



# QUARTERLY

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

ISSUE 79: JULY 2018



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**NZOIA**  
Excellence in Outdoor Leadership

CELEBRATING  
**30**  
YEARS

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

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

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

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

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**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 Operations 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**

Cover photo by Zak Shaw: Toby Johnstone and Jacinta Borer in the Waitaha River.

**Congratulations**

to the following members who recently gained NZOIA Qualifications!

<b>Abseil Leader</b>	Ronald van de Molen
<b>Bush Walking Leader</b>	Ultimate Hikes – Jono Davies, Sam Hopper, Elizabeth Ryan Luke De Jong, Tanika Brown, Aimee Sanson
<b>Bush 1</b>	Douglas Oberg, Thom Taptiklas, Katie Gray, Ronnie Greene, Stephen Ward, Layton Hockey, Madeline Beckley, Rob Jolly
<b>Canoe</b>	George Christison
<b>Canyon 2</b>	Jeremy Borrows, Shanan Fraser, Koryn Gould, Riki Brown, Owen Glover
<b>Cave Leader</b>	Gavin Kotua
<b>Kayak Leader</b>	WERO – Will Payton, Isaac Schanzer, Thomas Beamish, Shaun Higgins Darieon Hirst
<b>Kayak 1</b>	Jonathan Smith, Tom Beadle, Kelly O'Hagan, Grace Fleming
<b>Class III River Management</b>	Curtis Vermeulen, Stefan Austin
<b>Rock Climbing Leader</b>	Sarah Poejjes
<b>Rock 1</b>	Isla McCutcheon, Lucy Foote, Chloe Beer, Joel Helliwell, Callum Harris, Matiu Kapa, Sierra Stretton, Tom Batts, Jacob Downie, Nathanael Sage, Mark Parfitt, Kieran Moore, Kristel Leijten, Heitor Cabral, Alastair Holley, Josh Geddes
<b>Rock 1 - Sport-Climbing Endorsement</b>	Anne Owens
<b>Sea Kayak Leader</b>	Aimee Sanson, Alex Richard, Darieon Hirst, Jasper Mattila, Jessica Pain, Luke De Jong, Rachelle McQuinn-Taylor, Hailey Maddren, Tanika Brown, Toia Temperton-Royal, Regan Hannett, Samantha Marra, Marcus Speck, Sorina Adasczitei
<b>Sea Kayak 1</b>	Logan Armstrong, Magnus O'Grady, Josh Smaill
<b>Sport Climbing Instructor</b>	Reynaldo Choque Ramos



Photo by Bevan Gardner

**Thoughts from the Board**

Kia ora all

I hope, whether working or recreating, you have all had a safe and enjoyable adventure-filled summer and autumn, or in the case of those who've headed to the northern hemisphere for the snow, winter. As usual it's been a busy few months for the team in the NZOIA office.

**NZOIA qualifications, assessments and courses**

In the first 6 months of 2018 – to the end of June, there have been 21 assessments, 12 refresher workshops and 9 training workshops run under the NZOIA umbrella.

Alongside organising and supporting these events, the NZOIA office team have continued to work on qualifications in some new disciplines. New Mountain Biking, Canyon Leader and Multisport qualifications are up and running (see the Qualification Update article later in this issue). Stand up Paddle Boarding is work in progress with the NZ SUP organisation.

It takes a lot of work and consultation to get new qualifications under way, so well done to the office team, in particular our Operations Manager Penny Holland who has been leading these developments. Skills Active are also offering NZ Certificate qualifications in mountain biking. Staff of both organisations have been putting in significant time and effort to align the NZOIA and SA qualifications. The principle of alignment is a simple one, the devil is in the detail. Our mutual objective is that NZOIA assessments will provide a pathway to both NZOIA and NZ Certificate qualifications. We hope that the work on the mountain biking qualifications will provide a workable model for the future.

**Member survey**

Thank you to those who completed the member survey – 229 members (20% of NZOIA membership) responded. Check out [www.nzoia.org.nz/news/member-updates](http://www.nzoia.org.nz/news/member-updates) for an overview of the results. It's great to see the generally high level of satisfaction

of respondents, in particular with the support that the NZOIA staff provide. (e.g. 99% satisfaction with staff communication). This is a strong commendation for the NZOIA philosophy of "by the sector for the sector". Satisfaction levels in most areas were over 80%.

A number of actions are underway in areas where there were lower satisfaction levels and/or useful comments on what can be improved. A demand for more flexibility in revalidation was a strong theme. The NZOIA Technical Sub Committee is putting together a small working group to revise what is working and what isn't with our current revalidation process and to explore what revalidation could look like in the future – see the 25th May 4YA.

From a Board perspective it was pleasing to see 91% satisfaction with the governance of the NZOIA Board. There were a few comments in relation to communication, advocacy/membership growth and strategic direction. For those who would like to see changes, the Board member contacts are all listed here and on the website and we welcome constructive suggestions. There is also a session with the Board during the Symposium, and off course the AGM. We are currently reviewing NZOIA strategic directions/priorities under three headings, with each topic led by an elected Board member – membership and advocacy (Matt Barker), qualifications and standards (Jo Thompson) and operational excellence (Ben Corcoran).

**Membership growth**

Cam Walker and Ashley Cheeseman have been doing some great work the last few months in the Queenstown Lakes and Central North Island areas respectively, raising the profile of NZOIA and the benefits to employees and employers of NZOIA membership. Alongside this, NZOIA Business Manager Sonya Sutherland has been working behind the scenes to increase discounts available to NZOIA members – check out [www.nzoia.org.nz/member-discounts](http://www.nzoia.org.nz/member-discounts) for the expanded range of discounts, and more to come.



# TAI POUTINI POLYTECHNIC — A CALL OUT FROM THE COAST

DAVE RITCHIE

If you have been following the news recently you might have picked up some messaging about wholesale review in the tertiary education sector. Tai Poutini Polytechnic was in many ways central in this series of events. Our relatively small size tends to make us something of a “canary in the cage” in the tertiary sector. In 2015, when TPP notified the Tertiary Education Commission (TEC) about some funding rule transgressions, the resulting investigation sparked some deeper questioning of the funding system itself. That initial investigation has since grown to encompass the whole tertiary education funding and delivery model.

For Tai Poutini Polytechnic this has meant the introduction of a Crown Manager and an intense level of scrutiny from NZQA/TEC and the Ministry of Education. This is never an easy place to be and the pain of organisational change has been evident at times.

During this time however, the Tai Poutini Outdoor Education programmes, a very small cog in a much larger machine, have been tracking along “almost” normally. We have worked hard to protect our students from the extra organisational demands and they remain central to our role. It is only by reminding ourselves of this almost daily that we are able to make sense of some of those demands and turn them into opportunities that actually help our students.

An example of this has been the accelerated rate of blended learning and digital development in our programmes this year. Feedback from students to date has been good and we can see opportunities for using technology to bring workplace experience, academic theory and student reflection together to accelerate our students’ development. This helps us respond to a relatively constant message from industry; “we need people with more self-awareness – but don’t drop the hard skills”. So we shoot for “better people with better skills”, both technical and technological.

