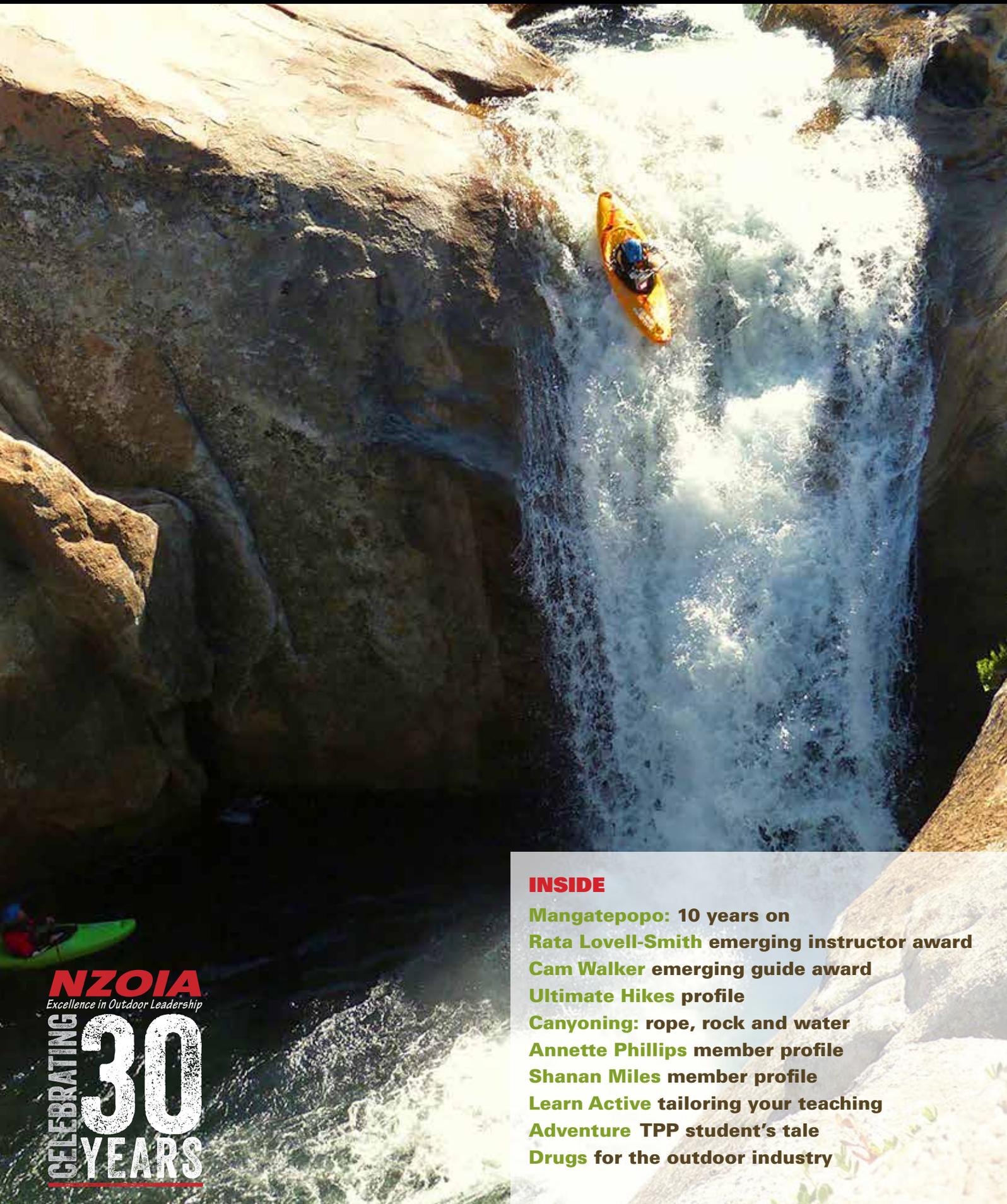




QUARTERLY

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

ISSUE 78: MARCH 2018



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NZOIA
Excellence in Outdoor Leadership

CELEBRATING
30
YEARS

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ADVERTISING ENQUIRIES

Please contact the editor at: editor@nzoi.org.nz

EDITORIAL TEAM

Editor
Jen Riley
editor@nzoi.org.nz

Design & layout
Anne Johnston
annedesign1@icloud.com

QUARTERLY CONTRIBUTIONS

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

Email: editor@nzoi.org.nz

Or send to:
Operations Manager
PO Box 1620, Nelson 7040

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.

www.nzoi.org.nz

NZOIA Contacts

NZOIA BOARD

Gillian Wratt
Chairperson
Nelson
Mobile: 021 548 110
Email: gill.wratt@gilando.co.nz

Cameron Walker
Kingston (near Queenstown)
Mobile: 027 536 1252
Email: cameronwalker1@gmail.com

Jo Thompson
Dunedin
Mobile: 027 415 4103
Email: jo.thompson2017@gmail.com

Ben Corcoran
Christchurch
Mobile: 027 238 5521
Email: ben@mountainexploration.co.nz

Matt Barker
Silverdale (Auckland)
Mobile: 021 298 1214
Email: matt.barker@aut.ac.nz

Noel Saxon
Queenstown
Mobile: 027 225 5957
Email: noel@ultimatehikes.co.nz

TECHNICAL SUB-COMMITTEE CONVENOR

Tim Wills
Email: tsc@nzoi.org.nz

Contact Us

NZOIA, Waimea House,
74 Waimea Rd, Nelson 7010
PO Box 1620, Nelson 7040
Ph: 03 539 0509
Email: admin@nzoi.org.nz

Cover photo by Greg Lee. Rata Lovell-Smith on Upper Cherry Creek, California.

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At the office

BUSINESS MANAGER

Sonya Sutherland
Mobile: 027 539 0509
Email: accounts@nzoi.org.nz

OPERATIONS MANAGER

Penny Holland
Ph: 03 539 0509
Email: admin@nzoi.org.nz

EXECUTIVE SUPPORT SERVICES

Deb Hurdle
Mobile: 021871199
Email: debhurdlenz@gmail.com

MEMBERSHIP AND ASSESSMENT COORDINATOR

Pip Russell

ADMINISTRATION ASSISTANT

Steff Willmore

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.

