



QUARTERLY

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

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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@nzoi.org.nz Phone: 03 539 0509

Cover photo: Shania Kuipers, by Abigail Elwood.



NZOIA gratefully acknowledges the financial support of Sport New Zealand



NZOIA NATIONAL TRAINING SYMPOSIUM 2020
THURSDAY 1ST - SUNDAY 4TH OCTOBER | DILWORTH

- An opportunity to train, up-skill and revalidate your NZOIA qualifications
- Skilled and experienced facilitators and assessors
- A range of professional development workshops available – try something new!
- Meet other instructors and connect with your industry
- Combines with NZOIA Annual Excellence Awards Dinner and AGM
- The call is out for guest speakers and professional development workshop facilitators – could this be you?
- Registration closes 1 August 2020

STAY UP TO DATE!
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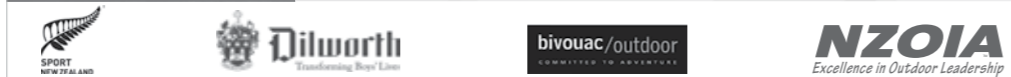


Photo: Ashley Whitehead

Thoughts from the Board

Kia ora koutou katoa

The first Quarterly of 2020! As this hits your inbox or mailbox summer will be sliding out of focus; while I hope you've made the most of the amazing weather, 36 months straight of higher than average temperatures and the bush fires seen across the Tasman have been a strong reminder of the importance of the sustainability messages often weaved through outdoor programmes.

The end of another year and beginning of the next is always a great time for reflection and celebration. A massive congratulations to Mick Hopkinson who is now an Officer of the New Zealand Order of Merit for services to kayaking and outdoor education. It would be hard to top the impact Mick has had on the kayaking fraternity and outdoor education in general over his career. I know many people credit the quality of their roll to Mick or an instructor trained by Mick. I also suspect it would also be hard to top the number of bar side tall tales told about this man. Congratulations Mick from us all.

2019 also ended with our opportunity to present to Sport NZ for ongoing funding. While the NZOIA team have done a fantastic job of developing efficient systems and roles to reduce our reliance on funding, the support we receive from Sport NZ is still a vital part of our annual income, and plays a key role in keeping membership fees low. With that in mind thankyou to all of those who took the time to complete the membership survey. The data you provided along with stories, quotes and images, formed a key component of our discussion.

Sport NZ's focus for 2020 -2024 is to 'Improve the quality of experiences, opportunities and support to rangatahi through active recreation'. While this might initially seem a difficult focus for NZOIA as an association of adults, your feedback told us that 85% of NZOIA's members work with rangatahi. Together we reach 250,000 ranagtahi annually, with members working directly for 67 secondary schools and 237 outdoors centres, organisations, clubs or councils, and many who contract to a number of additional secondary schools.

The 2018 Active NZ survey also placed a strong emphasis on active recreation versus sport with 64% of young people participating in non-competitive activities or sports only, versus 30% who participated in both competitive and non-competitive activities and sports only. The leading reasons for participating were 'fun' and 'to hang out with family or friends'.

This all helped to build a strong case to Sport NZ for ongoing support, now we wait and see.

As 2020 gets underway many of you will be aware of the ongoing challenges in the ITO sector. The NZOIA Board continues to monitor developments in this space, and look for future opportunities for NZOIA. In the meantime, the current environment emphasises the strength of an independent, industry led qualification system.

While there will always be challenges ahead we also have a lot to be proud of.

Gemma Parkin, NZOIA Chair

OUTDOOR INSTRUCTORS INFLUENCE LIVES!

INTERVIEW WITH SHANIA KUIPERS



Sport NZ's 2020-2024 Strategy and latest investment round for Outdoor Recreation focuses on rangitahi (youth aged 12-18). NZOIA helps Sport NZ's strategy by contributing to a workforce of qualified Instructors and Guides who positively influence rangitahi to be active in the outdoors. Shania is one of NZOIA's success stories and someone who has been influenced by a number of NZOIA members over the last five years. She agreed to be interviewed by Jen Riley and for her story to be shared as part of NZOIA's funding application. This is part of that story – thank you Shania!

"I sought help from professionals and counsellors and none of them helped a bit. Then I went to these outdoor programmes, and those instructors over just a few weeks, changed my life. I know I can make a difference to people's lives too, being this person that I am, with the experiences I've had."

Shania Kuipers is 18 years old. She has just graduated from NMIT with the Level 5 Diploma in Adventure Tourism and Guiding. She has headed to a job near Perth leading activities and expeditions with school groups, encouraging positive changes towards adulthood and using sea kayaking, rafting, rock climbing and tramping to do so. She's excited about the professional experience she'll gain and the lives she'll influence.

"I was pretty depressed during my college years; I felt very alone, I kind of had nothing going for me really. I'm dyslexic and I found normal classes hard. I wanted to pass but no one would give me the support that I needed. Because of the rejection, I was not a very good student. I was constantly getting kicked out of classes, I was a trouble maker. I had teachers tell me that half my friends didn't like me and that I wasn't smart enough to study what I wanted. I retaliated."

She felt that teachers demanded students respect them because of their position of authority rather than building rapport first. One outdoor education teacher, was not like that. *"He didn't treat me like I didn't know anything, he treated me like a human being. He was interested in my life. He had good professional boundaries, but could relate on a friend level....instead of*

getting mad at me for ditching class, he'd say 'why don't you do something that's beneficial.'" She enrolled in Outdoor Ed.

"As soon as I got on outdoor ed tramp, my mood changed, my whole attitude rose. The outdoors was an antidote to get away from the real world. When I was out in the middle of nowhere I felt so safe and so happy. The more and more time I spent outdoors, I'd come home feeling a bit better, until I was nearly going home every time with a smile on my face, feeling more alive, feeling that I wanted to be alive."

At the beginning of Year 12 she signed up for a Trades Academy course at Whenua Iti Outdoors (WIO), focussing on Adventure Tourism. *"The people that work at WIO were incredible; friendly, loving, supportive, funny, doing everything with a smile on their face, making you feel you were welcome. In the class it was not only me struggling at home but almost every other student, yet not a single one of these 'naughty' kids was disrespectful on the WIO course, simply because of the relationship they (the instructors) built with us. I feel like the instructors at WIO gave me a direction in life. I knew I loved the outdoors but I didn't know I could succeed in this industry. It made me feel I was special and really good at something."*



Her new-found self-confidence and purpose gained on the outdoor course led on to her gaining her first academic award ever – Excellence in Maths. Shania left school at the end of Year 12 after gaining entry into the Level 4 Certificate in Adventure Tourism and Guiding at NMIT. She has just graduated with a Level 5 Diploma, NZOIA Rock and Abseil Leader, Snowboarding Level 1 and Grade 3 Raft ticket. *"Three years ago, I didn't even know those things were possible."*

This year Shania received one of the NZOIA Tertiary Awards (NMIT), which included a ticket to the NZOIA Symposium. *"I felt honoured to receive that from my tutors, it was the most special part at Symposium, my tutors both standing beside me. They said some pretty sweet words, things I would have never imagined teachers to say about me, about how proud they were of me and how far I'd come"*.

Shania made a short speech to the 150 or so outdoor instructors in the room. She spoke eloquently, with no notes as she had been told she wouldn't be expected to speak (sorry!) *"My mind was pretty blurred, I was pretty overwhelmed by emotion. I wanted to make everyone in the room realise that what they do for groups is pretty important, to see that for some of those kids whose home life is bad, school life is bad, and they're on the verge of ending their life, like many student on that Trades programme, kids like me, that they're making a difference to their lives. I was*

there to witness it from the other side. Outdoor instructors have made such a difference to my life."

