

# NZOIA™ Bush Instructor Level 1 Syllabus

## SCOPE

This award is for those persons who are instructing, organising and leading others in 2-3 day overnight trips, either on tracks or within easy access of recognised tracks or routes below the bushline, or on tracks above the bushline where snow is not normally encountered. Groups will normally be using tents or huts.

### 1. SKILL AND EXPERIENCE

- 1.1.1 The NZOIA Bush Instructor will have no less than twenty days experience of multi-day tramping trips in a variety of bush types and terrain. In addition, no less than ten days experience as a instructor/leader or co-instructor/leader on such trips.
- 1.1.2 The NZOIA Bush Instructor will be conversant with relevant publications (range = NZMSC manuals, Bushcraft, Outdoor Safety, Outdoor First Aid, Outdoor Pursuits Guidelines, , Organisational codes of practice) and be able to demonstrate a good knowledge of the bush environment and procedures required in an emergency.
- 1.1.3 The NZOIA Bush Instructor 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 variables are experienced.

***In the following areas the NZOIA Bush Instructor will be expected to:***

### 2. ENVIRONMENTAL CARE

***Element - Enhance personal and group knowledge of the bush environment***

- 2.1.1 Demonstrate an understanding of the Environmental Care Code (DOC 1991) incorporating aspects of this into student day.
- 2.1.2 Demonstrate an ability to impart knowledge to students on the flora, fauna, geology and history in a given area of New Zealand bush.
- 2.1.3 Describe the major organisations involved in the use of bush and mountains of New Zealand, their history and purpose (range = DOC, Federated Mountain Clubs).
- 2.1.4 Understand areas of significance to local iwi.

### 3. CLOTHING AND EQUIPMENT

***Element - Plan and prepare equipment for bush trips.***

- 3.1.1 Demonstrate a knowledge of the tramping equipment commonly used in New Zealand. This will include the types, characteristics, limitations, cost, care, maintenance, storage and practicality of:  
Clothing, boots, tents, packs, sleeping bags.
- 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 and list the minimum requirements for an overnight tramping trip.

## 4. BUSH SKILLS

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

### 4.1 Moving with a group

- 4.1.1 Demonstrate appropriate walking skills (range = pacing, rhythm, foot placement, energy efficient methods) in varied terrain (range = tracks, tussock, rocky broken ground, scree, slippery ground) and explain the potential dangers to others.
- 4.1.2 Select an appropriate route, identify the potential risks and disclose these effectively to others.
- 4.1.3 Co-ordinate a group on tracks, tussock, rocky broken ground, scree, slippery ground.
- 4.1.4 Select appropriate pace, resting schedule and organisation (range = leader, tail, load distribution, buddies) for a group to enable the objective to be achieved.

### 4.2 Navigation

- 4.2.1 Demonstrate knowledge and use of maps (range = types, scales, symbols, grids, contours, features, orientation).
- 4.2.2 Describe routes and estimate distance, and time for a trip using a given map.
- 4.2.3 Locate a specified point on the map using a 6-figure grid reference plus map number.
- 4.2.4 Determine present position on a given map using natural features only given visibility greater than one kilometer.
- 4.2.5 Navigate across terrain using a map and natural features to a given point.
- 4.2.6 Orientate a map to ground using features only and compass only.
- 4.2.7 Travel using a compass bearing taken from a map.
- 4.2.8 Plan route using map and identify emergency escape routes.
- 4.2.9 Find the bearing to a feature using a compass.
- 4.2.10 Follow a marked track (range = good and poor visibility) and explain the current methods of marking tracks in New Zealand.

### 4.3 Weather

- 4.3.1 Describe the weather patterns as they affect New Zealand.
- 4.3.2 Obtain weather information for a given trip into a bush region.
- 4.3.3 From a synoptic chart make interpretations as to future weather, wind direction and speed, temperature and precipitation.