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 programme and membership 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



Thoughts from the Board

NZOIA 30 years on

To quote NZOIA Operations Manager, Penny Holland:

"Way back in the good old days circa 1987 there was a growing pressure on outdoor instructors to have a set of standards to go by which would result in professionalising the industry. The concept of an association of outdoor instructors who would monitor their own standards was formed. The inaugural General Meeting of NZOIA was held in Wellington with 130 passionate people debating what their new association would look like. If you have ever been to a NZOIA AGM you can well imagine what this meeting entailed..... Eventually the outcome was an endorsed constitution and the birth of NZOIA. 30 strong years later NZOIA has a membership of 1138 people and assesses 27 qualifications and endorsements for the industry."

Where to from here?

Recent approaches from new players in the outdoor sector, like the Whitewater Park (WERO) in Auckland and the Stand-up Paddle Board Association, our own members wanting new NZOIA Mountain Bike instructor/guide qualifications, interest from the Adventure Tourism industry in the new Affiliated Membership, and the acknowledgement of NZOIA qualifications within the Adventure Activity Auditing systems, are all recognition of the value seen in the NZOIA systems and processes.

NZOIA qualifications and the NZQA framework: The development of outdoor recreation qualifications on the NZQA framework creates opportunities and challenges. It doesn't make sense to have two competing systems in a country this size. Maintaining the integrity of a professional qualification system that is the result of 30 years of learning and revisions – by the industry for the industry, and at the same time learning from and fitting with the generic standards of a government organisation, is a big challenge. The Board want to see NZOIA awards continue to be seen as offering assurance of professionalism in outdoor instruction and guiding across a range of disciplines, and where with an NZOIA award you will also be credited with the appropriate level of NZ Certificate. We have been working on this for some time now, and are hoping that a first joint assessment for the new Mountain Bike qualifications with Skills Active in March/April will demonstrate that we can go beyond the principle of alignment to make the detailed processes work.

Membership growth: Our other big challenge is growing our membership. In an ideal world the revenue from membership and services would fund NZOIA operations, and we wouldn't be relying for survival on grants from SportNZ. Sport NZ funding in recent years has shown that NZOIA is seen as a valuable partner in the outdoor recreation space, but changing government priorities always create risk in reliance on funding from government grants.

At the Board meeting in December we decided to put some reserve funds into two short term membership growth contract positions. Ashley Cheeseman (Cheese) and Cam Walker (Board member) will be picking up these roles over the next few months, with a particular focus on the central North Island and Queenstown Lakes districts respectively.

Another focus for membership growth is looking at membership benefits. NZOIA Business Manager Sonya Sutherland is looking at this.

NZOIA at 35?

The Board's focus for recent meetings has been on identifying key challenges and addressing NZQA alignment and membership growth. At our next meeting in March I think it's time to step back a pace, crystallise where our thinking has got to, and set what we want the organisation to look like in another 5 years. What is needed to continue to be a viable and vibrant organisation "creating positive change through excellence in outdoor leadership". Assuming our assessment systems continue to stand the test of time:

- How many individual members?
- How many Adventure Tourism businesses and Not-For-Profit organisations are signed up to Affiliated membership?
- What should the NZQA / Skills Active alignment look like?
- How will graduates from tertiary outdoor education courses fit into the NZOIA system
- What additional membership benefits will we offer?
- etc

Then we set the trajectory to get there.

MANGATEPOPO: REFLECTIONS AFTER 10 YEARS

Like us, we imagine that many of you will clearly remember the day of the Mangatepopo Tragedy. Some of you may have been directly involved like Luke or living locally. For others you may have had the same heavy heart and queasy stomach as Annie and Gemma as you thought of your colleagues in the central North Island, and the students, families and staff involved.

Without a doubt that day impacted and shaped us as an industry. Big questions were asked not only of OPC, but of the industry as a whole. Was the risk worth the reward? Could we really keep people safe?

So, as we approach the 10-year anniversary of that day on 15th April, let's take a moment to remember and acknowledge, and also take stock of what has happened in the years in between. We hope this piece encourages you to do the same, and that as an industry we can continue to share our learnings and innovations for the benefit of all.

LUKE MIDDLETON – SAFETY MANAGER, HILLARY OUTDOORS TONGARIRO (ROCK 1, ALPINE 1, BUSH 2, SEA KAYAK GUIDE):

Being requested to return to base due to an incident of a serious nature is the last thing that any staff member or client ever wants to hear. As a tertiary student studying at OPC, the magnitude of this tragedy really dawned on me the following morning as media broke the full story and details of the previous afternoon and evening became known.

I am currently employed as the safety manager at the Tongariro Centre. When I began the role in early 2013 I inherited the systems and process that had been implemented, many of them rapidly, in the years immediately following the tragedy. During 2008 and 2009, major changes had taken place at OPC following recommendations from the Coroner, internal and external review teams and the (then) Department of Labour.

In the years since, Hillary Outdoors has continued to develop. Today we have not only updated and strengthened our safety systems beyond those initial changes, but we have also implemented a variety of additional initiatives that have since

imbedded themselves into Hillary Outdoors' operations and culture, including:

- **Duty Manager Position:** This position rotates on a schedule through selected and trained senior staff, who take responsibility for all field operations for a given seven day period.
- **Weather Forecasting:** We now have increased access to this information and included in the interpretation of this information are our Weather Dials which are set every morning by the team during a morning staff meeting. The purpose of this dial is to encourage staff to process the weather forecast and what it means in our environment. Depending on the weather state, activity and communication protocols will change to suit the daily environment.
- **Staff Intentions Peer Review:** This occurs each day and allows transparency within the field teams as to what others are up to and where they are going and allows an opportunity for any issues to be resolved before deploying staff with clients. It is also when new hazards or better local knowledge information is shared.
- **Safety Culture and Staff Culture Surveys:** These surveys are implemented annually with all staff. The data and comments that these provide to the centres and to the Trust have proven very helpful in planning staff training modules, investing in staff wellbeing and targeting areas of need within the organisation.