From here, Shania want to progress her skills in everything. *"I want to tramp in the Himalayas, sea kayak in Antarctica, kayak and raft around the world. I want to go to some of the most beautiful places that you wouldn't be able to get too without the skills that I've learnt over the years and will continue to work on. But the ultimate dream; it's happiness. As long as I'm happy, then I've achieved the biggest goal in life."*

"I look back on those years and there are many things I could have told myself but you're so blinded by the outside world, I wasted a lot of my time. But I wouldn't appreciate life as much as I do now if I hadn't felt like that. I feel comfortable talking about that time, it's lessons I've learned, a dark place in my life, something that I overcame. I've found my place in this world through this industry, I've found people I can relate to, to support me no matter what".



Recently I had the pleasure working alongside the wonderful Jess Thomas from Australia to lead Pure Exploration's brand new program, the Expedition Leadership Program (ELP). The ELP is designed for people looking to become leaders in global adventure tourism roles or simply to become savvy adventure travellers. A big part of the programme is gaining their NZOIA Bush Walking Leader (BWL) qualification.

We joined nine participants hailing from Canada, USA, Australia and Hungary on the big adventure and travelled for three months together, visiting six countries. Along the way we covered many topics such as risk management, personal and group development, leadership theory, travel logistics, global citizenship, environmental sustainability all on top of completing four treks and three community projects... and attempting the first "out of New Zealand" teaching and assessing the NZOIA BWL for Pure Ex. Phew!

To put it lightly; it was a fantastic experiment and rewarding experience!

So, what did running the BWL assessment look like whilst travelling? As you can imagine this required us to be fairly creative, we ran workshops in all sorts of places including hostel foyers, airports, train stations, alleyways, parks and tea houses. The participants completed their Core and Bush workbooks in down times from travel. The team also completed a three-day Wilderness First Aid certificate in Nepal.

We were able to tick off the participants' personal and guiding pre-requisite days along the way. We completed four treks in four different countries with diverse environments. These were

the Ausangate - Peru, Tiger Leaping Gorge - China, Chiang Dao jungle - Thailand and finally the Annapurna Circuit - Nepal where we completed their final assessment.

For the assessment I was able to observe their individual personal skills on the trail and had two specific days on the Annapurna to assess them leading and managing clients. Yes, this was out of the general scope of the BWL, dealing with landslide areas and high altitude, however the participants showed incredible enthusiasm in managing this. Learning their Nepalese alpine flora and fauna was fun too!

Feedback from participants on completion was that the NZOIA qualification added a lot of value to the whole experience. Instead of simply walking the trails, everyone was learning and soaking in the environment and practicing their leading along the way.

For me it's exciting to be a part of this new avenue of adventure guiding and tourism. I'm grateful to work for dynamic companies such as NZOIA and Pure Exploration who are pushing the boundaries and scope of what's possible in this dynamic industry.

We are always on the lookout for experienced leaders so if you're reading this article and you think this could be your dream job and you want to join our epic team, contact us at operations@pureexploration.com. Pure Exploration operates out of Queenstown and we also run a three month Adventure Guide Program focusing on Bush and Climbing.

Keri Wingate – Pure Exploration instructor. NZOIA Bush 1, Rock 1 and Assessor

THE MYTHICAL NZOIA ASSESOR

PENNY HOLLAND

The quality of our Assessor pool is the foundation of our credibility and reputation. NZOIA Assessors are amongst the most highly regarded, qualified and experienced people in the outdoor sector. For some, becoming a NZOIA Assessor is the pinnacle achievement for an outdoor instructor or guide in New Zealand and is a recognition of their level of competence, and their ability to judge competence in others. The process of assessing and qualifying leaders, instructors and guides is a significant responsibility.

How to become a NZOIA Assessor?

If you are ready to take on the challenge and make the commitment, you can become a NZOIA Assessor in two ways:

1. NZOIA advertises for Assessors
2. A workplace has a demand for Assessors.

Every year the Operations Manager (OM) completes an analysis of the Assessor pool to see if there is a need to increase the number of NZOIA 1 or 2 Assessors in a particular discipline or location. This is then advertised in the NZOIA 4YA in March. Potential Assessors contact the OM who sends out an application form requiring them to: send in a current CV, a detailed logbook and a summary of their personal and instructional / guiding experience over the last three years. The applicant must hold a registered qualification one level above what they apply to assess in for a minimum of two years.

The OM collates these documents and sends them off to a selection panel made up of our most experienced Assessors who are asked to make recommendations to the Technical Sub Committee for approval.

If your application is accepted your next step is to attend a one day NZOIA Assessor Training Workshop where you will learn all the systems, assessing skills and safety management requirements. This is followed by an Assessor Conference where 50-60 Assessors gather for the day to take part in practical moderation workshops to ensure they are assessing to the same standard.

Alternatively a workplace or area may have a demand for a Leader or Climbing Wall Assessor to assess their staff, students or other members of the community. The workplace or community approach NZOIA with evidence of a demand for your services (around eight candidates per qualification every two years). The OM approves the evidence and sends the application documents off to the potential Assessor.

What are the ongoing commitments?

During a three year cycle an Assessor must:

- Attend an annual Assessor Conference
- Work a minimum of one assessment with another Assessor for moderation purposes in any discipline (this could be a volunteer role if needed)
- Run a NZOIA event, i.e. training, refresher workshop, assessment in each discipline that they assess or attend discipline specific moderation workshop at the Assessor Conference

- Be operating at or above the level of their qualification required for assessing
- Have worked in industry within the scope of their qualification (this excludes working for NZOIA)

So what's it actually like?

I asked some Assessors to share their thoughts on what being a NZOIA Assessor means to them.

"I first came into contact with the NZOIA qualifications when I was a budding young(ish) wannabe instructor at Aoraki Polytech. I started training up for them like they were Pokemon (gotta catch em all) and found that, beyond the stress and assessment pressure, I met lots of new people, and enjoyed the chance to steal others' techniques and play them off as my own in the future."

"When I started work at Dilworth School, the Leader qualifications were only just getting established, and seemed a perfect stepping stone for our school's teaching staff, who were competent, yet unqualified, outdoor educators. Helping these co-workers was and remains my main driver for becoming an Assessor. I have, however, been doing more and more external assessing and training, which I really enjoy. Being an Assessor, like being an assessee, gives me great opportunities to network and even more opportunities to see others in the industry shine... then steal their ideas!"

James Geddes (NZOIA Rock and Bush Assessor)

"Even though each individual is under assessment, there is a sense of unity amongst the group that develops over those few days, an all in culture from Assessors, candidates and even the model clients. Maybe it's due to the journey type aspect of canyoning, and maybe it's because at the root of it; we are all there to care for each other, share the learning, and style some sweet jumps! To witness candidates perform and excel in that wild environment under assessment is something quite special."

Annette Phillips (NZOIA Canyon Assessor)

"I went to Aoraki Polytechnic to become a rock climbing and alpine instructor. My tutors encouraged me to sit NZOIA assessments, and I finished the course with three NZOIA 1s. The assessments were a chance to show what I knew, but at the same time I felt they were great learning opportunities as well. My Assessors were friendly, open for discussion and provided great feedback when applicable. Above all, I felt they were fair and encouraging. Deciding to become an Assessor was a way for me to give back. Also, I know there are not many female instructors out there doing the alpine gig, so I thought I would give it a go and hopefully inspire more and more females to become alpine instructors."

Bia Boucinhas (NZOIA Alpine Assessor)

"I still remember my first NZOIA assessment as though it was yesterday, and believe me it was not yesterday – it was actually back in the early 90s, when Dire Straits and shiny turquoise lycra climbing tights were cool. Climbing was my passion; I'd helped out on a few NZAC trips and courses, somehow without managing to kill anyone, and one of the first indoor climbing walls in the country had just been built in Dunedin. A Uni and PE teacher dropout turned builder, I wanted to be part of this exciting new industry, so to gain some much needed credibility, decided to sit my Rock 1, completely ignorant of any professional standards or practices. To give just a single example of my ignorance (I hesitate to reveal this, but since I have mentioned it to candidates in the past, I will go ahead), I had no idea what top rope or abseil rescues entailed. My strategy was to practise Z pulley raises and whatever else I could think of, and to ensure that I was first 'victim' so I could get a look at these mysterious activities before I had to do them. My plan worked, and to my relief I saw that the rescues were within my skill-set. (Disclaimer: Do not do this! Do a pre-assessment course!) Believe it or not, I passed my Rock 1, I was soon

the owner of a climbing wall and my career as a climbing instructor was underway.

