or something similar, great. The manager will have confidence and a good grasp of what's going on out on the job.

If you don't do this, it may be a scary outcome or you might be pleasantly surprised.

Coming away from a situation that has made you uncomfortable or clearly failed the 'what if' test halfway



Last moves before the summit of Double Cone 2300m, Remarkables, Queenstown. A yawning abyss of 2km to Lake Wakatipu. Photo by Chris Prudden.

through needs to be sorted so as to not happen again and to enlighten your colleagues.

This is how we learn, from someone who already knows.

If you have any doubts as a manager, a few random observations might help avoid any appearances in front of the coroner.

Some examples :

- Build your anchor, then check your anchor – two different operations
- No matter what prior checks have been done, all harnesses are checked before someone goes on the line.
- "Lets scramble up this ridge" – group skills, conditions underfoot, runout, will we have to descend here? – belay, handline, free scramble, avoid??
- Top rope belayer of modest proportions (untethered) is standing 4m out from the base of a 20m crag belaying a 90kg climber. Acceptable?
- Make a list of your activities and usual scenarios and create a standard for each activity for all guides or instructors to work from.

Chris Prudden has had 30 years as a mountaineering instructor and guide, Alpine Cliff rescue trainer, NZOIA Alpine 2, NZOIA alpine assessor.



Te Ngahere

Te Ngahere is a new regular feature for the Quarterly and it is hoped that lots of people will gain knowledge, a new perspective and share their ideas of what Te Ngahere means to them. If you are interested in contributing an article about the natural and cultural history of Aotearoa New Zealand please email the editor at editor@nzoi.org.nz

Kelly Smith

Our own back yard...

How much do you know about what is going on around you in your own back yard? When is the next full moon and high tide? What trees grow in your neighbourhood and what birds live in them? We can often overlook what is right in front of us. In Aotearoa we are so fortunate to be surrounded by ocean. The coastlines are made up of many different habitats including mudflats, harbours, estuaries, windswept sand dunes and swampy river deltas. These habitats are home to so much of our incredible wildlife. It is fair to say that almost every New Zealander has either grown up near the coast or visited for holidays. Many of you would have experienced seabirds and other birds that live around the shore. I grew up on the Kaipara harbour near Helensville. There we have the wild West Coast, which brings us seabirds including gulls, the odd albatross, and terns, including the incredibly rare fairy tern. Then we have the vast mudflats at low tide in the harbour. We get oystercatchers, wrybills, dotterels, godwits and knots. I love my back yard and I thought I knew it pretty well. But the more I learn, the more I realise how much more there is to learn.

On Labour Weekend I joined a group of interesting and enthusiastic people at the Miranda Shorebird Centre on the Firth of Thames for a wader identification course. A wader, for those that are unfamiliar, is a bird whose habitat is usually on mudflats and shorelines. Some waders are our native wrybill, dotterel and oystercatchers, and arctic migrants such as godwits, knots and red necked stints. And that is just to name a few.

On the Kaipara we get godwits. I have been surrounded by flocks of godwits while setting the net for flounder, not really knowing what they were. The old aunties commonly called any wader a curlew, which we don't get very often and not in big flocks like the godwit. Godwits were an important food source for both Maori and European, particularly in places such as Kaipara, Thames, Manukau and Farewell Spit.

The Eastern Bar-tailed Godwit, or kuaka, is the best known and most abundant of all our migrant waders. It is found throughout New Zealand and flocks in large numbers in muddy harbours and estuaries. It is less present in sandy



Godwit. Photo by Kelly Smith

harbours. The kuaka is approx. 300–350g (about the size of your common red bill gull) and has a long, slightly upturned bill about 8.5 – 10.5cm long, which is pink at the base and black at the tip.

Kuaka leave New Zealand in early March or April to fly the 11,000km journey to their breeding ground in Western Alaska. Arriving in May and early June, they breed, lay and hatch eggs. It amazed me that these birds go from feeding off worms and molluscs to berries and bugs in the arctic tundra, a completely different habitat. Once the eggs are hatched, the parents begin their flight back to New Zealand and arrive here in late September to early October, leaving the chicks to fend for themselves. Once the chicks can fly, they feed up and make their way to New Zealand. They make this long, arduous journey to the other side of the world in just 8-9 days

On their way south, the kuaka flies across the Pacific Ocean. Pacific peoples noticed that the kuaka migrated every year and were flying in the same direction. The deduction that these birds must be flying to land somewhere was a factor in the building of 'migration' waka, which would eventually bring Polynesians to their new home of Aotearoa. Kupe, the Polynesian navigator, was said to have followed the kuaka. ►

Migratory path of the Eastern Bar-tailed Godwit (kuaka)



In Maori legend the kuaka descends from Karihi and Kahuitara, the parents of all seabirds that fly in flocks. Legend says that the task of the kuaka is to fly to the farthest sea to call all sea birds together to fight for a share of the harvest of river fish claimed by land birds.