Many changes have taken place in the past 10 years and the Hillary Outdoors Centre at Tongariro will appear vastly different to anyone who had visited prior to 2008.

The upcoming anniversary of this tragedy will be a time of remembrance and grief for many. I encourage you to take the opportunity to reflect on the change brought about in your business or work place as well as industry-wide, as we all work towards the goal of creating a safer outdoor education and adventure activity environment.

GEMMA PARKIN – CENTRE MANAGER, HILLARY OUTDOORS GREAT BARRIER ISLAND (ROCK 1, BUSH 2):

I joined the Hillary Outdoors Education Centres team at the end of 2014. As I went through the interview process I recalled the events of 15th April 2008 and wondered if the impact of the tragedy would still be evident in the safety systems I would see in the Centres.

I am based at our Great Barrier Island Centre and work closely with our Tongariro team to share, discuss and plan on a regular basis. I can confidently share with you that it was immediately evident that there are many new systems and tools that have been put in place in the years since the tragedy. Of those I would like to highlight a few of my own favourites which can easily be transferred to other outdoor centres and workplaces:

- **Live Activity Management Plans (AMP's):** These are a RAMS form and SOP combo; they capture hazards specific to a given site and record previous incidents at that site. You'll often see Hillary Outdoors staff handing these over to their groups so students can assist in managing risks and their team.

The thing I like most about these AMP's is that they are "live"; they live on the office wall not in a filing cabinet and are carried daily. If we learn something during the week the change is added and highlighted in yellow, the old AMP is destroyed and the new one is added to the wall.

- **Incident Trend Analysis:** Collecting and graphing our incidents by severity and activity allows us to identify trends, and put systems in place to stop these reoccurring. Six months into my time on GBI we noted a recurring near miss on our via ferrata involving 'helpful' participants starting to undo a connection point, so they were 'ready' for the abseil which came next. One small operational change with a rapide and a spanner and this near miss no longer occurs.

This trend only appeared when we looked back at three years of data. Having this data in graph form, not pages of reports, allowed this to happen.

- **Hillary Outdoors Education Centres:** A lot of people ask where the name change from OPC came from. Part one was about getting the 'Hillary' back – not even our own staff could be bothered saying "The Sir Edmund Hillary Outdoor Pursuits Centre of New Zealand". Part two was to clearly establish that we are an education centre, not a pursuit centre. Our weeks are still full of great adventures, but the focus is on learning. If it's too windy to hit the water today that's OK, we can achieve the same learning through a range of different activities.

ANNIE DIGNAN – TRUSTEE, HILLARY OUTDOORS EDUCATION TRUST:

When I recently had the opportunity to become a trustee of Hillary Outdoors, the first thing that popped into my mind was the Mangatepopo tragedy. I can still vividly remember being at home and listening to breaking news about the tragedy. This was quickly followed by many phone calls as my colleagues at the Mountain Safety Council and my friends in the outdoor community began to call. It was a credit to the outdoor community that the first point in these conversations was: what could we do to help our friends and peers at OPC? I stayed glued to the radio for many hours, at times with tears streaming down my face, as the events unfolded. Like many in the outdoors community I knew people working at OPC, and my heart went out to all who were involved in this tragedy.

So now, 10 years later, any initial reservations in taking up the opportunity to sit as a trustee quickly dissolved as I meet with staff, the chair and CEO to discuss the safety culture. I grew comfortable that many changes had been made, and that there is commitment at every level to ensure high quality educational experiences. I also remembered the many people whom I love and respect who credit their experience at OPC and now Hillary Outdoors as a pivotal time in their lives. In particular, a number of close friends have been through the outdoor leadership training and this experience shaped their future leadership roles. I am determined to step up and be a part of the ongoing development of this significant organisation, and I am looking forward to this leadership challenge.

The legacy of the tragedy will never be forgotten and, while I think it is necessary to look forward, it is important to acknowledge and reflect upon an event which forever affected all those who were personally involved and the wider community who felt its emotional toll. There is no doubt that this tragedy shook and shaped our community. My heart still goes out to all those involved.



From all of us at Hillary Outdoors we hope that in your corner of the world you'll join us in a moment of remembrance and reflection on 15th April. We thank you for your support and we hope that we all continue to share our learnings as we strive for a safer, stronger outdoor industry.

As always, our thoughts and sympathies are with the families and friends of Anthony Mulder, Floyd Fernandes, Natasha Bray, Portia McPhail, Tara Gregory, Tom Hsu and Tony McClean.

Luke Middleton
Gemma Parkin
Annie Dignan
Hillary Outdoors Education Trust
www.hillaryoutdoors.co.nz



CONGRATULATIONS RATA LOVELL-SMITH EMERGING INSTRUCTOR AWARD

Awarded to an instructor who displays great potential for the future, who demonstrates strong commitment to professional development and is recognised as a talented instructor who stands out from the crowd.

Rowing the Grand Canyon. Photo by Phil Palzer

Picture the scene; worn creek boats litter the overgrown lawn, paddling gear drying and / or festering on all available low hanging branches, white vans with dubious WoFs and oversized roof racks clog the driveway. The accents, elbow pads and cameras suggest this is a hub of fairly high level international kayaking. Then... emerging from behind a barbed wired fence and a thicket of gorse comes the owner of this scene. Red-bands, flannel shirt, chainsaw and stubbies; an odd combination of Red Bull TV and Country Calendar. This is Rata Lovell-Smith.

This year I had the pleasure of working with Rata on a LandSAR river safety course in Rakaia. I was mildly aware that a 24 year old, red haired woman might struggle to gain credibility from a gruff collection of jet boating, 4 wheel-drivin', rural, middle-aged men. In a heartbeat, Rata had these men hanging on her every word. She had the war stories to highlight her experience, the enthusiasm to keep people moving, instructions and explanations that made sense. She spoke with standing and enough authority to keep 20 unruly men in line and on task in an environment well outside their comfort zone.