This assessment was a revelation to me: seeing professionals at work, how they managed groups, how they facilitated feedback (and how little I knew!) Ray Button and Dave Baillie were the Assessors, and even though I've worked with Ray since, he probably has no idea of the influence they had. I could see a pathway to perhaps becoming a good rock climbing instructor. That Rock 1 assessment was the start of my journey.

Years later, I became an Assessor myself. There was a desire to offer something back to NZOIA, to be part of helping with standards in the industry, not only to pass on knowledge but to learn from emerging instructors – I'm sure I get at least as much out of assessing as I give, if not more. I have never forgotten the influence my assessments had on my development, and see them as rich opportunities for learning as well as the main reason we do them - to get that all-important and valued qualification. As a result, long days are not uncommon on my assessments!"

Dave Brash (NZOIA Rock Assessor)

Penny Holland – NZOIA Operations Manager

LEARNINGS FROM AN EMERGENCY DRILL

In December last year, we put our NZOIA emergency procedures to the test by running an Emergency Drill during a NZOIA Training Workshop. The Board and staff were told early November to expect a drill sometime the following month. This had us on edge, diligently studying our Emergency Folders, which was a useful exercise in itself, as we identified a few gaps before the drill had even begun!

It was not long after our drill that the Whakaari / White Island tragedy happened and it reinforced for us the need to always be ready for an emergency and to test procedures so you are prepared. Here are some key things that worked well, or that we learnt from our drill, which could be useful for you too:

Emergency Folder and Card

- Having an Emergency Folder at home and in the office with a Emergency Call form template and flowchart makes it easy to stay calm in an emergency and follow the correct process.
- Staff in the field and those likely to receive an emergency call should carry a small laminated card in their wallet of key emergency contacts on one side and what to do in an emergency on the other, or take a photo of it and have it stored on your phone somewhere you can easily access.

Medical and Emergency Contact Details

- Make sure you have Medicals and Emergency Contact details for your Staff/Contractors, not just participants!
- Prompt participants to put an Emergency Contact who is not on the course with them.
- Have key staff contact numbers in your mobile contact list for ease of access.

Remote Locations

- In an emergency, if you have no reception, still try calling 111 as there may be coverage on a different network carrier to your own that will accept 111 calls.
- Check out the 'Emergency Communications Guidelines for Remote Activity Providers', www.nzsar.govt.nz

A NZOIA Assessor is not a guru, they have their good and bad days just like you and me. They often work full time and are giving up their weekends for little gain other than to give back to the industry. It is not always an easy task; juggling weather conditions, delivering bad news, personality differences, and then driving home to their day job. It can be a great job; picking up tips, the perfect outdoor office, challenging their skills, candidates dialed and fully prepared.....tick, tick.

If you are interested in being a NZOIA Assessor keep your eye out for the NZOIA 4YA in March or contact the OM for an application now if you are wanting to run Leader or Climbing Wall assessments in your workplace.

- Most mobile phones now have a Location function allowing you to see the GPS coordinates of where you are. In our scenario, we found the quickest way to locate the group was by typing the GPS coordinates into www.topomap.co.nz.

- You can also search a 6 digit grid reference on www.topomap.co.nz. To minimise the number of search results, type the map number in front of the grid reference (i.e. BQ26 331085). We requested topomaps.co.nz add a feature to their site to find map numbers which they have done! On their site click More > Info Layers > Select Topo50 Map Sheets. Zoom into the location to identify the map number.

Accessing the Office answer phone

- Know how to clear the office phone messages remotely. If it is a Spark Voicemail, you can dial 083210 from any landline or your mobile. If your landline/mobile has its own Spark Voicemail, press ** as soon as your mailbox kicks in. It will then prompt you to enter the phone number (or mailbox) of the voicemail you want to access. You will need to know the voicemail pin number! Store this on your mobile phone as a contact incase you forget.

Media

- Have a brief pre-written media release template ready to go. Make sure all staff know who is authorised to make a comment to media and who isn't, and what to say if they are contacted.
- Have a simple template that can be updated and sent out to all relevant staff/board if an incident happens so they are aware of what is going on and what to do if media contacts them.

We learnt a huge amount from running the drill and are confident our procedures work and were strengthened. We highly recommend all organisations doing the same. If you are a contractor, do you have a process to follow? Make sure you are prepared and know what to do.

This Emergency Drill started by a sealed envelope being handed to the Assessor at midday with instructions to open it between 2 – 3pm. Watch out Assessors, it could be you next!

Sonya Sutherland – NZOIA Business Manager

MAWHERANUI EXPEDITION

MITCH BARBER

For me, the word 'expedition' brings to mind a trip which covers a substantial distance over challenging terrain. It involves hardship and pure elation when completed. The outcome is uncertain, that's the definition of an adventure in its purest form. An expedition can also be an opportunity to inspire others with what we love and believe in.

Last September, the students doing the Diploma in Outdoor Instruction and Guiding at Tai Poutini Polytechnic, were given the chance to design and potentially execute an expedition. The tutors, along with local adventure legend Paul Caffyn, then had the difficult task of selecting two candidates to turn their ideas into reality. I was fortunate enough to be selected and decided to take the opportunity to its full potential by sharing the expedition's purpose and story with a wide audience. I figured this could be a way in which I could not only leave a legacy at TPP, but also inspire others to take their appreciation for the natural wilderness to another level and to seek exploration in their own lives.

Unlike many spontaneous weekend missions, my expedition was not dreamt up overnight. The finished product was formed after a two-year journey on the West Coast, a journey which included not only the development of new skills and self-concept, but also an ever-growing fondness for the local awa and whenua. It seemed apt to finish my time in Greymouth with an expedition that celebrated the inimitable wilderness of the West Coast and its incredible adventure opportunities.

The Southern Alps, on the West Coast create the steepest gradient from alpine to sea level in the world. This fact resonated with me and planted an idea that stuck: could it be possible to apply and combine my new skills in an expedition that originates in the heart of the Southern Alps and terminates at the sea?

Mawheranui (the Grey River) is a symbol of the West Coast, rich in cultural and modern history. Its proximity to the town and the memories I've made on its waters have provoked in me, a special fondness of the river. I felt that travelling the whole length of Mawheranui would be a forever resonating experience that would conclude my time on the Coast well.

As an Australian, the concept of travelling from the centre of the country to the coast without something resembling a motorised vehicle sounded nothing short of ludicrous. After hours of looking at topo maps, I finally found an achievable way to complete the seemingly impossible task, in five long days.

The plan involved an early morning start at the trailhead of the Lewis Tops track where we would ascend and traverse the Lewis Tops to Lake Christabel, the source of Mawheranui. From there we would paddle across the lake and into the Blue Grey River, completing a full source to sea, finishing at Cobden Bridge in Greymouth.



Photo by Mitch Barber. Reuben, Alex and Jona near Brunner Bridge.

I'll admit the idea was quite naïve and far-fetched at the time, but I wanted a level of continuity in relation to our mode of travel. Pack rafts seemed to be the most logical choice, as they would allow us to travel across the tops, over Lake Christabel and down the Blue Grey, all remote places to access (six hours walking).

The only change to the plan was due to a serious weather system making its way over the coast which was going to give us a lot of grief in the alpine. We decided to shorten our time on the tops on day one, which allowed us to drop down to Lake Christabel hut and camp there instead of in the snow. Although we weren't expecting the full effects of the weather until that night, the clouds were already dropping and soon enough we were confronted with next to no visibility and sharp, exposed ridges. There's something about following a bearing into nowhere that just excites me! Once reaching the bush line, the travel along the track was simple to the absolutely stunning Lake Christabel.

