

NZOIA™ Alpine Instructor Level 1 Syllabus

SCOPE

This award is for those persons instructing, organising and leading others on trips of 2 - 3 days duration in alpine or snow environments in all seasons, on non-technical ground (ie where a rope is not normally required) and snow is normally encountered.

1. SKILL AND EXPERIENCE

- 1.1.1 The NZOIA Alpine 1 Instructor/leader will have no less than 30 days experience in tramping and climbing in the Alpine environment. To include at least 20 days in the snow, 5 nights camping away from huts, 5 nights at huts.
- 1.1.2 Additional experience of not less than 10 days as instructor/leader or co-instructor/leader in the alpine environment, including at least 5 nights in huts or camping, and 5 days in the snow.
- 1.1.3 The NZOIA Alpine 1 Instructor/leader will be conversant with relevant publications and be able to demonstrate a good knowledge of the bush and non-technical environment and procedures required in an emergency.
- 1.1.4 Have attended an approved avalanche awareness course.
- 1.1.5 The NZOIA Alpine 1 Instructor/leader will hold a current First Aid certificate (Outdoor First Aid recommended) issued within the last three years.

These are minimum requirements, extra days are advised so that a broad spectrum of weather and terrain variables are experienced.

In the following areas the NZOIA Alpine 1 Instructor/leader will be expected to:

2. ENVIRONMENTAL CARE

Element - Enhance personal and group knowledge of the alpine environment

- 2.1.1 Demonstrate and explain to others the Environmental Care Code (DOC 1991).
- 2.1.2 Demonstrate a basic knowledge of the flora, fauna, geology and history in an alpine area of New Zealand.
- 2.1.3 Describe the major organisations involved in the use of the bush and mountains of New Zealand, their history and purpose.
- 2.1.4 Describe the significance of various features to the local iwi in at least one alpine area.
- 2.1.5 Describe the issues surrounding ownership, access and conservation in alpine environments.

3. CLOTHING AND EQUIPMENT

Element - Plan and prepare equipment for alpine trips.

- 3.1.1 Demonstrate a knowledge, care and repair of the equipment commonly used in New Zealand for alpine trips as outlined in the scope of this scheme.
- 3.1.2 Demonstrate the principles of using layered clothing for different weather conditions.
- 3.1.3 Demonstrate how to pack personal and group equipment for an overnight alpine trip.

4. ALPINE SKILLS

Element - Move safely and confidently with a group in the alpine environment and demonstrate the ability to adjust plans when environment dictates.

4.1 Moving with a group

- 4.1.1 Demonstrate appropriate walking and moving skills such as pacing, rhythm, foot placement, energy efficient methods in varied terrain and explain the potential dangers to others.
- 4.1.2 Demonstrate the use of the ice axe for walking, self arrest and step cutting.
- 4.1.3 Select an appropriate alpine route, identify the potential risks and disclose these effectively to others.
- 4.1.4 Co-ordinate a group on tracks, snow, tussock, rocky broken ground, scree, slippery ground.
- 4.1.5 Select appropriate pace, resting schedule and organisation for a group to enable the objective to be achieved.

4.2 Navigation

- 4.2.1 Demonstrate knowledge and use of maps
- 4.2.2 Orientate a map to ground using features only and compass only.
- 4.2.3 Describe routes and estimate distance, and time for a trip using a map.
- 4.2.4 Locate a given point on the map using a 6-figure grid reference plus map number.
- 4.2.5 Determine present position on a given map using natural features with visibility greater than one kilometer.
- 4.2.6 Navigate across terrain using a map and natural features when there is limited visibility.
- 4.2.7 Travel using a compass bearing taken from a map.
- 4.2.8 Plan and follow a alpine route using map and identify emergency escape routes.
- 4.2.9 Find the bearing to a feature using a compass.

4.3 Weather

- 4.3.1 Describe the weather patterns as they affect New Zealand.
- 4.3.2 Obtain a current weather map and forecast map for the assessment alpine region.
- 4.3.3 Demonstrate the ability to anticipate weather conditions from changes in clouds, temperature and wind direction and react accordingly.
- 4.3.4 From a synoptic chart make general interpretations as to future weather, wind direction, wind speed, temperature and precipitation.

4.4 Campcraft

- 4.4.1 Select a campsite, set up tent/shelters in an alpine area and identify natural hazards present.
- 4.4.2 Demonstrate the organisation required for gear and cooking in adverse conditions.
- 4.4.3 Demonstrate hut etiquette and organisation.
- 4.4.4 Describe the dangers of stove use in tents/confined spaces.
- 4.4.5 Demonstrate hygienic methods of handling/preparing food and preventing water contamination.
- 4.4.6 Explain the importance of fluids during trips.
- 4.4.7 Describe toilet regimes for snow and delicate vegetation sites.

4.5 Water Safety

- 4.5.1 Demonstrate the techniques used when travelling in/across an open or snow covered stream.

4.6 Trip Planning

- 4.6.1 Identify aims and objectives of an alpine trip.
- 4.6.2 Produce an trip plan that contains some of the following - risk identification and management, consent, access, equipment, weather information, intentions, gear lists, medical information, hut ticketing, avalanche hazard forecast.

6. RISK AND CRISIS MANAGEMENT

Element - Enhance personal and group safety in an alpine environment.

- 6.1.1 Demonstrate the ability to adjust plans when the environment dictates.
- 6.1.2 Demonstrate the concepts and principles of managing risk during a given trip.
- 6.1.3 Describe procedures used in the event of an accident or illness in the party, party member being missing, party becoming lost. Including how to achieve emergency communications.
- 6.1.4 Demonstrate how to build an emergency shelter in snow or above the bush line.
- 6.1.5 Describe the prevention and remedies for - snowblindness, frostbite, dehydration, hypothermia, hyperthermia, sunburn.