Rata has made a very quick transition from TPP (Tai Poutini) student to TPP tutor. In 5 committed years of teaching and exploring on whitewater, she has gained a huge amount of skill and experience, both in river education, and more importantly, in fostering the skills and attributes that make people

employable in the outdoor sector. Her delivery is raw and to the point, she does not suffer fools and demands that students try their hardest. Her enthusiastic manner doesn't change between personal paddling and teaching. Her students get a sense of being on the mission, exploring together, getting excited, getting nervous, getting better.

Rata has become a huge asset to the West Coast kayaking community. As an instructor she has added real value to the TPP Outdoor Education Department. She questions the norms and keeps work fresh. She makes an effort to keep work enjoyable for all involved. Rata has shown an unwavering determination to be great at teaching kayaking. She is patient and cautious with her development, happy to ask questions, get educated and seek help, her appreciative and gracious manner makes it easy to offer guidance.

Rata has become a humble force in adventure kayaking. She is brave and strong in a kayak, and equally skilled on the river bank. Anticipating issues and fostering team work, Rata plays a significant role in making hard kayaking much safer for the participants. Whether it be clients or friends, she reminds us that kayaking is about the river and the people more than the sport itself.

”
KEITH RILEY, ADVENTURE SKILLS LTD, HOKITIKA

“ Coach Rata offers the complete package. I've seen many people *instruct* kayaking, but very few have the subtle but yet powerful distinction of being able to *coach* their learners towards success. It's not only about delivering technical "instructions". Being a coach means the ability to inspire, to be genuine, the real-deal. When Rata speaks to her clients, eyes lock, the group is captivated and respect flows both ways. On a particularly long four day course, Rata had been coaching and speaking ever so softly to one middle-aged female client. This client had spent the best part of every day with "fear-tears" rolling down both cheeks as she paddled through personal challenges. When it was all over and the client survived, she walked over to me and said, "Rata is simply amazing, make sure you keep her on." "I know," I told her, "I will." When this lady later did the Coast to Coast race, she said she heard Rata's encouraging voice in her mind. That's a powerful thing.

Rata is one of those truly stand-out professionals. It's hard to state the difference between her and the many others who occupy the sector. I believe it's in the details. Day one on the job, having never used any of our gear systems before; she's putting spray-skirts on clients' waists, and sitting them in kayaks before I've even finished parking the truck. She doesn't wait for instructions, it just all flows naturally. Then, before you can register what just happened in record time, she's whipped up a sandwich and coffee, saying cheekily, "here you go boss" - what a show off. I need to work harder! By the end of the day she's nailed a perfect progression, the clients are all shattered with wide grins. Rata then, to my surprise, asks for feedback; "What do you think I could have done better there?" I struggle, trying to match her level of professionalism, to offer something constructive... but really I should simply say; "You're bloody nailing it Rata, keep doing what you're doing!"

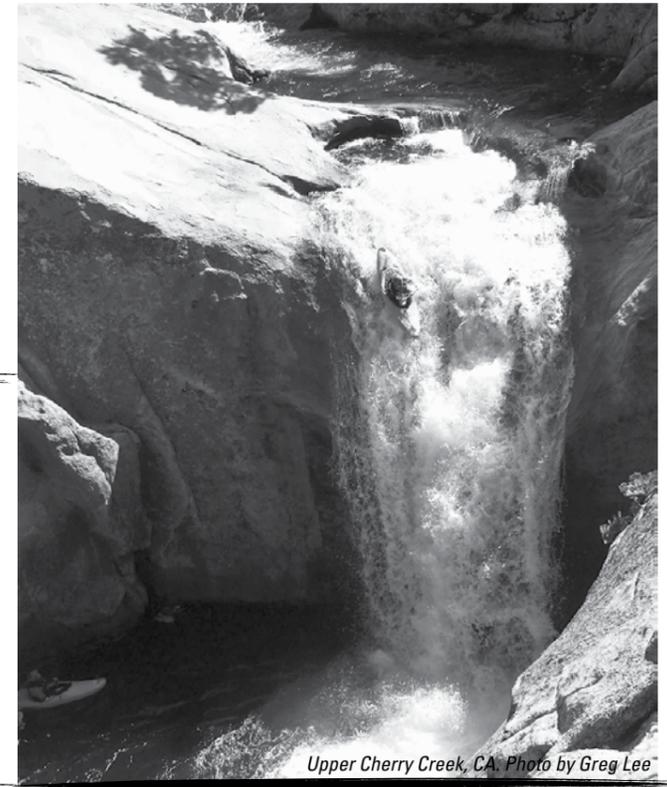
SAM MILNE, OWNER; CANTERBURY KAYAKING, KAYAK SCHOOL



Ohanapecosh River, WA. Photo by Jacob Schrama



Photo by Greg Lee



Upper Cherry Creek, CA. Photo by Greg Lee

“ The trait that I admire in Rata the most is that she's got grit and at 24 she's a little old-fashioned. Rata rarely lacks determination and it's this attitude that I enjoy our students seeing. Our students get the impression that nothing has been served up to Rata, she's worked for it, she's figured it out, trained, thought about kayaking lots, asked tonnes of questions and then gone away and put her damp, never brand-new kayaking gear on for another session.

it out. After a while Rata asked supportively "what are we trying to do here boys?" One replied "sink the stern of our kayaks and make the kayak go vertical". Rata casually replied "Ok cool, "what's going to make it work?" As the boys began offering ideas Rata began nodding. "Yeah you're on the right track." As Rata approached the eddyline to demonstrate she cracked a wry smile and said "watch closely boys".

One memory that I have of Rata teaching involves her working with a group of 18 - 19 year old males who were paddling the river with all guns blazing. They wanted challenge and to learn how to make their kayaks do tricks. Rata taught the basics but then stepped back and gave them a bit of time to try and figure

With her stage set and audience keen to learn Rata laid down her best demo. A look of wonderment spread across the boys faces. "Man, she's awesome" one said.

”
ZAK SHAW TAI POUTINI POLYTECHNIC



CONGRATULATIONS CAM WALKER EMERGING GUIDE AWARD

Awarded to an emerging guide who displays great potential, talent and commitment to a career in the guiding sector.