The Blue Grey is a section of continuous Grade 3 whitewater which is rarely paddled due to the length of time it takes to get to the put in. The research we did suggested that it had only been done a handful of times and had never been accessed by travelling over the Lewis Tops and across Lake Christabel.



Jona on a crux rapid of the Upper Grey.

The amount of wood in the river showed that the beta we had was quite outdated. What was estimated to be a three-hour river trip (from Lake Christabel to the Blue Grey bridge) turned into six hours of portaging, frustration and testing judgement. River wide strainers seemed to be around every bend until the river finally widened and decreased in gradient. After an hour or so of continuous Grade 2+ whitewater with barely any eddies, we reached the crux rapid of the entire river; a 300 metre long, tight gorge with big holes, buffer waves and an overhanging branch, just above head height at the bottom. The adrenaline was flowing fast... until the sight of a juvenile blue duck (whio) swimming the entire rapid made us feel just that little bit more comfortable.

Completing the Blue Grey section on day two was a monumental point for our team as we felt more comfortable knowing we were now entering familiar territory, despite the awa being as high as I've ever seen it. The high flows turned to our favour as our not-so-fast pack rafts managed to cover 44 kilometres in just five hours! A few swims and a cold southerly storm forced us to pause the journey and bunk down in the bothy bag for an hour which, in hindsight, was one of the most crucial decisions of the entire expedition. The team performed exceptionally for the remaining Upper Grey section before we switched to sea kayaks and paddled the final 54 kilometres over the next two days. The weather finally cleared and provided us with a spectacular finish; we docked under the Cobden Bridge in Greymouth with tears of joy... only to realise soon after that the pub was closed.

When thinking through the purpose of this expedition, I wanted a meaningful message that I could pitch to a wide audience that would inspire them to consider the natural beauty of New Zealand's precious backcountry. I wanted it to be more than an adventure story of our trip.

This thought process brought me back a few months to the time we took a group of local high school students on a rafting trip down the upper Grey River. At the put in, they were told

they could drink the water, and they were astonished by the water quality. When they were asked to guess the name of the river, they had no idea. I was shocked by the fact they couldn't recognise the river they grew up next to, and also humbled that I could show and educate these kids on the incredible beauty their local awa possesses only a few kilometres upstream from where they live.

I've become quite fond of this memory and realised that if a group of 16 year-olds couldn't recognise their local river, how many others in Greymouth couldn't either? The people of the West Coast deserved to see the beauty of Mawheranui for what it truly is – not a dump site for sewage and agricultural runoff. I figured that if I could somehow show the local community the pristine nature of the upper Grey River, then they would gain an appreciation and love for the place they live, as I have over the past two years.



Mitch, Alex, Reuben and Jona at Cobden Bridge.

Through photography and a short film, I was able to do this and the response I received from the community was incredible! The short film was shared to the websites of the Grey Star (local newspaper) as well as Blue Duck Packrafting who kindly sponsored the expedition.

The expedition was a huge success and it would be an understatement to say how proud I am of the group's resilience and support. I hope my expedition can act as a message to all adventurers throughout the world: that an environment should not be exploited for the sake of ticking off a river or mountain. It should be embraced, appreciated and protected, for the opportunity it presents to us; to practise and share our passion via a connection with its incredible wilderness.

Teammates: Jona Schmutzer, Alex Gillespie and Reuben Kinney

Mitch Barber – Tai Poutini Polytech graduate

We want your story!

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

Articles could be:

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

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



Photo: Johnny Johnson

REACHING A SUMMIT: FROM POLYTECH TO THE DREAM JOB

MEG RYAN

I'm not too sure if I knew which mountain I had committed to when I started my time at polytech. I certainly didn't know what the goal was or even what it would look like when I got there, but I followed a yearning and an interest to work with people, and to be in the outdoors.

Ten years down the track I feel like I am sitting on top of a mountain, working as the Course Designer at Outward Bound New Zealand. I have found a sense of purpose in my work, a place to call home and have been adopted by a tribe of likeminded people who share passion and adventurous spirit. I find myself using the philosophies of education, the technical skills and all the other components that my time at CPIT (now Ara) offered. As I reflect on my pathway from polytech to here, I am overwhelmingly grateful for all the places I have gone, and to all the people I have connected with. We are all part of an incredible industry!

Of course the path to here wasn't without challenge and misguided adventure. The times when your pack is heavy, or the strap holding the duct taped part of your pack together has just blown out, or you left your helmet in someone else's car, or you roll over another false summit, or you're not too sure where you are, or even where you are going. Ironically the most memorable and rewarding moments are those captured by incident reports, or good enough to share over a drink on the way home. (If Dad's storytelling is anything to go by, they are the stories I will still be telling in the decades to come).

I do look back with a smile, thinking... if only I knew then what I know now.

For all of you other scroggin eating, cactus pant wearing, river showering, gravel pit camping polytech students out there... here is a small collection of thoughts that I have reflected on between polytech and now.

Polytech is a three year job interview

The New Zealand outdoor network is small. Everyone out there knows everyone else. That includes your tutors. They are incredibly well connected and have spent their life living in the same nests with your future employers, colleagues and

adventure buddies. Keep this in mind as you work alongside them. Think about what makes a great student, or a challenging student when you are teaching.

He Tangata, He Tangata, He Tangata

It took me a while to figure this one out (maybe too long)... this industry is all about people. Whether you are managing their safety, guiding their learning process, making decisions with colleagues or taking them on an adventure, dealing with people is often a leading skill-set required to work successfully in the outdoors. Spend some time understanding how you work with others. Learn to give and receive feedback, understand your style of communication and what your needs are when working in a team.

Get out observing and contracting

That first job out of the gate can be difficult. Spend time while you are at polytech thinking about where that next step might be. Consider approaching the organisation and asking to observe or look for opportunities to contract while you are at polytech.

Head along to networking opportunities such as the NZOIA Symposium, Youth Development conferences (Ara Taiohi, Festival of Youth Development), Aotearoa Adventure Therapy Conference, instructor training courses, NZOIA training Courses and film festivals. So often those conversations over a cup of tea are the ones that can lead to the most incredible outcomes!

The industry comes in all different shapes and sizes

What is it that has flirted with you? Experiential Education? Adventure Tourism? Technical skill instruction? Sustainability education? Risk Management? Conservation? Adventure Therapy? Spend some time caressing these different avenues and take note of what tickles your fancy. Think about where you hope to end up and what the pathway might look like to get there. I recommend spending time working in each area before committing to a specialty in order to develop a strong and diverse toolkit.



Personal Adventures

Working in the outdoor industry requires a passionate person who has technical skill, judgement and decision-making capability and so many other desirable attributes. These things can be spoken about in a classroom but really... you have to get out on your own personal adventures (or misadventures) to bring it all together. We learn best by reflecting on doing. Find some great adventure buddies, plan a mission, and get out there!

Kaitiakitanga

We have a responsibility to look after the places that we work in and care about. Not only does that mean looking after the places that we go when we are there but looking out for ways to conserve and protect them when they are under threat. Keep your eyes open for local decisions being made. Go to hearings, write submissions and spend some time considering what you value about the natural world. Your voice is valued!

Also, consider the influence we can have on our clients and students. David Attenborough shared, "No one will protect what they don't care about; and no one will care about what they have never experienced." Through our work we have the potential to support people to experience and gain connections with nature. How does this concept fit within your idea of practice?

Your body is a temple...

But seriously! Our tool belt's biggest and most versatile tool is our body. Look after it and think about what the results of your short term decisions may do in the long run.

Get 'er done!