We are also using that technology to get closer to stakeholders, ensuring that as our tourism and education sectors themselves undergo accelerating change, we can keep abreast of demands and provide an information sharing function. We have also been promoting an increased level of communication and information sharing amongst the various tertiary programmes throughout

Aotearoa NZ. Given that many of us face similar issues, this level of communication helps us all learn faster.

Having embraced technology more fully, we are conscious of taking care to balance our energies in this space with our core – keeping it as real as possible for our students. Like you, we understand that for our graduates to be effective leaders (inside or outside) they need to have a level of skill and judgement above that of the people in their care. We are conscious of maintaining the importance of not only time in the field (cold, tired and hungry are effective lessons!) but of giving our students as many opportunities and as much support as we can to pursue their own adventures on weekends.



Mole Tops, Nelson Lakes. Photo by Zak Shaw

Our students often choose to come here because they understand that the West Coast’s “Untamed Natural Wilderness” is literally just outside their door. The reality is that access to wilderness and adventure is much easier when it is minutes away and there are no couches to be burned or bands to see. Just as important however, is that our larger organisation recognises the outdoor programmes as an important part of their big picture and supports us accordingly.

So what is the message from Tai Poutini Outdoors? We are keeping to our core values, facing and embracing technology when it works for us and turning contingencies into opportunities – just like any good outdoor educator.

Dave Ritchie, Director of Experiential Learning, Tai Poutini Polytechnic



# INCIDENT SHARING

HAMISH REID

## HELICOPTER EVACS REFLECTIONS AND LEARNINGS

In October 2017 Outward Bound New Zealand had two helicopter evacuations just three days apart. They were both from unmarked bush routes in the Marlborough Sounds, and in both cases they involved a teenage female student complaining of chest pain (no link between them, the second student was not aware of the previous incident). In both cases the students were assessed in hospital, no definitive diagnosis was reached and they later returned to their respective ‘watch’.

### Incident 1

After arriving in camp, a student complained of chest pain and became unresponsive a number of times. The instructor did a patient assessment and tried to stabilise the patient. They then called for help by cellphone and activated their PLB. The weather meant that a helicopter could not reach them, so two extra instructors were sent in to provide support and the police deployed a LandSAR team. The SAR team and extra instructors spent the night with the watch. A stretcher carry was considered but ruled out by the police due to the terrain and weather. The weather cleared later the next day and a helicopter was able to take the student to hospital. It took 23 hours to resolve this incident.

### Incident 2

A student developed chest and arm pain in the late afternoon. The instructor did a patient assessment, thought they could detect an irregular pulse and called for help using a cellphone and PLB. Two extra instructors were sent in to support the watch and a rescue helicopter winched the student out of the bush approximately three hours later.

### Some things we learned:

- **Maintain role clarity.** Decision making slowed down as the number of people involved in incident management grew, but a quick clarification of roles fixed this.
- **Whiteboards are invaluable in an incident.** Plotting timelines, tracking resources and briefing incoming staff.
- **Ask devil’s advocate questions.** This helped everyone keep an open mind and explore our options.
- **Make use of your skilled staff.** Small teams of experienced field staff were able to be deployed, reach and support the watch before the emergency services arrived.
- **Developing relationships early.** Early communications between our staff, the police and LandSAR teams paid off. They were great to work with.
- **Be prepared for an incident to take a long time to resolve.** Keep thinking about what might come next.
- **Keep up communication.** Regular communication with next of kin helped their piece of mind. Regular communication with field staff helped them feel supported.

- **Manage staffing.** Sending staff home when they are not needed means you have more fresh people available when you need them. We also had to pull instructors in from their days off. Providing fresh drivers to pick up tired staff and students was critical.
- **Be patient with 111 call-takers.** When it comes to latitude and longitude or NZTM coordinates, they sometimes struggle to process locations that are not street addresses.
- **Ask for advice.** Where coverage allows, consider asking St John if a clinical advisor can assess the patient by phone. In the second incident, the patient may have been able to be cleared by phone.
- **The Rescue Coordination Centre (RCCNZ) was great.** They were open to our input and kept us up to date with progress.
- **Be prepared for St John’s privacy policy.** They would not tell us where the patient was being taken (Wellington, Nelson or Blenheim hospitals). RCCNZ provided this information, allowing us to send staff to the right hospital to support the student.
- **Online helicopter tracking tools are great.** You can monitor the rescue helicopter’s progress in real time.
- **Take time to recover and re-set.** Following the second incident, we stopped doing remote or complex activities for a few days. We also used a fatigue assessment tool to decide when staff could return to work. This allowed tired staff to recover and prevented fatigue incidents.

Hamish Reid, Safety Manager, Outward Bound NZ

### Footnote

Following on from these incidents and others I have become aware of in the last 12 months, I contacted St Johns, RCCNZ and the NZ Police for comment on accessing help in a remote locations. Their advice follows:

- If you are unsure of your location call the police as a search will need to be initiated
- If you know your location and require medical assistance call the ambulance service
- If you have a PLB, regardless of whether or not you are in phone/radio contact, set it off.

St John’s acknowledged that there can be issues navigating the 111 system to receive an appropriate response when in a remote location. They would like our assistance to fix this issue. A form has been developed by the St John’s Air Desk to collect information on remote locations used by the outdoor industry. The Air Desk will collate all information supplied, adding a layer to their mapping software to enable a faster response.

The form can be found on the NZOIA Website: [www.nzoi.org.nz/news/resources](http://www.nzoi.org.nz/news/resources)

Thanks to Outward Bound NZ for sharing their story, this is a great example of the learning and positive change we can all gain through doing so. Do you have an incident to share? Get in touch via [editor@nzoi.org.nz](mailto:editor@nzoi.org.nz).

Gemma Parkin – nagger of other organisations to share their incidents

# LEARNING FROM INCIDENTS IN THE OUTDOORS LEARNING TO FAIL SAFELY

JAMIE SIMPSON

I was recently camping in the bush with my five year old son. We had a small campfire and as I ran off to collect more wood, my son put his finger into the edge of the fire and burned it. I had warned him several times about the dangers of the fire and the situation got me thinking about what I could learn from it.

There is no point dwelling on the past and getting angry about the situation (at least that's what I told my wife when I got home). It would be best to look to the future and think about what I could do better.

What we learned;

1. I need to keep a closer eye on my very young and inexperienced son.
2. I need to have burn cream in my first aid kit.
3. Fires are hot and it is unwise to put fingers in one!

In many ways, the third point has provided my son with a painful but valuable lesson, not ideal but probably more effective than his dad telling him over and over again about the dangers of fire. Instructors should be allowed to make mistakes to improve. We want outdoor instructors to gain hands on experience but perhaps failing in a safe way would be a better way of achieving this.

Traditionally having incidents has had a stigma attached to it. People in the outdoor industry and many other industries analyse too quickly and make judgements too fast. If you are running dangerous activities it is inevitable you will have incidents but it is how we react to them that is important. Safety should not be measured by a lack of accidents but by the absence of controls in place.