“ During the past 15 years I have had the opportunity to know Cam on many levels and to see him climb the ladder in the alpine arena to become an outstanding climber, instructor and guide. I was a guide on an introduction to alpine skills course that he and his father attended in 2002.

During his time as Chief Instructor at Tihoi Venture School he was a role model for other instructors and students. He also spent a year on the remote Subantarctic Macquarie Island, working on environmental tasks for the Australian Antarctic programme.

Cam is a very motivated performer in the outdoors and has transferred that ability and desire for excellence into the alpine world, committing himself to be a specialist in all of the alpine disciplines.

He spent a lot of money and time preparing himself for the Alpine 2 qualification, which he passed at a high standard, then went on to become a very capable all round alpinist. From our first climbs together on the Queenstown Crucible (The Remarkables) I was very impressed with his skills and composure and knew that he had the ability to become a very capable professional instructor and guide.

Cam has maintained his baseline instructor work and still contributes to many polytechnic and education based programmes. More recently he has taken on professional

guiding work dealing mainly with adults in an alpine environment targeting ascents and journeys. His work has included ice climbing, snowshoeing, ski touring and general mountaineering in various alpine areas including Aspiring National Park, The Remarkables (summer and winter) and the Antarctic Peninsula (based from South America).

His recent personal climbing exploits have added to his experience and judgement taking leadership roles in many ascents including, Mt Cook, Mts Haidinger and Haast, Mt Aspiring (3x), Macpherson - Talbot traverse, E - W Traverse of Mt Earnslaw, Guillaumet (2580m) and the Amy route in Patagonia.

Cam has given up precious spare time to train and become a frontline rescuer for the Wakatipu Alpine Cliff Rescue Team, his strengths and skills are a valuable contribution to the success of rescues.

He is a career professional, a skilled instructor and is establishing himself as a capable and reliable guide working to the top end of the NZOIA Alpine 2 scope. Cam is very personable and relates to all people in his company at whatever level they are at, sharing support, advice and friendship. I believe he is a great example and has satisfied all the criteria for the inaugural NZOIA Emerging Guide award.

”
CHRIS PRUDDEN

“ Since Cam attained Alpine 2 in 2015, he has become a frequent and highly valued member of the guiding community in the Queenstown mountains. He guides to the full scope of the award for many respected companies.

I have had the pleasure of guiding alongside Cam in Antarctica, guiding clients on both ski and foot, in glaciated terrain. He is careful and considered with planning and execution of guiding assignments. At all times he is focused on group safety as well as the client experience. With his confident yet easy manner, he takes his clients to a level of skill that enables a peak experience. He is always looking to make the journey a little more memorable.

Cam is also a committed alpinist. In his free time, he is constantly improving is depth and breadth of knowledge of the alpine life. Recently, together, we have climbed demanding routes on Mt Magellan in the Balfour wilderness of Westland, and a fine Grade 5 ice, mixed and rock route on a Mt Guillaumet in the Fitz Roy Massif in Patagonia, Argentina.



Cam at work for Queenstown Climbing, The Remarkables Grand traverse. Photo by Chris Prudden.

Cam is also fully engaged with instruction courses for guiding companies, the tertiary sector and the NZAC, as well as being an active member of the Queenstown Alpine Cliff Rescue team. It is a pleasure and privilege to nominate Cam for the award.

”
PETER GAMMELL

Cam's guiding experience is not limited to the mountains. He guided in canoes on the Whanganui River for two summers and his current job in Antarctica is a mix of cross-country ski guiding, mountaineering and general polar guiding driving Zodiacs etc. He's at home on the liquid state of snow too!

He was recognised in 2011 with the NZOIA Emerging Instructor Award. See NZOIA Quarterly Issue 58, March 2012 for more details.

He currently sits on the NZOIA Board and wrote a reflection on his outdoor career for the Quarterly, Issue 76, July 2017.



Cam at work with Quark Expeditions, Booth Island, Antarctica. Photo by Acacia Johnson

Have you tried the NZOIA online logbook yet?

NZOIA has an online logbook facility available to members!



Benefits of the online logbook include:

- You can access the logbook from anywhere in the world!
- It's quick and simple to fill in.
- You don't need to worry about your computer crashing and losing all your data, or storing your hardcopies.
- It is easy to keep a similar format across all disciplines.
- You can keep your information up-to-date and then sort and export your data to excel spreadsheets when applying for jobs or submitting applications.
- If applying for an NZOIA course we already have your logbook online to view.

Uploading existing logbooks:

- It is now possible to import multiple logbook entries or a logbook you have on your computer to our online logbook, making it easier to submit your logbook for courses and keep it all in one place without fear of it getting lost!
- Log into your NZOIA profile and go to 'My Logbook Entries' and follow the 'Upload and existing logbook' instructions at the bottom of the page.

To access this logbook, sign in to your NZOIA profile, head to your dashboard and select 'My Logbook Entries' from the blue menu on the right hand side of the screen. Give it a go!





PROFILE: ULTIMATE HIKES

Ultimate Hikes are the exclusive operators of guided multiday walks on the Milford, Routeburn and Greenstone Tracks.

The Milford and Routeburn tracks traverse the Fiordland and Mt Aspiring National Parks, which along with the Aoraki Mt Cook National Park and the Westland National Park make up Te Wāhipounamu, ("the place of Greenstone") an area of New Zealand that has been placed under UNESCO World Heritage Status.

Ultimate Hikes offer people the opportunity to experience these tracks and the beauty of New Zealand's landscape in the safe hands of experienced guides; with the convenience of having the details pre-organised; and with the comfort of private lodges – hot showers, comfortable beds and good food each day.

The Milford Track began with the discovery of the Mackinnon Pass in 1888. In 1901, the government established the Department of Tourist and Health Resorts and assumed administrative control of the track. The guided walk operation was retained in government control until it was sold to a private enterprise in 1990. Ultimate Hikes acquired the exclusive concession to operate on the Milford Track in 1992.

The Routeburn and Greenstone Tracks had their beginnings in the 1860s when a route through the Southern Alps to the West Coast was proposed for shipping gold to Australia, though this never eventuated. The Routeburn Track was finally completed in the 1920s. A private guided walking operation was founded in 1967 and the exclusive concession to operate private multi-day walks was awarded to Ultimate Hikes in 1989.