If all else fails, set yourself up by understanding the pre-requisites required for your direction in the industry. This may be working towards; NZOIA Awards, Passenger Endorsement & Class 2 Drivers License, VHF Radio & Boat Masters, First Aid (WFR or PHEC) and Mental Health First Aid or a number of other compliance related certifications.

Lean into professionalism in the outdoors

In many ways we don't fit into the stereotypical box of the professional image! We're far too wrapped up in our puffer jackets and fleece to feel we suit, or tie into that world. I guess that's where I have changed my perception a little. I entered this industry with the idea that one day after leaving the outdoors, I would get a "real job" and pursue a "proper living." Maybe I am alone in this thought, but I have come to realise we do some

incredible professional work with people and I see our diverse fields of practice being more important than ever. As social and environmental pressures come at us from every which way, I see a growing need to support people to develop their connection with self, others and nature. You might "just" be an outdoor instructor, or "just" a sea kayak guide, or "just" an educator or "just" a polytech student... but I see the work we do as far more important than "just" taking people into the outdoors.

Create a career in the outdoors

I remember sitting in a polytech van heading towards the Grinity put in, shivering with excitement and anticipation about the afternoon ahead. One of my classmates said to me, "Ha, do you ever think we will be like... the industry? You know? Like we will be the old, good looking, respected tutors at polytech?" Now, I look around at my classmates who are all over the country, succeeding in their different areas of the industry and think how fortunate we are to have got here.

Working in the outdoor industry can be a career, a lifestyle and all the things in between – where do you want to take it? How do you want to work, influence or shape our industry? You are the future! Set some goals, be bold and then work hard to get there. We as polytech graduates make up a large portion of the professional outdoor industry. There are many other pathways to a successful career in the outdoors but I think polytech is a pretty great place to start.

The funny thing about reaching a summit is that it often serves as the best place to see all the other peaks and inspires you towards the next journey. It's awesome to take a breath here and feel grateful for all the help along the way... but I guess at some point the other mountains will call and I will go.

All the best with your journey! See you out on the track.



Meg Ryan – Course Design Manager, Outward Bound NZ

RECREATION AOTEAROA – ADVOCACY IT'S ELECTION YEAR!

As we rip into a new year and the second half of what is turning out to be a pretty good summer, it is pretty confronting to realise that it is an election year. It seems like these come around quickly.

In recent election cycles, Prime Ministers have foregone the tactical advantage of choosing the election date at the very last moment and announce it early in the year. This gives everyone involved a degree of certainty. The 2020 election will be held on September 19th.

In 2017, in the months leading up to the election, Recreation Aotearoa wrote to each political party to ask a series of questions relating to Outdoor Recreation and Outdoor Education. We published and promulgated their answers several weeks before polling day. This is a fairly common technique among professional associations, interest groups and NGO's. I know from experience that political staffers spend days and days in an election year answering questions from numerous organisations – trying to fit their existing policy against sometimes quite obscure and technical questions.

I think it is a bit of a stretch to believe that many voters are swung by the answers given to questions posed by an organisation or professional association they happen to belong to. Voter behaviour is much more complex and mystifying than that. But it does help to pin the politicians down.

In 2017 we asked: "Does your party agree that the organisations engaged in facilitating school-aged children into the great outdoors should be exempt from Department of Conservation (DOC) concession fees?"

The answers we got from Labour and the Greens have been very helpful in subsequent discussions we have had with the Minister of Conservation. While there has been no movement yet, we remain hopeful.

Other questions posed from 2017 included: "Does your party support a step change increase in funding for DOC to carry out its function of fostering recreation?" and "...How does your party propose to fund the provision of tourism and recreational infrastructure?"

We are not so naïve to assume that it was solely our influence, but it was gratifying to see a large increase of funding for DOC in 2018, with further funding to come from the new International Visitor Levy. The answers we got from the Greens and Labour made these intentions pretty clear.

So, over the coming months, Recreation Aotearoa, in consultation with our members, will be formulating a revised set of questions to pose. I am very keen to hear your thoughts on what we should ask. What possible policy would you like to see implemented? Which existing policy or regulation needs to be scrapped or changed. Contact me at sam@nzrecreation.org.nz.

Those who attended the 2017 Outdoors Forum, will also recall that we had a very successful Q&A session with candidates from six political parties. In election years politicians and aspiring candidates are very keen to get in front of voters. This is something that anyone can replicate at their workplace or in their community. The organisations that NZOIA members work for are significant. Significant contributors to the local economy, significant employers and significant in terms of developing young people. It is entirely appropriate that you ask your local MP or candidate to visit your organisation. Pitch it as a photo opportunity (the catnip for politicians), but use the opportunity to ask some hard questions and give them your perspective on the issues that affect you.

It seems like these election years come around all too quickly, but I am reliably informed that they only happen every three years. Let's make sure we use this election year to advance the interests of our sector.

Sam Newton – Advocacy Manager at Recreation Aotearoa



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DATES:

September 19, 2020-
October 10, 2020

APPLICATION DEADLINE:

June 5, 2020

I NEARLY DIED! LEPTOSPIROSIS / WEIL'S DISEASE

MATT BARKER



I am sure that, if you have taken enough kids into the outdoors, you will have heard 'I nearly died' said plenty of times, and in situations when they were nowhere near actually dying. I write this story not as a dramatic exaggeration, but as a warning to all of us!

I have always been able to get myself out of a sticky situation (there have been a few) using my wits and skill. I'd always thought that when it was time to meet my maker, it would be in a big event – perhaps a burning fireball or drowning in some gnarly remote canyon. The fact that I would one day be probably 48hrs from death at the hand of some tiny unseen pathogen that I was completely defenceless and unprepared for really was not on my radar. It is now, and it should be on yours too.

I had had a fairly normal May, kayaking and open canoeing overnight camping trips and a bit of bushcraft for work. A deer-stalking trip, wading through the Waikato swamps for duck hunting by way of recreation, and slaughtering a lamb for the freezer, kept me fairly busy.



I came home from work on the last Monday in May and set about mowing the lawns. I got halfway through the job and felt a bit rough, so I came in with an insatiable thirst. I seem to remember drinking and peeing that evening like it was going out of fashion. I went to bed without tea and stayed there. Tuesday morning came and I dragged myself to work still feeling rough and running a temperature. I had an indoor week but by Thursday my temperature had reached 40 degrees and a colleague found me preparing for my tutorial semi-comatose on the office floor. I'd had to take the lift up one floor to reach my office because I

couldn't face climbing a flight of stairs. On Friday I took my first sick day off – ever! I then spent the next four days over Queen's birthday weekend in bed running a temperature of 41 degrees.

Paracetamol and Ibuprofen would reduce my fever for about three of the four hours between doses. I felt like I had bruised my hip, I developed excruciating pain in both knees if I tried to stand up, and my urine became darker, smellier and frothier. I was having difficulty swallowing and I couldn't sleep. It felt like breathing was a conscious effort and that I had a large cat sitting on my chest. So, on Monday evening (QB) I went to the doctor (another pretty rare event for me). He did a quick exam and pronounced that I had the flu and gave me some Codeine for the knee pain. His advice was to keep taking the paracetamol and put my feet up for a few days!

Very early on Tuesday morning I started to hiccup, every couple of minutes. I became very light sensitive and struggled to swallow drinks – food wasn't even an option. By Wednesday evening I was still hiccupping all day and night and had had no sleep for at least 36hrs. I started to hallucinate wildly, first being trapped in a computer game and then dealing with endless mathematical equations. All I could do at this stage was lie in a dark room and listen to BBC Radio 4. (I don't know what was on the radio, but it helped keep the hallucinations manageable.) So back to the doctors.... A different emergency clinic this time! I waited five hours to be seen and got very angry and irrational whilst waiting – I tried to leave only to be dragged back by my partner Camelia. She tried to explain to the triage nurse that I was not eating or drinking, but all I (and they) could focus on was the hiccups. The doctor gave me an injection to make the hiccups subside and kept me there for an hour's observation. The hiccups subsided and I fell asleep for the first time in 48hrs and I was sent home.