The annual departure of the kuaka from Aotearoa symbolised **ngahuru**, or autumn, traditionally known as the time to harvest crops.

The kuaka is a bird that demonstrates our interconnectedness with the places it travels to and over. We are one place in its journey and each place is important. Some of the birds refuel on their way to New Zealand. One of their staging sites was in Saemangeum, South Korea. Humans have now developed this area and over 50,000 birds cannot be accounted for. Also keep in mind that the kuaka is not the only arctic migrant that depends on halfway feeding grounds to make it to its destination.

So how much do we as outdoor folk know about our own back yard? Did you grow up next to kuaka? Is it important for us, as educators and people that love the environment, to know about kuaka and other birds, plants, fish, the earth, and waterways? New Zealand has unique flora and fauna. They are a part of our history and essential to our future.

Bibliography

Heather, B. & Robertson, H. (2005). *The field guide to the birds of New Zealand (rev. ed.)*. Auckland, New Zealand: Viking.

Riley, M. (2001). *Maori bird lore*. Paraparaumu, New Zealand: Viking Sevensseas NZ Ltd.

Kelly Smith

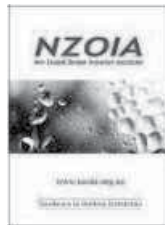
Kelly Smith graduated in December 2009 with a bachelor of sport and recreation (outdoor education major) from the Auckland University of Technology. She enjoys bush instructing and is looking at moving into biodiversity conservation.

NZOIA Merchandise

Waterproof Notebooks

Mud, rain or shine, this waterproof notebook loves tough working conditions. Lead pencil or ballpoint pen can be used under all conditions, even under water. NZOIA branded.

Cost (inc. gst)	
Members:	\$6.00
Non-Members:	\$7.50
Bulk Order:	\$5.50 minimum purchase of 6



Thermal Mugs

highly durable and light weight thermal mug in NZOIA colours.

Cost (inc. gst)	\$14.50
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NZOIA T-Shirts

Size - XL only available - grey with NZOIA logo.
Cost (inc. gst) \$10.00

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 Training and Assessment Coordinator 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: assessment@nzoi.org.nz Phone: 03 352 5786

NZOIA PROFILE: **Andy Thompson**



“ I have been working in outdoor education for 23 years. Before that I was in the NZ Forest Service. I sold my .303 rifle for a pair of crampons and an ice axe (I could not afford both) and got hooked on climbing. I remember coming off Mt Tongariro after ski touring (with my \$30 ex-rental Rossignols) and meeting Brian Staite. Inspired by his encouraging words, the glint in his eye and his inspirational attitude, I was keen to start my journey as a professional in the outdoor industry – it all seemed possible. Anyway, since then I have had a few bumps, wandering in and out of outdoor education, but I know that’s where I am meant to be and it is my passion. I could list some amazing names in this industry and it would fill up this page. People that have helped, inspired, guided and believed in my ability. I am at my happiest being with these types of people and away from the concrete clutter.

I have worked my way through some qualification assessments – eight to be exact. Key to these experiences – what really turned my propeller – was the process involved with doing an assessment. So much learning from what I coined as the mentors facilitating the assessment. Key is that it was a huge part of my journey, giving me inspiration to continue to keep learning and advancing my professional trade. I assess now and this has always been an excellent challenge and a way of contributing back to the industry. I also just graduated with a Post Graduate Diploma in Outdoor Education from Otago University.

Being on the Executive is an honour – really! I love it! It is a big responsibility and I take it very seriously. NZOIA holds a high level of credibility in the eyes of the industry and my vision is to strengthen that. In the 90`s I was on the Committee and got involved with running NZOIA conferences. They were fantastic, fun and challenging. Times have certainly changed and it’s exciting to be a part of it. My philosophy is that there is no point in moaning about it if you want change and I am in the best place to make a difference for the future of the industry – how fantastic is that!

I work at the Otago Polytechnic and manage/instruct on a two-year diploma course. I work with some great staff – people who are highly skilled in sports development. I am very lucky! Dream job really!