Over the last 29 years, extensive time, effort and investment has gone into upgrading their services and facilities on the tracks, and they constantly strive to provide a safe and professional guided walk experience with an international reputation, attracting walkers from New Zealand and all over the world.

Their walks are all inclusive and fully catered. Over 150 people are employed each walking season to ensure that the service provided exceeds walker's expectations. Considerable effort goes into maintaining the tracks and Ultimate Hikes works closely with the Department of Conservation on track

maintenance and pest control. They are also working with the conservation community on re-introducing native birdlife to the region.

Ultimate Hikes recognises the value of training and assessing guides to NZOIA standards. This assessment provides external confirmation that their guides are at or above accepted best practice levels.

A certain level of competency is also expected within the Adventure Activities legislation and the NZOIA Bush qualifications are a recognized way of providing this.

Offering a qualifications pathway for guides, independently of our own training practices is also a positive motivation for them to continue improving their skills with the knowledge that they will be recognised both within the company and for future opportunities in the adventure tourism industry.

Ultimate Hikes aim to have 30-40 guides assessed to Bush Leader this year, and all guides assessed to Leader level or above, over the next three years. To achieve this, they have supported their senior guiding managers to become assessors of the Bush Leader qualification. They now build assessments into the roster as guides are ready for them.

Ultimate Hikes are proud to hold the Qualmark Gold award and OutdoorsMark, as recognition of their commitment to the environment and safety within it.

Ultimate Hikes is part of a large family of companies operating some of New Zealand's most iconic visitor attractions; the historic Hermitage Hotel, in the heart of the Aoraki Mt Cook National Park and its visitor activities; Glacier Explorers, Tasman Valley 4WD and Argo Tours, and the Sir Edmund Hillary Alpine Centre; AJ Hackett Bungy New Zealand, Coast to Coast multisport event, and NZSki Ltd, operators of New Zealand's premier ski areas: Coronet Peak, The Remarkables and Mt Hutt.



CANYONING: ROPE, ROCK AND WATER

LEE DEN HAAN



Of all the places in the world, I began my canyoning career in Japan. It was 2011, and after spending the last 3 years dedicating my free time and money to snowboarding, tramping and climbing in the Japan Alps, I decided it was time to throw in my suit and tie for a banged up pair of 5:10's and the smell of damp neoprene.

I was originally taught under the teachings of a European Canyoning Qualification called CIC (Commission Internationale de Canyon). Having its roots in Germany, and being taught by Japanese Senior guides, it was heavily regimented. We were taught to unlearn the way we tied knots and re-taught to tie them a specific way, the CIC way. We were training with so much repetition that I feel like those knots and systems were seared into the back of my brain. It created a strong base for guiding for sure. It was my first taste of training and being assessed in the outdoors.

Once the guiding season finished, I was able to land a guiding job for Abel Tasman Canyons in its inaugural season. Up until now that season still remains as my favorite summer. The roster consisted of myself and company owner Toine Houtenbos with an odd guest appearance from local guides. Having Toine (a NZOIA canyoning assessor) mentor me to further my guiding skills and really implementing the peer feedback model used in NZOIA assessments was a massive contributor for me in doing the Canyon 1 and later Canyon 2 assessment.

My experience with sitting the NZOIA canyoning qualifications are easily the biggest milestones in my career as a canyoning professional. I recently went full circle with my canyoning / Japan experience by getting employed to do some safety consulting for some canyoning companies in southern Japan. My NZOIA Canyon 2 was a big catalyst in getting that job.

I would urge anyone in the industry who is into ropes, rock and water to get involved with canyoning and consider doing the NZOIA canyoning awards. And here's why:

1. The cross over

If you have climbing, caving and white water experience, the knowledge of forces and white water dynamics, confidence in your movement on rock and water and have a good handle on group management, you will absolutely love canyoning. Of course, there are canyoning specific techniques and I wouldn't recommend leaping into the canyoning world without the basics. Without knowing the fundamentals you could soon find yourself in a pickle, but having that experience in those other fields will make it all the more easier to learn the systems and acquire the overview. Also, if you have invested in other pursuits, you'll find you'll already have the basics of the kit needed to get you started; wetsuit, helmet, harness, climbing hardware and a pair of sticky rubber shoes!

Nelson Lakes National Park



Haast Pass



2. Exploration!

Canyoning in New Zealand is at a very exciting time in its evolution. Equipment is getting better and techniques are becoming more refined. This has led to a massive increase of first descents getting done. The quality and technical difficulty of some of the canyons which are being opened up in recent times are putting New Zealand on the map as a world class canyoning destination. Now is the time to get on the bus and be part of the community that is going into uncharted terrain!

3. Get paid to jump off waterfalls

There are currently eight canyoning tour operations in New Zealand and the recreational scene is gaining more momentum every year. With an established guidebook, canyoning festivals happening bi-annually and an active community, it would be silly not to acquire your NZOIA Canyon qualifications. Paired up with a current first aid and P endorsement, you'd be hot property. Live the endless summer canyon guiding between NZ and the Northern Hemisphere! Also, it's only a matter of time before canyoning is integrated into adventure tourism courses and outdoor ed in high schools! They will be looking for instructors!