Working as a safety auditor in both the adventure industry and as an auditor and investigator in wider industries around the globe, I am bombarded by people who see little value in safety. They see it as unnecessary red tape and systems that tend to slow down productivity. If implemented correctly safety systems should do the exact opposite.

Essentially good safety systems are based around constantly learning and constantly improving, something that should be entrenched into outdoor instructor training from day one. Working in a shoe factory, you are trained how to make shoes first and typically safety is a sideline to productivity. Outdoor instructors learn about safety from the beginning. We do this well. It is integral to running activities in dangerous environments.

What the outdoor industry is often not so good at is recording minor incidents and near misses, and documenting the learnings from these. We have lots of them and they should be seen as free lessons.

Humans make mistakes; not only clients but instructors and owner operators too. Systems can be built around people to allow them to

**fail safely.** Car manufacturers realised this early on. We won't stop humans from crashing cars but we can improve the systems around them; air bags, ABS, speed limits, seatbelts, etc. Formula 1 racing used to have a huge number of fatalities in Jackie Stewart's era. Today we can witness a Formula 1 car crash at 200kms/hr and the driver walks away. Car companies have shared data and learning from crashes and other incidents, something we need to get better at in the outdoor world.

Unfortunately there is a conflict between those that wish to learn from incidents and share data, those that tend to assign blame too quickly, and the commercial and legal pressures of keeping incidents confidential.

If I take 3000 people to the cinema over a year I would expect to have some minor incidents or close calls... just as I would if I take 3000 people over a mountain pass. It is a matter of probability. No matter how small an incident we can always learn and always improve. Sharing your learning and improvements will benefit others and the outdoor industry as a whole.

What we want is for people to be able to fail safely. You cannot control whether someone has a random heart attack or is stung by a bee. You can have systems in place to deal with these situations effectively and efficiently; clear emergency procedures, staff trained in first aid, charged and tested communication devices, etc. You can essentially set up to fail safely.

An incident in simple terms is:- *"something you did not want to happen"*, and are not only safety based. When a booking system fails or a client turns up with the wrong gear, that is an incident. If your weather forecasting was off the mark for the day and you had to turn a kayak trip back... that is an incident. You can review the situation as a team and improve your operation. An incident on the river or mountain should be reviewed thoroughly just as a bookings failure in your company should.

So, next time you have an incident don't look at it as a negative. Learn from it, make improvements, share the findings and move on. It will make you a better, more experienced instructor and operator. Sharing the information with other operators and competitors is key. A major incident in the adventure industry impacts everyone.

If you genuinely believe that you are at the top of your game and that you won't have incidents and that you can't improve anymore... then you are probably in the wrong industry. It could be time to hang up your climbing boots, sell your kayak and move on.

*"If you want 100% accuracy get a machine. It is not possible from Humans." Dr Todd Conklin*

*Jamie Simpson, General Manager of AdventureMark™, also works for Kelvin TOP\_SET*

# MOTHERHOOD AND OUTDOOR INSTRUCTING – TO JUGGLE OR NOT TO JUGGLE

I have experienced equal measures of pressure expressed both consciously and unconsciously by well meaning folk; to go back to work, to work part-time and also to be Ned's full-time mum.

Some outdoor instructing women have chosen to be full-time mums, letting their quals go with the intention of re-doing them in the future if they then decide that instructing is the work they want to return to. Some mums have gone back to work full-time, with the dad being the full-time caregiver. Some have family nearby to babysit when mum works, others use childcare facilities. Each situation has its unique challenges.

The intention behind this article is to share these women's experiences of outdoor instructing and motherhood. I don't want to give the impression that balancing parenthood and working in the outdoors is easy, nor that it should even be aspired to. It is absolutely each person's and family's choice.

*Jen Riley, Editor*

## Jo Parsons

*(see top photo)*

**Kids:** Two daughters (4 and 6)

**NZOIA quals:** Kayak 1, Bush 2, Rock 1 (let Kayak 2 go)

### Work

I do much the same work now as I did before babies, but on a part-time basis. I worked through pregnancy, took a year off, came back half-time then took another year off with second child. I decided to let my permanent polytech position go as I didn't want to go back to work full-time.

I breastfed both kids til quite late, I didn't mind overnights not being an option for me when I saw the crew heading out tramping in filthy forecasts!

### Other thoughts

I've been very lucky to have great family support with grandparents on tap, as well as hubby also contracting on a part-time flexible basis. We feel like this has made us both better parents as we both get our own time with the kids and also both get to go to work and have adult conversations during the day.

Kids make you re-prioritise where you put your energy. Personal kayaking at the level I was at was a focus after kid number one, but fizzled after kid number two! And I'm ok with that. Hubby has had to compromise as well. Because only one of us can work at a time, he's dropped all his kayak work so I can do it and keep myself current at Kayak 1 level.



## Karla Roberts

**Kids:** Son (4), Daughter (11 months)

**NZOIA quals:** Bush 1, Rock 1

### Work

My outdoor education teaching position conveniently finished towards the end of my first pregnancy. I had already started Learn Active, my own small outdoor education organisation / charity running outdoor education programmes for people with intellectual disabilities.

After baby number one was born I continued working in a management and support role. With baby number two I employed a maternity leave manager, I supported them and took a break. I went back properly when bubs was six months old. I am not instructing as I have full-time staff for that now so I can be more flexible with my hours.

### Other thoughts

I believe NZOIA is trying its best to be accommodating for everyone. To keep things consistent; we should all be under the same rules regarding revalidation and currency.

I have the choice to work this into my life or to move on as I would with any other qualification from any other industry. If I were to let my quals lapse I don't see myself ever sitting them again. As director of an outdoor organisation, I feel it's my duty to stay as current as I can. This is the main reason I am not letting my quals go at this stage, and time will tell if I still have it when my revalidations are due next!



## Niki Jacomb

**Kids:** Son (1 year)

**NZOIA quals:** Kayak Class 3 management, Bush 1, Rock 1

### Work

Before Asher came along I worked full-time at Aoraki (now Ara) Polytech in Timaru. I kayaked until I was seven months pregnant and couldn't fit my gear anymore. After nine months off I'm back now doing fifty percent of my original role.

I'm incredibly fortunate to have a husband who also works in the outdoors. Ara has been very supportive; Richie and I job share and take turns looking after Asher. I was able to pick and choose what parts of my job I took on. Kayak instruction, mountain biking, teaching theory classes and observing for second years instructing are all go... overnight tramps are off the radar for a little while.

### Other thoughts

It wouldn't be a story about Asher without sharing his entrance into the world... I was 36 weeks pregnant, Richie was sitting his Rock 2 assessment at Long Beach, Dunedin. John Entwistle cheekily commented on day one that since I had the fire going when the candidates and assessors returned to the bach that the next day I should have some scones ready too! On day two when they came home, there was a roaring fire and some freshly baked date scones. John said that would be a hard one to beat! Day three, Asher arrived – three and a half weeks early. I'm sure Richie is the only person who can say they gained a Level 2 award and their first born son on the same day!