### 4.4 Campcraft

- 4.4.1 Select a campsite set up tent/s and identify natural hazards present.
- 4.4.2 Demonstrate the advantages/disadvantages of a variety of shelters (range = bivvy, rock bivvy, fly, bivvy bag).
- 4.4.3 Demonstrate the organisation required for group cooking. Light an emergency fire in adverse conditions and show fire safety methods.
- 4.4.4 Demonstrate hut etiquette and organisation for a given group.
- 4.4.5 Describe the advantages/disadvantages and maintenance of stoves. Scope: Propane, methylated spirit burning, and white-spirit type cookers.
- 4.4.6 Describe the dangers of stove use in tents/confined spaces.
- 4.4.7 Organise balanced, nutritious and varied food plus fuel requirements for a given trip.
- 4.4.8 Describe the special dietary needs of a given group.
- 4.4.9 List the emergency foods to be carried on a given trip.
- 4.4.10 Demonstrate hygienic methods of handling/preparing food and preventing water contamination..
- 4.4.11 Explain the importance of fluids during trips.
- 4.4.12 Describe toilet regimes for bush and delicate vegetation sites.

## 4.5 Water Safety

- 4.5.1 Describe when and when not to cross a waterway.
- 4.5.2 Demonstrate the techniques used when travelling in a given stream.
- 4.5.3 Explains safety considerations required to cross a given bridge safely (range = wire suspension, wooden span, three wire).
- 4.5.4 Identify the hazards, methods and best crossing points for a given waterway.
- 4.5.5 Demonstrate best practice for an individual, a mutual support, and recovery method for a given river crossing.

## 4.6 Trip Planning

- 4.6.1 Produce an overall plan and an emergency plan for a given trip using huts and tracks.
- 4.6.2 Identify aims, objectives and define purpose of a given trip.
- 4.6.3 Produce an initial plan that contains - risk identification and management, consent, access, equipment, weather information, intentions, gear lists, medical information, hut ticketing for a given trip.

## 5. LEADERSHIP AND INSTRUCTING

*Element - Provide an enjoyable and stimulating learning experience for a group.*

### 5.1 Leadership

- 5.1.1 Demonstrate an awareness and sensitivity to the cultural needs of a given group.
- 5.1.2 Demonstrate an effective and full group briefing and debriefing.
- 5.1.3 Demonstrate the leadership style and listening skills most relevant to a given groups needs.
- 5.1.4 Organise and motivate a group/individuals in a bush environment.
- 5.1.5 Organise and control a group effectively during a given emergency.

### 5.2 Instructional Techniques

- 5.2.1 Prepare a lesson plan and deliver this lesson for any given bush skill contained within this award to a given audience.
- 5.2.2 Demonstrates ability to seize teachable moments and impart an awareness of nature - its participants and processes.
- 5.2.3 Select and prepare venue, equipment as required for a given lesson
- 5.2.4 Present a given lesson that includes an introduction, uses appropriate voice, language, body language, teaching/visual aids demonstrations and evaluation of learning.
- 5.2.5 Demonstrate a wide knowledge and skill of given topic
- 5.2.6 Facilitate a group discussion using Self evaluation and Peer review that
  - creates a participative open, tolerant learning environment
  - manages unacceptable behavior effectively
  - deals with expressed fears and anxieties effectively
  - encourages enthusiasm, interest and learning.

## 6. RISK AND CRISIS MANAGEMENT

*Element - Enhance personal and group safety in a bush 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 bush trip.
- 6.1.3 Describe procedures used in the event of - a given accident or illness in the party, party member being missing, party becoming lost.
- 6.1.4 Is familiar with the use of and can describe the pros and cons of different methods of communication in the bush. (range = Mountain Radio Service, VHF, signals, cellphone).
- 6.1.5 Demonstrate the ability to construct a given type of emergency shelter (range = bivvy, fly sheet, rock shelter).
- 6.1.6 Describe how the Search and Rescue system works and safety around helicopters.
- 6.1.7 Describe the prevention, symptoms and remedies for - dehydration, hypothermia, hyperthermia, sunburn, allergic reaction, blisters.