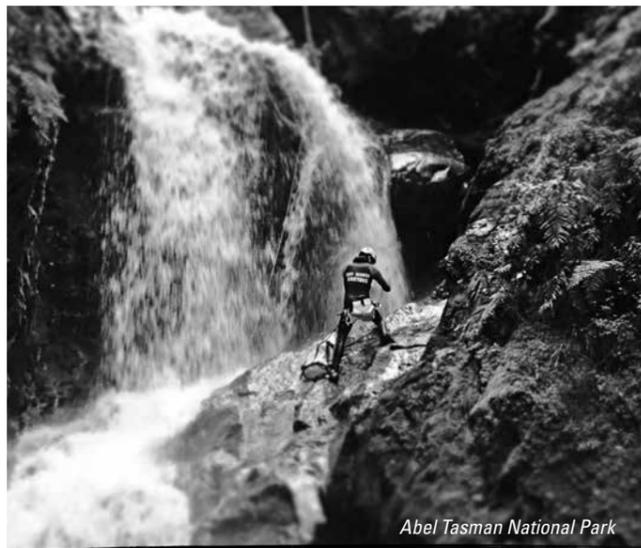
4. The canyoning community

Whether you're into technical rope work or just jumping / flipping and sliding off waterfalls into deep pools, canyoning has it all! If anything, it allows you to get into places that very few go! There is a super active community and loads of resources around to get you started:

- [kiwicanyons.org](http://www.kiwicanyons.org) is the recreational canyoning community in New Zealand. There is a page stacked with info on how to get started and an active Facebook page.
<http://www.kiwicanyons.org>
<https://www.facebook.com/groups/449524435108913/>
- The New Zealand Canyoning Association is the national governing body for recreational canyoning in New Zealand.
<http://nzcanyoningassociation.org>
- The Canyoning in New Zealand guidebook and Canyoning Technical Manual are a must have as a canyoner in NZ.

With the 2017/18 season upon us, there are going to be more epic canyons descended by guides and recreational canyoners alike. Get amongst the fun!

Lee den Haan, Operations Manager, Abel Tasman Canyons



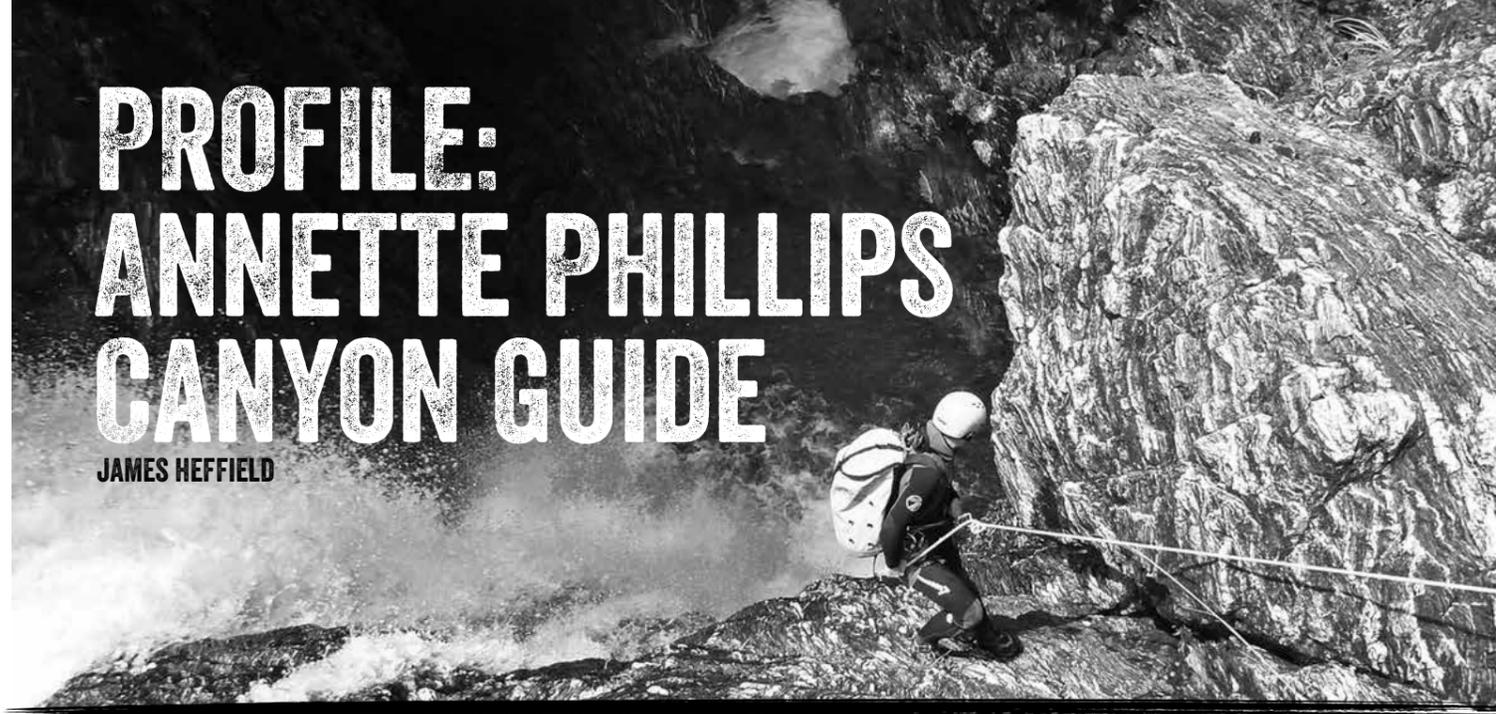
Abel Tasman National Park



Abel Tasman National Park

PROFILE: ANNETTE PHILLIPS CANYON GUIDE

JAMES HEFFIELD



Annette Phillips grew up in the lower North Island and settled in Hamilton from age 11. Outdoor recreation wasn't part of her upbringing, though summers provided the freedom to explore. "I was a suburban kid with a classic Kiwi upbringing," she says. "We spent school holidays at the beach and there was at that point the freedom to explore, away from adult supervision." High school presented a turning point. "When I was 14 or 15, a group of us decided we wanted an adventure. So we organised a rafting trip down the Mohaka River. It was amazing."

ACHIEVEMENTS

For many years now, Annette has been a keen tramper and rock-climber, but she has also pursued other interests. "I am definitely not your classic, straight down the line outdoor guide" she says. Her past experiences have included working for a kayaking company in Abel Tasman National Park and a mountaineering company in Wanaka, as well as travelling and working in hospitality.

Twelve years ago, she became a canyoning guide for Deep Canyon in Wanaka. That was when she realised this was the area she wanted to specialise in. "I did one season and lived and breathed it. The rest is history," she says. At the time, there was no formal qualification for canyoning in New Zealand, so Annette obtained one in Europe. In 2011, she was part of the team that helped NZOIA develop a national qualification, which she also completed. The skills and experience Annette gained from canyoning also led to other opportunities such as working on reality TV shows (including a Bear Grylls series) to help with rigging and instructing the contestants.