## Sally Josenhans

**Kids:** Eric (2), stepson Olly (10)

**NZOIA quals:** Rock 1, Bush 1 and Sea kayak guide

### Work

I work at Nayland College in Nelson. I was teaching Outdoor Education full time, while pregnant I was acting HOD and now I'm back part time. I took 18 months off to hang out with the wee man and I did some occasional relief and contract instructing in that time. I have to say I was really looking forward to getting back into work, I was ready for different mental and physical stimulation.



## Sophie Hoskins

**Kids:** Son (1 year)

**NZOIA quals:** Rock 1 and Kayak 1

### Work

I taught Outdoor Ed at Tarawera High School until 2016 and am currently doing some contract outdoor work for schools (kayaking, tramping and camps so far), some relief teaching and eight hours a week from home as the EONZ Outdoor Education Kaiārahi.

I took a break but did a few shorter days around the six month mark and got back into longer days around eleven months. I did some work for my old school and also picked up other work through word of mouth (other OE teachers looking for an instructor).



## Sarah English

**Kids:** Lucy (8) and Maximus (2)

**NZOIA quals:** Bush 1, Rock 1

### Work

I manage (alongside Alan) OENZ - Outdoor Education New Zealand Ltd.

I spent Lucy's first year finishing study and out in the field trying to build up my skills and fitness again to sit my NZOIA quals. Alan was a huge support in my getting back into instructing, he knew how much I loved it. I had spent a year getting my skills back up so I was ready for it and once I started again I was hooked.

I took about seven weeks off from the field after Max and slowly returned to work. He had to be adaptive, I carefully chose the field work that would best suit us both. I worked closely with our clients to ensure they were 100% happy with adaptations that I had to make to fit me physically. Something that blew me away was how supportive our clients were to have me out there role-modelling being a parent in the outdoors. It is an incredibly positive change for young families wanting to be in this industry.

### Other thoughts

I see the number of young outdoor families today growing. I see parents working hard to continue instructing with young children and trying to find that balance. It's not easy and it comes with all sorts of hurdles that you couldn't possibly imagine until you're living it. It's not impossible, you can make it work, you just have to be a bit creative and dynamic in your approach.



## Hillary McDonald

**Kids:** Elias (4 ½), Asher (9 months)

**NZOIA quals:** Rock 1, Bush 1, Sea Kayak 1, Cave 1.

### Work

I've been teaching Outdoor Education and English at Waimea College in Nelson for one and a half years and prior to that was at Tihoi Venture School for six years.

With my first child I didn't see many other women returning to work in the outdoors after children so it was hard not having those role models. My husband took a year off work to study and take care of Elias. We had really talked through what we both needed and felt it was fair that I returned to work and he took the chance to study and be at home. Those conversations were really important and made us both feel like we were getting the most out of our careers but also out of being parents.

After moving to Nelson and before the birth of my second child, I felt there were a lot more other women returning to work after having a kids, which was great to see.

### Other thoughts

I feel the main reason not as many women are returning to the outdoors is quite contentious. I think that as a woman there is a great deal of societal pressure to be the primary caregiver,

especially to young children. Women also put pressure on themselves to try to do it all rather than share responsibilities with a partner. However, I think many mums don't want to admit this.

As a mother of two boys and still working in the industry my husband and I have had to take turns being the primary caregiver. There has to be compromises. I can't be a full-time stay at home mum and stay current in my outdoor pursuits. I have to trust my husband to take over and look after the boys while I go away to work and train.

## Challenges and solutions

### Jo

Fitness was a factor, but I worked pretty hard to get back to a place I was happy with.

### Karla

My children would be in childcare for ten hours a day if I instructed full day programmes, for the kids benefit and for financial reasons it just doesn't work. As manager, I can still be involved in outdoor education but with more flexibility.

I've been hesitant to do casual instructing as I worry about having to cancel due to unwell children. I am also slightly concerned about my mental capacity with having kids and lack of sleep, especially when I need to be switched on for safety reasons and with being a little rusty having not instructed full-time for a while.

### Niki

Because Asher is breastfed, I can't be away from him for too long. When it's my turn to work, Richie and Asher come along. I've spent the last week in Murchison instructing on our Level 5 kayak program. At the put-in I'd feed Asher, my group and I would go paddling for a couple of hours, then I'd feed him again at the take-out.

### Sally

The challenge for me is a sense of guilt having Eric at daycare four days a week while I am at work. I also find it a little difficult going away on camps for multiple days. I just have to get used to it again and know he is happy and in good hands.

### Sophie

Making breastfeeding work; lucky for me the little fulla took the bottle and I had a great breast pump. The hard part was needing to express at some point during the day, sometimes it was in the front of the van while the other instructors and kids were tying on the boats.

Feeling I was not physically strong enough, in reality I was perfectly capable. The challenge now is not to take on too much work as it's easy to say yes and get a bit carried away and then all of a sudden I'm missing out on doing fun things for myself and family.

### Sarah

With Lucy, it was building my confidence; I had felt like I'd been out of the industry for so long and I wasn't sure if things had changed a little or a lot. With Max it was challenging trying to juggle breastfeeding and working. Both make you incredibly tired and I had to ensure I had set my field days up in a way that were conducive learning spaces for students while also managing my personal wellbeing.

Kids get sick, tired and need stability; the challenge is providing all this while giving ourselves the opportunity to do what we love – working in the field.

#### **Hillary**

It was hard hearing comments from parents of my students questioning how I could be away from my child. I also had someone tell me that I wouldn't be getting any more NZOIA's after having kids because my priorities would be totally different.

I felt like there was such a double standard for men versus women. Men don't seem to be questioned nearly as much about returning to the outdoors after having children, which I really don't understand.

### **Revalidation – and keeping skills current**

#### **Jo**

Symposiums have been awesome, our kids have been to several! Hubby and I have shared a registration and just tagged in and out looking after kids while the other revalidated. I did a "tailored" Bush 2 reval when I was 6 months pregnant....I'm not sure that Jim Masson knew quite what he was in for!

The annual family climbing trip to Arapiles keeps my rock skills current. It is a challenge getting (or choosing to get) enough time to maintain my own personal paddling at the level I would need to maintain Kayak 2. It is not a priority for me anymore and I consciously decided to let it go and keep my Kayak 1.

#### **Karla**

I revalidated early so I could do them at Symposium. I left one year old at home with Dad, for the first time! This did mean the end of my breastfeeding journey, but the timing for me was fine. I'll revalidate my quals again next year, if it were this year I would struggle with a younger bubs and dealing with her needs and my tiredness.

Some high skill areas like rock climbing and placing gear don't come up much in my work or personal life anymore. I'll need to put in some effort so I feel ready and confident at the required level. This is a reason for me wanting to seek other casual instructing work before revalidating to gain some higher level currency.

#### **Niki**

My goal is to not put my qualifications on hold, so far so good! Last year I took Asher to the Symposium, he was 5 months old. I've just signed up for a Bush refresher in June, Richie will bring Asher and they'll tag along with us. We're grateful to NZOIA for being flexible!

#### **Sally**

Revalidating my quals has worked out well with timing. I'm lucky to have a great support network at home although it's still hard finding the time to practice and train for different quals. Doing the outdoor activities I love, without feeling guilty about being away from the boys is tricky.