By the time we got home (at 1.30am on Thursday) the hiccups had returned and with it jaw and throat spasms/cramps and very bloodshot eyes. On Thursday afternoon it was back to the emergency clinic again, but this time I couldn't even walk. The (new) doctor called my name. I couldn't stand unaided and Camelia had to help lift me out of my seat. The doctor took one look at me, went to get a wheelchair to put me in, and said "there is something really not right with you." I hadn't even made it out of the waiting room yet. He rang ahead to admit me to the hospital and sent me straight round to the Assessment and Diagnostic Unit (ADU). Think 'Hugh Laurie in House' here. Talk about confusion – I was convinced he was talking about another patient on the phone.



I spent the night in the ADU whilst having full panel blood tests, urine tests, rectal swab, chest x-rays and ultrasounds, whisked around the sprawling hospital campus in my hospital bed from unit to unit, along corridors and up and down lifts, it was all a blur. I was bombarded with questions which to be honest were completely beyond me to answer lucidly. Luckily Camelia was there to answer the questions. As soon as the blood tests were returned, they put me straight onto IV antibiotics (Ceftriaxone) and fluids. On Friday morning weirdly, the ice block they had given me the previous night was still solid in its paper cup! What do they put in those things? And if one more nurse was to suggest to me helpful ways to stop hiccups (have you tried holding your breath?), I would have done more than scream. Yet more questions came from the 'infectious diseases' specialist about travel to Pacific Islands. When the blood tests were returned the specialist told me that I had a creatinine level of 1600 (when the normal level is 100) and elevated bilirubin (jaundice). This suggested that I had total kidney failure and my liver was following suit. With this I was sent to the renal unit.

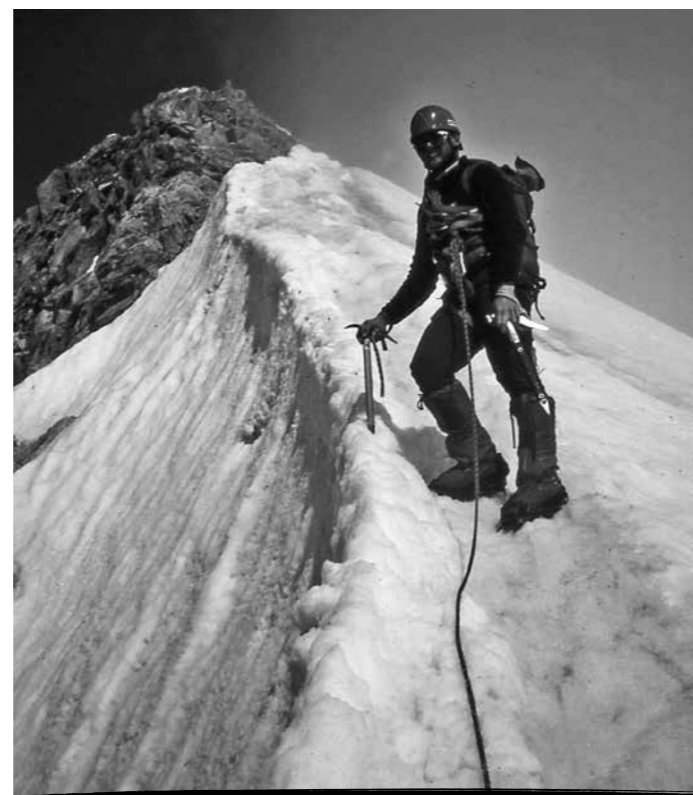
Here they operated on me immediately to fit a catheter into the jugular vein in my neck under local anaesthetic; quite a bit of blood squirting and trauma later and this was fitted. I was then wheeled once more across to the far side of the hospital campus to the dialysis unit to have my blood cleaned. I was poisoning myself from the inside out as my kidneys were non-functional. This it later appeared was the source of the hiccups and throat spasms. The smooth muscle spasms were so severe that on one occasion they thought I was going into cardiac arrest! So, with arms like bruised pin cushions from the constant blood drawing and catheters inserted to administer fluids and antibiotics, a catheter in my neck for dialysis, still hiccupping, throat locking spasms and cramps together with not sleeping and the doctors having no idea what was wrong with me, life was at a very low ebb. Was this it? Could I recover and to what extent, or was I going to die right here like this? You have plenty of time to contemplate all this when you do not sleep at all through the long dark hours. I am so grateful to my daughter Ellie (who was there every morning on her way to University) and Camelia tag-teaming to keep me from spiralling too far down into the desperate pit in which I found myself, and helping me keep some sort of perspective on it all.

On Sunday the only brightness was for a few hours after my dialysis and once again I was bombarded with questions, but this time from a student doctor who had an assignment to do on infectious disease (House's Thirteen). Later he returned with more questions and some images, and he raised for the first time the possibility of Weil's disease caused by the Leptospirosis

bacteria. By chance, he had spent some time at a different hospital, where Leptospirosis was seen a little more often. When he showed Camelia a picture of red eyes and she confirmed that it matched what she had observed in mine, we realised a diagnosis might finally be coming nearer. Up until this point I really felt like the doctors were just experimenting with me, trying this and seeing what happens, treating symptoms I didn't have (nausea and reflux) and not treating the symptoms that I did have, hiccups and throat locking cramps and organ failure. The antibiotics brought me out in a rash all over and this was switched to doxycycline. My daughter who is a vet student came up from Palmerston North to see me (it might have been her last chance). She asked me if they had considered Leptospirosis as I was displaying the classic signs. My brain felt like it was full of cotton wool and my eyes were full of thousands and thousands of little dots. I couldn't read or look at anything, and conversation was beyond me but I could listen – which at times was distressing in its own right, like when a pharmacist came to talk to those around me on the possibility of non-recovery from this state and the implications.

I was in hospital for 10 days and only allowed out when I could walk 30 metres and get up three stairs on my crutches! A far cry from someone who paddles grade 5 and has climbed 6000m peaks without crutches. Surprisingly after not eating very much over the past two weeks my bodyweight had remained fairly constant but now all this changed very quickly. I lost 20kgs in the last three days I was in hospital as my kidneys came back on-line and the oedema disappeared from my legs. I was peeing like a racehorse every two hours, day and night. The hiccups would eventually stop after nine days as my body began to filter the poison out. So, I came home with crutches and a shower stool, like a withered hunched up old man and weak as a kitten. A week later and I could walk to the end of the driveway, two weeks and I got 250 metres from home and wondered if I could get back?

I sat in a chair most of the time and slowly completed a 1000-piece jigsaw by way of therapy. I had lost my manual dexterity and manipulation of the jigsaw pieces was both



physical and mental stimulation. Four weeks later I went for a drive (under supervision) as my eyes began to clear (the dots were all the tiny leptospirosis bacteria floating around within my eyes. Eight weeks later my blood test results were back within the normal range, and I was completely off work for a total of three months. In September I ran a two-week block course for work. I came home on the Friday evening, had dinner and went to bed, woke on Saturday morning, had breakfast and took the dogs for a walk, came home and sat in the beanbag. I woke up at 9pm! then went to bed and slept through the night, clearly still recovering. By Christmas my hair had stopped falling out and the grooves in my finger and toenails had all grown out; at one point I had thought I was going to lose them all. Now a full year later I think I am probably back where I was before, and so far, my kidneys and liver seem to be up to the task of day to day life. I suppose I was lucky, it was caught in the nick of time, organ failure is very quickly a one-way street of dominoes. I was also lucky to have the people around me, family members, neighbours who looked after the animals at home, the care packages I received from the NZOIA office and Water Safety New Zealand, and my colleagues and employer AUT who didn't rush me back to work and held the fort when I could not.