I’m very fortunate to have a wonderful family and that they put up with me! We have our roller-coasters in life, just like everybody else. Stuff happens and you deal with it. I am no different or better than anyone else. However, I do have many positives in my life. ”

Andy Thompson, Interim Chairperson, NZOIA

Kayak Instructor Training

Funding subsidies still available!

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

Course costs:

\$75 per person for a 1 day course
\$150 per person for a 2 day course.

This is a 50% subsidy!

**** Congratulations ****

Congratulations to the following members who recently gained NZOIA Qualifications:

Bush 1	Glenn Beach
Canoe	Matthew Bennett, Rosalind Hughes, Campbell Potter, Graeme Swift
Kayak Leader	Brook Rapson, Nicholas Lane, Mike Osborn
Kayak 1	Sophia Mulder, Stuart Arnold, Brian Connelly
Climbing Wall	Mike Osborn, Nicholas Lane, Michael Ross, Shaun Murdoch
Rock 1	Ray O’Brien, Karen Corcoran, Mark Geor, Ray Dixon, Craig Hedley
Rock 2	Chris Jackson, Ollie Yeoman, Peter Smalley, Richard Kersel, Martin Broederlow, Shanan Miles
Sea Kayak Guide	Padraic Kenny, Grant Whitehead, Simon Chick, Lyndie Hill, Nicholas Chapman, Gloria White, Sam Dearlove, Callum Findley

2010 Assessment Calendar

The assessment calendar is now published only on the NZOIA website http://www.nzoi.org.nz/qualifications/assessment_calendar.asp
You will be informed by email each time it is updated. In addition we will inform you of any unscheduled assessment events that have spare places.

Assessment Fees

Climbing Wall	Sea Kayak 1 upgrade	\$250
Bush Walking Leader	Abseil Leader	\$470
Kayak Leader	Rock Climbing Leader	
Cave 1	Rock 1	
Canoe 1		\$630
Bush 1 + Bush 2	Rock 2	
Alpine 1	SKOANZ Sea Kayak Guide	
Cave 2	Sea Kayak 2	
Kayak 1	Kayak 2	
Alpine 2		\$800

BOOKING FOR AN NZOIA ASSESSMENT

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

Assessments by special arrangement

It is possible to run assessments on other dates, either by special request or if sufficient candidates and assessors are available. Please contact the Training and Assessment Coordinator to register your interest.

If you are getting ready for assessment, do let the Administration Officer and Assessment Coordinator know! We may be able to run a special assessment if we have sufficient numbers or include you in an unscheduled assessment that does not appear on the calendar.

Email: assessment@nzoi.org.nz Phone: 03 352 5786

http://www.nzoi.org.nz/qualifications/assessment_calendar.asp

2010 Training Calendar

The training calendar is now published only on the NZOIA website and lists courses run both by NZOIA and other providers:

http://www.nzoi.org.nz/training/training_calendar.asp

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

Training Course Costs

All courses run by NZOIA are discounted for members; this includes full, associate and student members. If you are not already a member it is probably worth joining to access discounted training.

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

Course Duration	NZOIA members	Non - members
1 day courses	\$75	\$150
2 day courses	\$150	\$250

All other courses including bush, alpine, rock and cave

Course Duration	NZOIA members	Non - members
1 day courses	\$150	\$250
2 day courses	\$300	\$400

Further information

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

Who are the courses for?

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

Training courses by special arrangement

It is possible to run training on other dates, either by special request or if sufficient participants and trainers are available. We are happy to run courses at any level, at other locations or in your workplace; and will be pleased to discuss your individual or organisational needs. Please contact the Training and Assessment Coordinator to register your interest. Email: assessment@nzoi.org.nz Phone: 03 352 5786

http://www.nzoi.org.nz/training/training_calendar.asp



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



Exped Waterbloc 800
Waterproof Down Sleeping Bag

Measurements:

- Temperature according to EN13537:
Max: +10°C; Comfort: -3°C; Limit: -9°C; Extreme: -28°C
- Down fill weight: M=770g; L=830g
- Packed size: M=36x25cm; L=39x25cm
- Weight: M=1570g; L=1670g

Materials:

- Shell: waterproof, vapor permeable Pertex Endurance® nylon
- Lining: Texped PR58 ripstop polyester

Features:

- Anatomically shaped easy adjust hood
- Tricot baffle, closed baffles and draft tube
- 3D over-sized draft collar
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- The new Exped Waterbloc 800 is a bivy bag and sleeping bag in one, with the features of a sleeping bag and a bivy bag merged together, resulting in less weight, smaller packed size, lower cost and reduced condensation.