#### **Sophie**

It's about prioritising and not leaving it too long to the point of feeling you can't do it any more. I had my Rock 1 refresher recently so made it a priority to get some climbing in before that. I'm certain I could be a lot more current, but I just do the best I

can with what I have. Although I may not have the latest trick up my sleeve, I know I am more than capable of offering fun, safe and educational experiences.

The cost of gaining new quals and maintaining current ones is always a challenge but quality in the outdoors is always going to cost money. For me the benefits of maintaining my quals outweighs the cost factor.

#### **Sarah**

Maintaining currency has been my biggest struggle as a parent. It is not easy to get away to focus on upskilling, so when I do, I try to get as much out of my trips as possible.

Time is always an issue; getting out to maintain and build skills is a constant struggle. I know what I need to do and how I can get there, but our day to day life just doesn't lend to it right now. So my other challenge is patience, recognising that I will get there eventually and accepting that right now it's too much to add to an already heavy workload.

#### **Hillary**

NZOIA gave me an extension on my Rock reval both times around because I had just had the boys and wasn't in any shape to get back into my harness yet!

I had to really work on building up my physical strength again, especially the first time around. Fortunately I had lots of supportive friends that didn't mind helping me on easy climbs, rides, rivers, etc. and a partner that knows I'm happiest when I back out doing it!

Finding the time for personal days is tricky, although as the boys get bigger I'm planning on dragging them along!



*Photo by Amie Claridge*



### **Holding onto your quals – options**

Taking a break from instructing / guiding whether you like it or not can leave you in a tricky predicament to keep your qualifications current. Heading overseas, starting a family, breaking a leg, illness or exploring a new career path are all examples of life changes that can affect your ability to keep your qualifications current, just in case you decide to return to the outdoor industry. I am speaking from experience here as I tick a number of these boxes.

You can put your qualifications on hold for up to 5 years since you last sat or revalidated them. If you know you are going to be out of action for a while, it is a good idea to revalidate your qualification/s just before you take that time out. Drop down to an Associate Membership to keep your costs low. This ensures you stay up to date and contributes towards maintaining the NZOIA qualification scheme so you have something to come back to.

However, it is not always possible to predict a broken leg in time. If circumstances are out of your control then you can apply to the NZOIA Technical Sub Committee for an extension to your on hold period. If you apply in a timely manner, have an exceptional circumstance, and a revalidation plan then the TSC can give you up to a year beyond the on hold date. Ok, now you have a potential 6 years up your sleeve.

If you are in a position to attend a Refresher Workshop but not yet in a position to work then get in touch with me at [admin@nzoia.org.nz](mailto:admin@nzoia.org.nz). We work with members to make revalidation possible. Breast-feeding mums attend Refresher Workshops. Non-working mums and dads can revalidate while remaining on an associate membership. Injured people complete 80% of a revalidation and get a training pathway to complete the rest in another 6 months.

NZOIA's revalidation process was introduced in 2007 to ensure New Zealand has a professional outdoor community, with up to date skills and knowledge. The process is robust and the majority of feedback from members has been positive. Eleven years on, we are setting up a working group to explore our current process and options for the future.

*Penny Holland | Operations Manager*



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## QUALIFICATION UPDATE – KEY DEVELOPMENTS ON THE NZOIA QUALIFICATIONS SCENE

### Mountain Biking

Expert mountain bike instructors and guides came together in early May to be put through their paces and peer assessed against the New Zealand Certificate in Outdoor Senior Leadership (Level 6) Mountain Bike strand. All NZOIA members from this course will be awarded with the NZOIA Mountain Bike 2 strand and are the first wave of new NZOIA assessors for the Mountain Bike qualifications. A special Assessor Training Workshop will be held in Nelson for new assessors who are beginning their assessor pathway for NZOIA and Skills Active. NZOIA Mountain Bike 1 assessments are on the calendar for November 2018 and are filling fast. Some of the new assessors will be able to cut their teeth on these assessments under the mentoring of our experienced NZOIA assessor David Mangnall. Excitingly this is the first assessment that aligns NZOIA with the New Zealand Certificate in Outdoor Leadership (Level 5) and a lot of work from Skills Active and NZOIA is going on behind the scenes to make this happen.

### Canyon Leader

In hot demand from tourism operators and education providers, the NZOIA Canyon Leader qualification is ready to go. This qualification was developed with the help of a bunch of technical experts from a wide range of the sector. Representation from the NZ Canyoning Association, adventure tourism owner / operators, educators, NZOIA assessors and members gathered in a small room in the Christchurch airport and nussed out what would work for the industry. The Scope and Syllabus and Assessment Guide can be found on the NZOIA website.

The holder of this qualification can lead and manage trips of up to four hours duration in easy vertical and aquatic canyons (V2A2I) in normal conditions. In a unique addition to the Leader qualifications, the canyon

leader can also assist a NZOIA Canyon 1 or 2 holder in moderate vertical and aquatic canyons (V3A3III) in normal conditions.

### Multisport Kayak Instructor

NZOIA and Kathmandu Coast to Coast (KMDC2C) are running the first Multisport Kayak Instructor pilot assessments in the North and South Island during September 2018. KMDC2C is funding these pilot assessments, and participants have applied and been accepted for these positions.

At this stage, the qualification is not a mandatory requirement to assess the Grade 2 Kayaking Certificates; however, KMDC2C will support assessors who hold a current NZOIA Multisport Kayak Instructor qualification by endorsing and recommending them over other providers.

For those that already hold a NZOIA Kayak 1 or 2 there is now a one day Multisport Kayak Endorsement assessment. This focuses primarily on the techniques and equipment that are specific to multisport kayaking. Holding a combination of these qualifications will highlight you as a provider of the whole package of skills that the KMDC2C contestant will value.