Leptospirosis or Weil's disease is a bacterial infection that usually takes between 2-30 days to incubate. It is transmitted through animal urine (most often rats and mice) and gains access to the body through cuts or mucous membranes (eyes, nose or mouth). The bacterium can survive for months in cold water or soil. In New Zealand it is an occupational hazard for slaughterhouse workers and farmers but is also a hazard to people who work and recreate in rivers and lakes as well as campers. YES, that is YOU and ME. It wasn't on my radar and clearly wasn't on the doctors' radar either, at my local GP or the hospital. So, the lesson for us all, especially with declining water quality and increasing urbanisation, is if you feel unwell and present with any of the symptoms go early to the doctors and say you may have been exposed to leptospirosis. They should put you onto antibiotics. Don't wait for testing: it takes weeks and in the case of a serious infection that could be far too late. I was not definitively diagnosed by testing until after I'd been discharged. The earlier that you can treat it, the better your prognosis and the quicker your recovery will be. So please put this infection on your radar and on the radar of those around you!

Leptospirosis/ Weil's disease symptoms:

- High Fever
- Headache
- Chills
- Bilateral (both sides) limb aches and pains
- Vomiting
- Jaundice
- Smooth muscle spasms (hiccups, throat locking)
- Bloodshot eyes
- Diarrhea
- Rash

Useful websites for more information

www.cdc.gov/leptospirosis/index.html
www.cdc.gov/leptospirosis/features/outdoor-activities.html

Matt Barker – NZOIA Assessor and Board member

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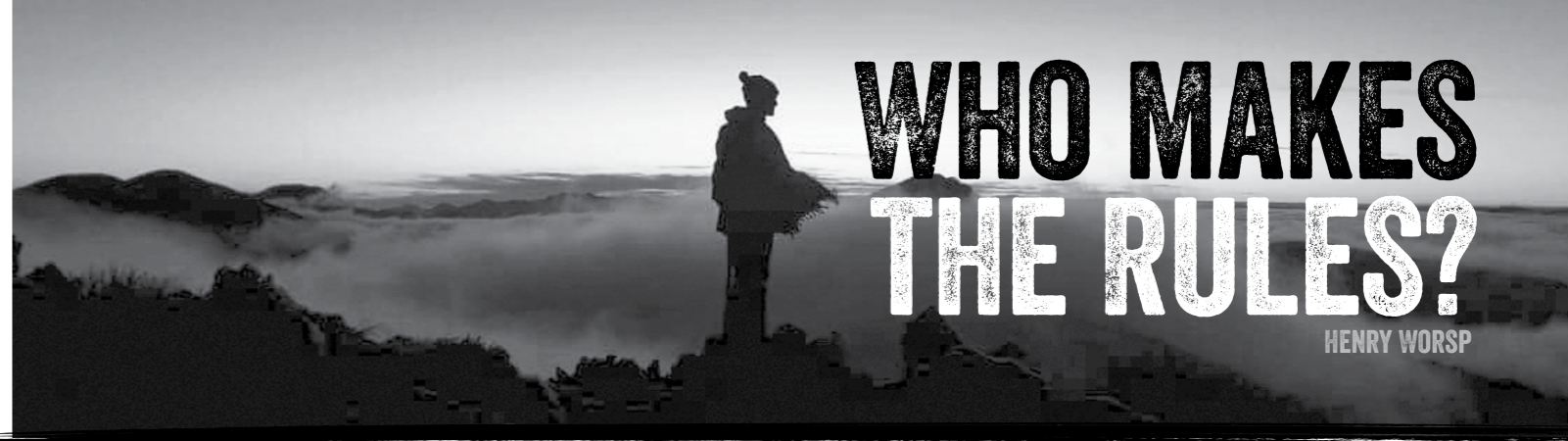
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Bush Walking Leader	Jonna Barth, Sam Butler, Craig Diack, Lawrence Mammitzsch, Cooper Neilson, Emma Ward, Jake White, Georgia Whitson, Graham Zylstra, Sonja Stroblmayr, Pia Fors, Elias Eriksson, Christof Ternest, Jason McShane, Monty Purcell, Casandra Becerra, Mitchell Barber, Edward Derby-Hoffman, Zebedee Fersterer-Gawith, Alexander Gillespie, Austin Green, Daniel Jackson, Ben Keene, Reuben Kinney, Brayden Mattson, Saracen McLeod, Alexandra Parsons, Sophie Richards, Jona Schmutzer, Isaac Short, Jasper Turner, Marged Wairemana Williams, Mitchell Wilson, Cluver Swart, Riley Hartland, Shay Fearn, Summah Ngatai, Tia Donovan-Stroud, Jonathan Abplanalp, Brenna Macnee, Laura Seyb, Emma Holdway, Will Taylor, Grace Robertson, Reece Saywell-Emms, Jacinda Bouilly, Poldi Waldmann-Moloney, Sarah Buckingham, Amy Woodfield, AJ Key, Liam Delury-Gorrie, Phil White, Sarah Cumming, Braden Hodgson, Robbie Hollander, Riverlee Hunt, Donovan Lewis, Benjamin Morley, Madison Oakes, Alicia Lose, Ida-Sophie Sellerup, Andrew Ferren, Kirsty Newstead, Martin Lund, Daniel Asmussen, Megan Baxter, Monica Bean, Millie Chamberlain, Johanna Church, Megan Creswick, Nathan Dick, Bronwyn Fechney, Billy Georgieff, Rena Hamilton, Oliver Jarman, Hannah Lawson, Sam LeMarquand, George Macdonald, Hamish Macleod, Jayden Meads, Mikeely Milligan, Georgia Mae Moloney, Toni Owen, Kellen Patfield, Claudia Petrie, Kate Raynor, Raphael Schuler, Atareta-Rose Smith, Brynlea Stocks, Andrew Talbot, Angeline Van Zuilen, Cory Walsh, Arna Warrander, Yu Shan Chang, Joseph Devlin, Emily Haworth, Mato Hill, Lauren Jackson, Madeline Lilley, Kelly Mahan, Amanda McCabe, Tessa McGirr, Nikita Rhodes, Quinn Sole, Eva Truscott, Georgia Wilson, Guo Wu, Cailin Richardson-Hall, Finlay Gane, Jeremy Ayling, Tayler Oliver, Alison Vlasman, Summar Tasker, Aaron Serrato, Stephanie Ose, Rosa Hatfield, Jack Craft, Lucie Lagesse, Brittini Burton, Elizabeth Lucas, Tayla O'Keefe, Lauren Rosetta, Hannah Surwillo, Sophie Simmons, Cathal O'Hanlon, Penny Fletcher
Bush 1	April Heath, Lucy Crozier, Ed Hides, David Moss, Hilary Munro, Anna Cunningham, Amanda Tutton, Blythe Southern, Caitlyn Foran, Tim Derig, Paddy Tucker, Charlotte Gordon
Bush 2	Ashley Whitehead, Jon Harding, Sam Blake, Richard Walker
Canoe 1	Kev Webb
Canyon 1	Jurijs Mihejenko
Cave Leader	Matthew Cole, Brodie Taylor
Climbing Wall Supervisor	<i>Rocktopia:</i> Bruno Marcal Bento, Kevin Pengally <i>Cashmere High Rock Wall:</i> Alyse McKenzie, Laura Doughty, Finn LeSueur
Kayak Leader	Craig Diack, Lawrence Mammitzsch, Cooper Neilson, Jake White <i>WERO White Water Park:</i> Richard Morrison, Mitchell Barber, Edward Derby-Hoffman, Zebedee Fersterer-Gawith, Alexander Gillespie, Austin Green, Daniel Jackson, Ben Keene, Reuben Kinney, Brayden Mattson, Saracen McLeod, Alexandra Parsons, Sophie Richards, Jona Schmutzer, Isaac Short, Jasper Turner, Marged Wairemana Williams, Grace Robertson, Reece Saywell-Emms, Jacinda Bouilly, Poldi Waldmann-Moloney, Sarah Buckingham, Amy Woodfield, AJ Key, Liam Delury-Gorrie, Phil White, Megan Creswick, Sarah Hicks, Oliver Jarman
Kayak 1	Watson Green
Class III River Management	Tim Shaw, Jonathan Smith, Mark Parfitt
Multisport Kayak Instructor	Sam Manson, Caleb Purdie, Ryan O'Connor
Rock Climbing Leader	Sam Butler, Craig Diack, Emma Ward, Jake White, Georgia Whitson, Mitchell Barber, Edward Derby-Hoffman, Zebedee Fersterer-Gawith, Austin Green, Daniel Jackson, Ben Keene, Alexandra Parsons, Jona Schmutzer, Isaac Short, Jasper Turner, Marged Wairemana Williams, Mitchell Wilson, Adithya Pandian, Shania Kuipers, Jess Amat, Daniel Lee, James Fraser, Courtney Dodunski, Jose Diago, Sonja Stroblmayr, Pia Fors, Elias Eriksson, Yaniv Schvarzman, Jason McShane, Monty Purcell, Casandra Becerra, William Sinclair, Seth Upfold, Grace Robertson, Reece Saywell-Emms, Jacinda Bouilly, Poldi Waldmann-Moloney, Sarah Buckingham, Amy Woodfield, AJ Key, Liam Delury-Gorrie, Phil White, Braden Hodgson, Robbie Hollander, Benjamin Morley, Madison Oakes, Frances Sutherland, Ginni Orr, Matt Vernick, Kent Pollard, Alicia Lose, Ida-Sophie Sellerup, Andrew Ferren, Kirsty Newstead, Martin Lund, Monica Bean, Stephen Bokhoven, Jonty Cartwright, Annabelle Coleman, Nathan Dick, Rena Hamilton, Hannah Lawson, George Macdonald, Steph Manson, Georgia Mae Maloney, Toni Owen, Kellen Patfield, Claudia Petrie, Kate Raynor, Asher Richards, Raphael Schuler, Atareta-Rose Smith, Robbie Smith, Brynlea Stocks, Angeline Van Zuilen, Cory Walsh, Arna Warrander, Kayne Anderson, Yu Shan Chang, Joseph Devlin, Jake Harris, Emily Haworth, Mato Hill, Lauren Jackson, Tessa McGirr, Kate Morgan, Sonia Murray, Nikita Rhodes, Quinn Sole, Eva Truscott, Georgia Wilson, Finlay Gane, Jeremy Ayling, Tayler Oliver, Alison Vlasman, Summar Tasker, Aaron Serrato, Rosa Hatfield, Jack Craft, Lucie Lagesse, Brittini Burton, Elizabeth Lucas, Tayla O'Keefe, Lauren Rosetta, Hannah Surwillo, Sophie Simmons, Cathal O'Hanlon, Penny Fletcher
Rock 1	Stephen Trimble, Mark Chambers, Paddy Tucker, Monika Bischof, Andrew Bridgman, Ed Hides, Tomo Yasuda, David Williams, Caleb Murray
Sea Kayak Leader	Jonna Barth, Emma Ward, Eric Webster, Tom Groothuizen, Edward Derby-Hoffman, Zebedee Fersterer-Gawith, Benjamin Keene, Brayden Mattson, Saracen McLeod, Isaac Short, Marged Wairemana Williams, Adithya Pandian, Jess Tranter, Heavenly Kieft, Prabneet Singh, Courtney Dodunski, Nicole Mathis, Nguyen Thanh Dung, Mila Rayn, Glen Cooper, Alie Henderson-Corporaal, Craig Diack, Jake White, Tom Clarke
Sea Kayak 1	Nicole Preller, Zak Ainsworth, Curtis Vermeulen, Kyle Smart, Brent Goldsworthy, Kieran Moore, Tamara Green
Mountain Bike 1	Morgan Calas, Chris Bramwell, Sierra Stretton, Kieran Chandler, Steve Newport, Nicole McAulay