M=\$799 L=\$829 RRP



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*Discount is off RRP, not to be used in conjunction with any other discount, special or offer

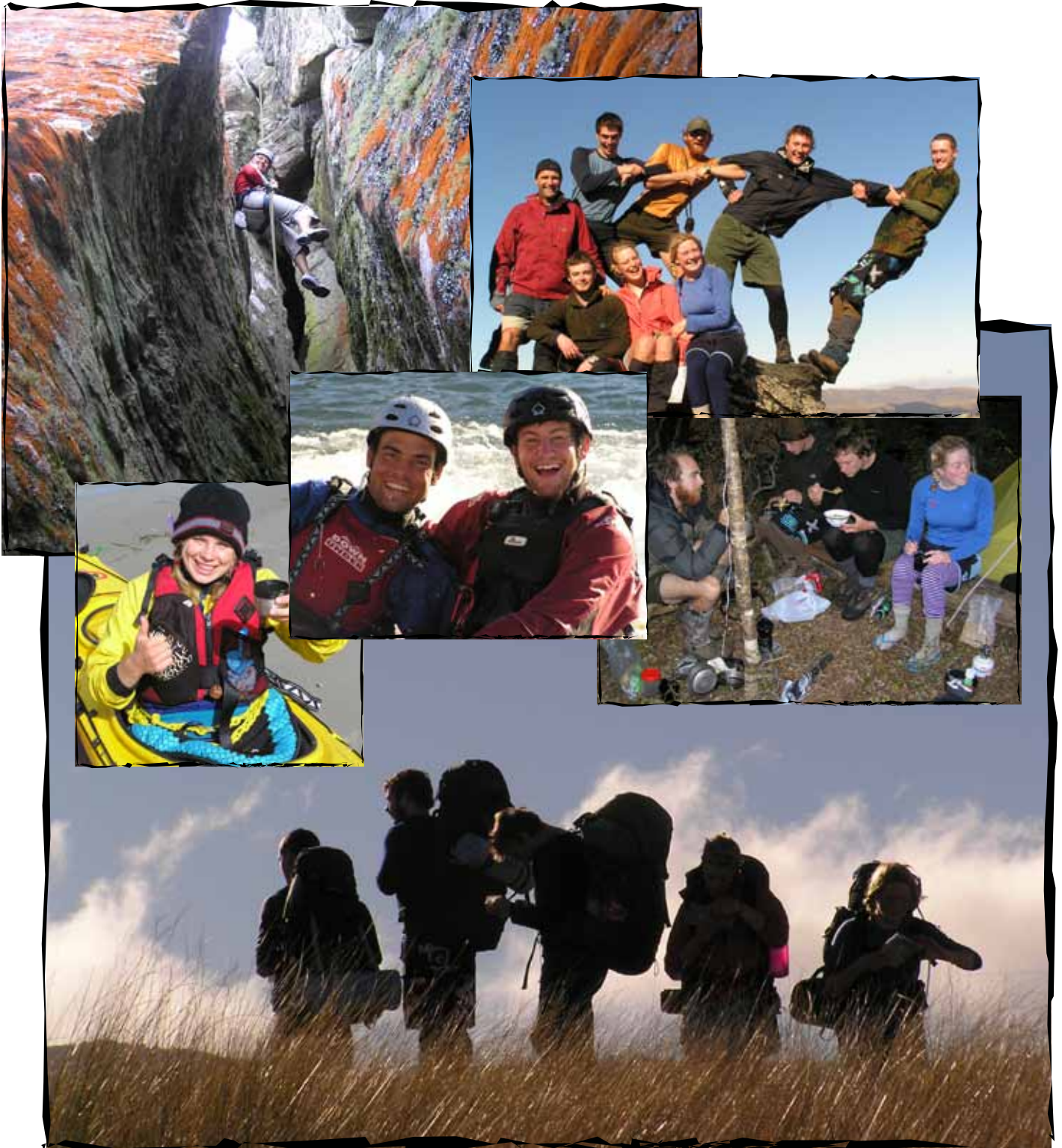


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GETTING THE ADVENTURE BACK

Institute of Sport & Adventure, Otago Polytechnic



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Photo contributions are welcomed for the back page series 'Getting the Adventure Back'
Please submit as files of no less than 700 kb in jpg format.