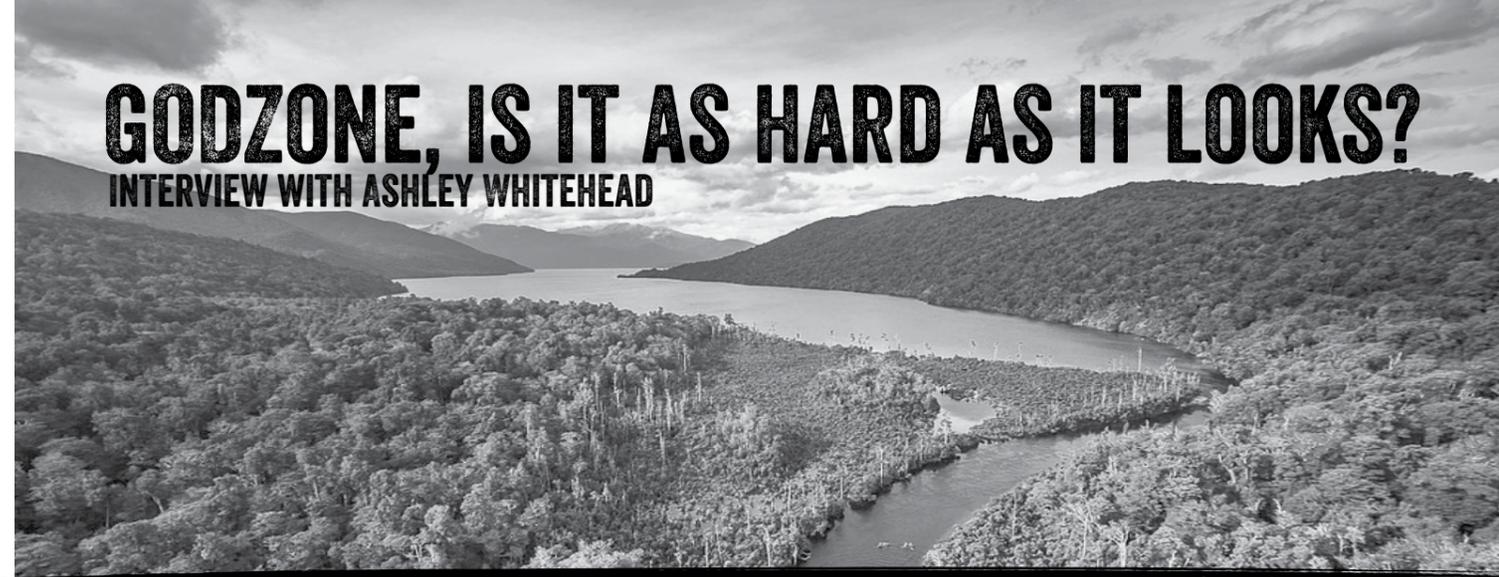
You can check out the Multisport Kayak Instructor and Endorsement Scope, Syllabus and Assessment Guides on the NZOIA website.

NZOIA, Kathmandu Coast to Coast and Multisport NZ have a Memorandum of Understanding to deliver these qualifications. Multisport NZ supports the ongoing review and maintenance of the qualification.

*Penny Holland, Operations Manager*

# GODZONE, IS IT AS HARD AS IT LOOKS?

## INTERVIEW WITH ASHLEY WHITEHEAD



GODZone adventure race has been happening annually since 2012 in various locations in the South Island. Teams of four travel non-stop (sleeping is at their discretion) for up to ten days. This year they pack-rafted, caved, mountain biked, kayaked and trekked through remote areas of Fiordland.

Ashley Whitehead, teacher of Outdoor Education at Nayland College in Nelson, competed with Team Swordfox and crossed the finish line in Te Anau in 2nd place. This was his fifth time competing in the race as part of team Swordfox, a Queenstown based marketing company.

Between river runs and coaching keen students in Big Eddy to stern squirt under moonlight, Ashley was able to answer a few questions about his GODZone experience.

*Jen Riley, Editor*

Tuesday – road race, Wednesday 5km running race, Thursday – Kayak interval training, and possibly an AR in the weekend. I think that racing is something many teams underestimate the value of. We also try to do some smaller build up races, this year we did the Tumeke Tararua, a pack rafting race organized by Jamie Stewart, which was a hard weekend traversing the Tararua from Manukau to Holdsworth, packrafting the upper Otaki and Waiohine rivers and traversing the Tararua peaks. We also did the Absolute Wilderness race in Reefton. These events are a good chance for the team to get together and make sure that everyone is on the same page with how we are preparing, what our goals for the race are and to practice pacing, towing, try out gear and generally get used to suffering together.

In reality how we prepare for GZ will be quite different to how other teams with different objectives and skills will or should prepare.

### How did you get into Adventure Racing?

About seven years ago I lined up for my first adventure race (AR), our team had a shocker. One guy retired with sore feet on the second stage, he was our navigator and as he rode off in the other direction he said “oh I forgot to bring a compass”. With a tricky bit of night navigation to come we were mildly concerned. We thought no worries we have (and were allowed) a GPS, it turns out he had cut the coordinates off the side of our map to “lighten” it making our ancient GPS useless. We spent hours that night in the pouring rain and wind lost in the Nelson Mineral Belt. In the end we backtracked and resorted to following another team through the rest of the trek before we gave up demoralized.

Adventure racing is kind of a natural fit for me I grew up adventuring in Te Anau as a kid, tramping, hunting, kayaking and then got into competitive mountain biking, multisport and road cycling. Eventually I decided I would rather spend more time in the NZ mountains, than a dusty road in Europe and became an outdoor education teacher.

### How do you prepare for a race like this?

Lots of time in the outdoors! It depends on what you want to get out of the race but for us this year we really wanted to do well, so we trained throughout summer. Generally training six days a week with a few ‘double days’ with two sessions normally starting at 5.30am before work! Big weeks training might involve 30hrs or so training. It sounds a lot but in a big week we might do 20hrs of training in the weekend with a big ‘mission’. We also tend to race a lot, in Nelson we are fortunate that it’s possible to do a race almost every day in summer. Monday – kayak race,



### Sleep – do you miss it?

Surprisingly, not that much. Sure, after a couple of days of not sleeping all you want to do is stop and sleep but it feels different than the feeling of being tired in everyday life. I remember thinking after the first GZ I did, why do we waste so much of our lives sleeping?! It is incredible what you can fit into a few days when you don’t sleep.

### I heard horror stories about trench foot...

Yep there were some ugly feet this year, fortunately our team got off lightly. My feet were beginning to break down in the last couple of stages, but we managed to keep it under control. Foot care is important and every year there are teams that don’t finish because of foot problems.

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**I imagine you all get a bit (understatement!) tired and grumpy sometimes, and have different ideas about how to race. What makes a good team for this kind of race?**

GZ is bloody hard, it pushes you to the limit of what you are capable of. It teaches you a lot about yourself, and about other people. Everyone will have their turn being the one suffering the most. You need to be able to make the hard decisions and adapt when things inevitably go wrong. The teams that fall to bits are often the ones that have been thrown together at the last minute or a bunch of people that don't really know each other and have different ideas about what they want to get out of the race. I guess the key to a well functioning team is the same as with any sport but because you are in such an intense environment, any tensions or personality conflicts may flare up and become an issue. In GodZone you are in your teammates' faces for 5-10 days non-stop so you better like each other (or at least be very tolerant)!

Trench foot is when your skin gets sodden and starts to wrinkle severely (commonly known in AR as soggy foot syndrome) this in itself is painful but it is also a breeding ground for fungal infections. Common athlete's foot fungus lives on nearly everyone's feet and in wet soft skin it thrives, especially when the immune system is suppressed from multiple days of racing. It normally starts by eating the skin around the toes and then forms deep red spots in the arch of the foot that are very painful. Bacterial infections also thrive in this environment and once you have the trifecta (of soggy feet, foot fungus and bacteria) you are in trouble. The classic sign of trench foot is the feeling of having sand between your toes. During Stage 6, even though I knew this, I was still convinced I had sand in my shoes. I argued this with Georgia for a while and eventually I convinced the team to stop so I could empty the sand out, sure enough no sand and no skin around my toes.