WHO MAKES THE RULES?

HENRY WORSF

"Can I give Ibuprofen?" "Am I allowed to traction a fractured femur?" "Should I carry and use a Ventolin inhaler as an outdoor instructor?" These are the type of questions we commonly get asked on our PreHospital Emergency Care and Outdoor First Aid courses. It is encouraging to know that the outdoor industry takes its emergency response responsibilities seriously and there is a genuine push to look after patients in the best possible way. But in the haziness around who can do what, there is a danger for confusion and anxiety to cloud our decision making. As a result we come across many organisations who have banned any medicines, such as paracetamol, from their first aid kits for fear of getting it wrong. This article seeks to provide some guidance around how to reduce confusion and allow organisations and individuals to be confident in their approach to patient care.



Shania Kuipers at Charleston

At Peak we are fortunate to have a variety of different qualification holders on staff, including doctors, nurses, paramedics and PHEC trained medics. However the majority of our medical interventions are based at a PHEC level and emphasise accessing patients (often in challenging terrain), assessing them, treating then extracting them to further medical care. To achieve this in a way that is most likely to provide best possible patient outcomes we need to use a variety of medicines and techniques that have some risk attached. In order to deliver the best patient care, we cannot rely only on training and qualifications, but instead can fall back on a series of medical protocols that have been established with the help of our medical advisers and are based around the National Ambulance Guidelines.

If you have called 111 before and asked for an ambulance, some of the advice you will receive is "don't move the patient" or "don't splint any injuries". Our medical team receive these instructions every weekend when we require hospital transport for our patients. We consciously sidestep these instructions based on the fact that our protocols guide us as to when an intervention is indicated and when it is safer to be more conservative. Developed over several years, our medical protocols clearly lay out: site management and communication principles,

patient assessment and treatment processes and when certain interventions are, or are not indicated. This guide gives our team confidence that our decisions are in line with our organisational policies and that we are likely to be providing the best possible care for our patients.

A PHEC or OFA qualified outdoor instructor/guide is not considered a registered medical professional, and therefore is not exposed to being de-registered in the event of making a poor decision with regards to patient care. However many outdoor professionals we talk to mention a fear of getting it wrong and the impacts that might have on the patient and on their career. This is a healthy attitude and we encourage first responders to be conservative in their decision-making. Conversely we meet a number of 'uber' types who simply cannot wait to decompress someone's chest or intubate them.

Every medical intervention has risk attached to it and when an organisation asks us for advice like "should we carry a certain drug or piece of equipment?" our answer is always as follows. Conduct a risk assessment on that practice which should include the frequency (what are the chances of requiring an intervention - taking into account the participants' demographics, the hazardous nature of the activity and the distance from help) and the severity (what are the consequences of not having the meds or equipment, what would happen if it goes wrong?). Just as with any other risk, this approach allows us to make informed decisions around just what we should or should not be doing in terms of medical response.

We all like the idea of having more skills and more toys in an emergency situation but as an organisation we need to be sure that what we do is appropriate, safe and will bring about the best possible patient outcomes. Sometimes the best thing we can do for an injured or unwell person is to keep them still and wait for help to arrive. At other times we are best to manage and move them ourselves.

Sound risk assessments should lead to the right interventions being included in a set of robust emergency medical protocols that an organisation can hang its hat on. This can then trickle down into staff training and the development of emergency response plans. We encourage outdoor organisations to develop their own set of protocols relevant to their operation, just as they would have a set of Standard Operating Procedures regarding how they conduct their activities. If you want to discuss how to go about this or enquire about having a set of protocols developed for your organisation just drop us a line: info@peaksafety.co.nz



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

The course calendars for Assessments, Training and Refresher workshops can be found at 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

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

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

for details on how to arrange a course. **Course Costs:** all courses run by NZOIA are discounted for members and heavily subsidised by external funding.



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

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Tramping on Mt Howitt, Hooker Range, high above the Landsborough Valley

Photo: Mark Watson / Highluxphoto

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Profiles of organisations are welcomed for the back page series "Planting the Seeds of Adventure". Contact editor@nzoia.org.nz



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