As with most things prevention is the key. Long hard training days in the shoes you plan to wear with wet socks is probably the most important part of foot prep. It is not realistic to keep your feet dry at any stage in GZ (especially in Fiordland) so waterproofing your skin is the way to go. We use ReadySetGo anti-chafe on our feet before the start and when we change shoes and socks. This Nelson made wax based anti-chafe soaks into the skin and stops the soggy foot developing. Drying feet while sleeping, and using an anti-fungal cream before and during race is also key to having happy feet.

**You've got NZOIA Bush 1. How does the navigation in GODZone compare?**

That's an interesting question, on one level not much is different and on another level it is way harder! I am the fourth in line to get a look at the map in our team. Teammates Brent, Georgia and Stu are all world champion navigators and what I find interesting is that they aren't doing anything different than your average Bush 1 navigator, they use a compass to orientate the map and read the fine detail of the contours and that is pretty much it, the rest is down to a huge amount of experience and skill. Orienteering is by far the best way to improve your navigation and all the same things apply to a topomap. We simplify the nav which is important when you haven't slept in a few days, e.g.; drawing the magnetic lines on the map (go five squares N, two squares E and rule a line), means there is no need to think about declination; the map is oriented by making the compass needle parallel to a magnetic line. This allows you to use a thumb compass which will change your life!



**What advice would you give someone thinking of entering in GODZone 2019?**

It is more achievable than many people think, if they are realistic about their expectations, are smart in training and racing and get good advice from someone that has done well in the past then there is no reason that most people couldn't complete it. The Pursuit race which is shorter and generally has easier navigation is a great way to get started. It is still hard but more achievable. You also have a support crew which means you can have all sorts of luxury items in transitions, like fresh hot food, showers and fluffy pillows!

**Speaking of food what do you eat when racing for ten days?**

Food is one of the challenges. Because the Pure race in unsupported we pack food and equipment into bins the day before the start so basically we can't have any fresh food for the race. Food is a balance of nutrition, weight and variety. Freeze-dry meals make up most of the calories along with range of bars, potato chips, salamis, lollies, Fortisip etc. I tend to get sick of sweet things early in the race so have lots of savory items. Food also needs to have zero preparation time, we aim to not stop at all during a stage and move through transitions as fast as possible so have cold meals, yes, including freeze-dry with cold water.



**Is GODZone an expensive race to enter?**

Yes (and no) the entry fee is approx. \$1800pp and then there is the new raincoat, shoes, bike service, pack etc. and the time off work to race, accommodation and associated costs of travelling. However, it is value for money, putting on the race is an incredible logistical feat (no support crew required) and the personal growth and challenge that is experienced in those short few days is second to none. It is also not just about the week of the race but the experiences you will have training over the summer as a team of four can be just as memorable.

**Will you be on the start line for GODZone in 2019?**

Mmmm, if the location sounds interesting, sponsor and teammates are willing and Naomi and Pippa (wife and daughter) approve, then possibly. Getting second again this year is motivating.

**How long do you see yourself adventure racing for?**

Some of the best AR racers are well into their 40s and there are plenty of people that are still racing in their 50s and 60s so who knows. By that rate, at 33 I have most of my 'career' ahead of me! One of the nice things is that you can have a year or two away from it and then come back and still be competitive.

**Tell me about balancing family and work and racing and 'fun'**

AR is fun!! One of the things I most enjoy about adventure racing is it makes me get out on training missions and go places I probably wouldn't go otherwise. Having a three month old

daughter this year added a new dimension. While it was more challenging to get out training, being organised and well planned made it achievable. Naomi (wife) has done GZ three times so understands what's involved. We raced the Tasman GZ together in team Swordfox, it was cool to share such a challenging adventure together. If you can get through something like GZ together then you know your relationship is solid!

Getting out with mates in the weekends exploring new places and pushing myself I find really enjoyable. When entering events now I ask myself will it be inherently fun (type 2 and 3 included), i.e. will I enjoy it no matter where I get? GZ is like that for me, yes, we want to win but at the end of the day if we don't get the result that we are looking for we will have had a good time.

**What were the major highlights and biggest challenges for you this year in Fiordland?**

Finishing is always the biggest highlight! You get to stop and sleep! As well as look back on what you have achieved over the last few days, see family and friends and best of all, compare war stories with other teams, like who's lost the most toenails, biggest infection, who got the most lost, etc. Seriously though, Lake Herries was stunning and I am sure we were some of the first people to ever paddle across it which was cool and we finally got out on the tops and had some stunning views of Fiordland. I also find a certain satisfaction in being very tired and fatigued, there is a certain euphoria that comes with pushing yourself to the absolute limit.

The South Coast Track was a big old sufferfest this year. 61kms of flat straight track in a "tunnel" of regenerating bush with no views and mid shin deep mud, much of the last 30km was on an old tram track that was dead straight with sleepers the perfectly wrong distance apart to walk on. Throw into the mix fully loaded packs (pack rafts, paddles, wetsuits, PFDs, helmets, tramping gear etc), 90km already done for the stage, no sleep for the previous 30 hrs and to top it all off virtually no food for the last 10 hrs. It was really tough but in some ways I did enjoy that aspect as well.

*Photos supplied by GODZone*

*Ashley Whitehead, Head of Outdoor Education, Nayland College, Nelson*

**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. / A 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](mailto:editor@nzoia.org.nz)**



*Photo: Johnny Johnson*

# BUILDING X FACTOR

UNDERSTANDING MORE ABOUT WHAT YOU DO BEST

STEVE PARKER

How would you answer the question; “what makes a great instructor?”

The answer I like to give is; “Great instructors have great SEX” where SEX is an acronym for three key ingredients; Safety, Education and X Factor. It goes without saying that great instructors are safe instructors and much of the effort in the first few years of your education and career is in honing those skills that keep both yourself and others safe. Pretty soon however, you’ll be nudged to include an educational component in your instructing; by your tutors, by your employers and by your NZOIA assessors. Being able to educate clients on the ecology of the piece of bush they’re travelling through goes a long way in the wider picture of inspiring them. This is pretty key to the industry we’re in, it is after all called outdoor education.



Photo by Bees Dryland

The last ingredient however is a bit more elusive, much harder to teach, harder again to explain. However when it’s mixed in, it so affects the experience that you might even be told with starry eyes; “this was the best day of my life.” Chances are one or more of your tutors or early mentors had it – maybe one of them is the reason you’re working in the outdoors now – and in an effort to have a similar affect on others you may have gravitated to the trap of trying to copy them. I call it a trap because unless you’re a very similar person, chances are you’ll either injure yourself in the process, force that debrief when it just wasn’t there, persist for too long with an activity, or do something that ultimately is not a great fit for you or your group.

But if we define X Factor as doing really well whatever it is that you do really well – and therefore is different for everyone (albeit with some overarching similarities) – then building your own X Factor becomes much more achievable and authentic. The trick is to start with the question; “what is it that I do really well?”

It is quite a trick to pull off because often (and for a variety of reasons), we either don’t know the answer or answer poorly.

Consider this from management guru Peter Drucker; “Most people think they know what they are good at. They are usually wrong. More often, people know what they are not good at—and even then more people are wrong than right. And yet, a person can perform only from strength. One cannot build performance on weaknesses, let alone on something one cannot do at all.” There you have it, your X Factor (your “performance”) is built upon your strengths – the things you do well.

All is not lost however, for learning about these strengths is only a hop, skip and jump away. I’ll highlight three steps;

- Make a commitment to greater humility and self-awareness. I mention humility because part of the reason we don’t know our strengths is because of how awkward it feels to say “this is what I think I do well.” Call it tall poppy syndrome if you will, but whatever it is, if you won’t recognise your own strengths, you set yourself up for all sorts of problems. The most common one I see is in people’s annoyance and frustration at others for not doing as good a job as them. Humility doesn’t just mean “not being proud,” it also means being comfortable in your own skin enough to take credit when it is due (without making a big fuss). If you’re good at something, admit it, and admit that others might not be quite as good.
- Ask others. Ask your family, your friends, your employer, even your clients. Feedback is a wonderful thing and a balance is needed to the “what could be improved” answers. Top tip; don’t just write off all the things you did well as “basic things that needed to be done anyway” – I hear that time and time again but I’ve been around long enough to see huge variety in how the same job gets done differently by different people.
- Do an online test. Time for a plug; I’m a Clifton StrengthsFinder coach, this tool will help you understand what’s behind what you do well, and help you manage your “weaknesses” while building from strength – developing your X Factor. The online test costs around \$30, but save up a bit more because the results really come to life with a coach, and there are heaps of us out there.

I will be running an “expenses only” workshop at this year’s Symposium. I look forward to seeing you there.

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# PROFILE: HILLARY OUTDOORS TERTIARY PROGRAMME

Hillary Outdoors Tongariro is a large outdoor education centre based in the adventure playground of the Central North Island. The Centre was set up by Sir Graeme Dingle in 1972, with Sir Edmund Hillary as the patron for many years. Its purpose is “Youth Learning through Adventure” with the main focus being on five-day residential courses for secondary school students, but also offering skills courses and corporate programmes.

In addition to this, Hillary Outdoors has been training outdoor educators since the 1980s and has run a tertiary programme since the late 1990s. The organisation currently offers a two year outdoor instruction course comprised of the first year Certificate in Outdoor Adventure Skills and Leadership, and the second year Diploma in Outdoor Recreation (Instruction). The first year focus is on foundational skills across a wide range of outdoor pursuits. The second year focus is more on how to use these skills and run activities with groups, while also extending personal skills.

With Tongariro National Park on the doorstep, students are able to get out into the immediate local environment to develop their bush and navigation skills, utilise the many local rock climbing venues, develop alpine skills in the snow over the winter months and improve their kayaking skills on nearby rivers. The course also goes further afield to the rivers of the Central North Island, the climbing areas around the Waitomo District, and the sunny Bay of Plenty for seakayaking. In the second year students go to the Hillary Outdoors marine centre on Great Barrier Island to seakayak amongst dolphins and orca.

Being based at the Tongariro Centre students have the benefit of learning and training at a working outdoor education centre. Students work alongside instructors and by the end of the second year have had six weeks working with groups based at the centre.

*“You’re in a centre that is working, and watching how things work and flow, a real heads up on what you’re stepping into.”* Sam

The Hillary Outdoors courses are focused around producing a multi-activity instructor who is capable of operating in various environments, with the ability to run a solid programme with a school group over a five-day period. There is a big emphasis on developing facilitation skills.

*“I feel like I could apply for an instructing job and go in with confidence; that comes from the co-instructs and having the group process stuff drilled into us, an ongoing thing through the year.”* Jeff

Because the course is based at the centre, most days will include a practical component. The high ropes course is five minutes from the classroom, a pool for rolling is only one minute away, and there is a climbing wall with area for practising rope setups next door.

Most students live in Turangi, twenty minutes away from the centre, during the course. This township is right on the banks of the Tongariro River with the Grade 2 Blue Pools run finishing in town and the Grade 3 Access 10 run finishing close by. There is easy access to the crags of the Mangatepopo Valley, Whakapapa Gorge for rock climbing and Mt Ruapehu for winter playtime on the skifield or climbing the icy slopes of the Pinnacles.

From feedback, one of the things that students most value is the staff at Hillary Outdoors. Our staff have qualifications across the NZOIA spectrum with Level 2 instructors in Alpine, Bush, Kayak, Rock and Cave and assessors in Alpine, Rock, Bush, Cave, Kayak and Canoe qualifications. The other aspect that students appreciate is the willingness of staff to give time to students as they develop their instructional skills.

*“Every instructor that was involved in any module was more than happy to go over and above what you’d expect a tertiary instructor to do, not just to get through the course but to further my skill set beyond what was needed.”* Tom

Course graduates are now working throughout New Zealand from sea kayak guiding in Fiordland to teaching to running adventure racing teams in Whangarei. Employers like the amount of client contact our tertiary students have had during their course. Not only have they developed the hard skills within the pursuits, but have had extensive exposure in dealing with real clients. A number of graduates have gone full circle, they’ve worked at various places including the Centre and are now mentoring and instructing on the tertiary programme that they once did themselves.

People who are practically inclined, like to get fresh air each day, want to get experience with groups in an outdoor setting and want to live and recreate in all that the Central North Island offers should get in touch: [www.hillaryoutdoors.co.nz](http://www.hillaryoutdoors.co.nz)

*“The course set me up with all the skills I needed to feel like I could be a solid instructor in the outdoors. I came into the tertiary programme in 2015 as a city kid, with only a bit of tramping experience in and around my local bush in the Waitakere Ranges! With two years under my belt at Hillary Outdoors, and after a few months contracting I felt ready to sit and then pass both my Bush 1 and Rock 1. This winter I am planning to sit Alpine 1 as well. I simply could not have done any of these things without the incredibly talented staff at Hillary Outdoors and their willingness to go over and above what I expected to help me become a better bushman, climber, paddler, alpinist and group facilitator!”* Tom

*“You get the best of everything, real students, in a good area, and a big selection of instructors so lots of different ways of doing things to select from.”* Tami



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## NZOIA Assessments, Training and Refresher Workshops

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

The course calendars for Assessments, Training and Refresher workshops can be found at [www.nzoi.org.nz](http://www.nzoi.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.nzoi.org.nz](http://www.nzoi.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 any prerequisites (i.e. your logbook, summary sheet, first aid certificate and any other required documentation to your application). Note: Non-members can attend Training Courses.
- Applications close 6 weeks before the course date.
- After the closing date we will confirm that the course will run.
- 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 [admin@nzoi.org.nz](mailto:admin@nzoi.org.nz)** for more details.

### Further Information

Details of courses run by NZOIA, pre-requisites and online payment are all available at: [www.nzoi.org.nz](http://www.nzoi.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.nzoi.org.nz/faq#custom](http://www.nzoi.org.nz/faq#custom) for details on how to arrange a course.

**Course Costs:** all courses run by NZOIA are discounted for members and heavily subsidised by external funding.

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



[www.nzoi.org.nz](http://www.nzoi.org.nz)

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Takeshi Tani  
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# PLANTING THE SEEDS OF ADVENTURE



Photos supplied by Hillary Outdoors

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



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