PRESENT DAY SITUATION

These days, Annette alternates in the summers between working on a tourist boat in Fiordland and canyon guiding for Wanaka-based South Canyons, her partner's company. At 42, she remains passionate about what she does. "It's hard work. You're constantly assessing risk. You have to be totally on your game the whole time. You also get to give people access to something incredible and unique, and to share that experience with them. You help them challenge themselves and achieve things they didn't think they had in them."

Annette is an NZOIA canyon assessor and holds the NZOIA Canyon 2 qualification. "Obtaining this qualification has enabled me to engage with a professional body which has a solid platform and benchmarking of skills to work against," she says. "Being an active NZOIA member also keeps me connected with an impressive community of guides and instructors to share and collaborate with."

James Heffield, Last Word Writing Services



MOTIVATION

In 1997, Annette enrolled in a Diploma in Adventure Tourism at the Nelson Marlborough Institute of Technology. The course influenced her next steps. "The learning from that course cemented that outdoor pathway for me," she says. "It gave me a great foundation across several outdoor pursuits. I saw that it was possible to make a living from this. And there was a real community around it."



PROFILE: SHANAN MILES

Shanan Miles, 32, grew up between Wairoa and Napier. From an early age, he developed a passion for outdoor activities, starting with water-based sports. "I grew up doing lots of surf lifesaving," he says. "Then I got into paddle sports; slalom kayaking, down river racing and paddling white water."

Throughout high school, Shanan took up a number of odd jobs; Lifeguard, Labourer, Fruit Picker. But he wasn't keen on pursuing those as a career. "I thought I'd try to make something of myself in the outdoor industry," he says.

At 17, he started working at Salty Rock Adventure Centre (now The Kiwi Adventure Trust) in Napier, an indoor climbing facility and base for local school camps. While he was there, he completed a Certificate in Applied Outdoor Recreation. It was the first in a series of qualifications which, combined with his extensive and wide-ranging work experiences, led him to where he is now: at the Waikato Institute of Technology, also known as Wintec, providing young people with the skills they need to successfully navigate the outdoors.

MOTIVATION

"Being outdoors has always appealed to me," Shanan says. "It's also rewarding passing on what you've learned about the outdoor sector to others. "It's not always easy. Sometimes the weather is terrible and you have to really focus on performing the job safely and efficiently. Putting extra time into your own outdoor pursuits, improving your skills in your personal time means you'll be a better instructor and that you'll gain people's trust."

ACHIEVEMENTS

Starting with his Certificate in Applied Outdoor Recreation, Shanan went on to obtain an Advanced Certificate and a Diploma in Outdoor Education, as well as a Certificate in Adult Education, from Aoraki Polytechnic in Timaru.

Shanan's jobs have included working as a senior guide for Blackwater Rafting in Waitomo, as a contractor in the South Island "doing a bit of everything" from tramping and mountaineering to kayaking and rock-climbing, and at the Sir Edmund Hillary Outdoor Pursuit Centre in Tongariro (now Hillary Outdoors).

Four years ago, he started his own company, Tohutohu Aotearoa Ltd, delivering contracting services for outdoor education programmes across the country. Shanan says he deliberately avoided specialisation into one or two instructional pursuits. "My study and work experience gave me a well-rounded handle on all the disciplines," he says.

PRESENT DAY SITUATION

Shanan joined Wintec in May 2016, as head tutor for outdoor education. He says he gets a lot from working with young people. "Seeing the growth in students is rewarding. It's satisfying to see them start with minimal experience and progress to the point where they become proficient in areas like abseiling and rock-climbing."



"There is something for everyone in the outdoor sector, a huge range of pursuits are there to choose from," Shanan says. "The only requirement really is that you do have to be a people person."

Shanan has been a member of NZOIA since 2006. He is an NZOIA Assessor and holds qualifications in; kayak, rock, bush, cave and alpine. "NZOIA and its qualifications have helped me gain great work experiences around Aotearoa and internationally," he says. "They have allowed me the freedom to deliver top quality outdoor educational experiences in the most ultimate locations to those in the community who need those experiences the most."

James Heffield, Last Word Writing Services



NZOIA NATIONAL TRAINING SYMPOSIUM 2018

THURS 4TH OCT - SUN 7TH OCT | TIHOI VENTURE SCHOOL

- 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 2018

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NZOIA EXCELLENCE AWARDS 2018

These awards recognise the highest achievements of individuals involved in outdoor recreation, education and guiding in New Zealand. **If you know of someone who fits the criteria, make sure you nominate them so we can acknowledge and celebrate their achievements!** Nominations open 1 April | Nominations due 30 June – nominations forms are on our website. Judging year from 1 July – 30 June | Finalists & Winners announced at 2018 NZOIA Symposium Awards Dinner.

EMERGING INSTRUCTOR

Awarded to an instructor who displays great potential for the future, and who demonstrates strong commitment to professional development and qualification acquisition. The ideal recipient will have at least one NZOIA qualification and be recognised as a talented instructor who stands out from the crowd.

EMERGING GUIDE

Awarded to an emerging guide who displays great potential, talent and commitment to a career in the guiding sector. The ideal recipient should demonstrate a commitment to professional development and qualification acquisition and will have at least one NZOIA qualification.

TALL TOTARA

Awarded to a current instructor or guide who personifies 'excellence in outdoor leadership'. A highly respected role model, someone who has contributed significantly to outdoor education in New Zealand through both work with clients and with aspirant instructors/guides.

LIFE MEMBER

Awarded to a member who personifies the very best combination of an excellent instructor/guide, a high achieving personal performer, and an outstanding contributor to the work and promotion of the association.

Full criteria for each award and nominations forms are on the NZOIA website: www.nzoia.org.nz/about/nzoia-excellence-awards





LEARNINGS FROM LEARN ACTIVE: TAILORING YOUR TEACHING TO YOUR STUDENTS

MOLLY NGATAI

Tēnā koutou, tēnā koutou, tēnā koutou katoa. Ngā mihi nui ki a koutou katoa.

Ko Taranki tōku maunga, Ko Aotea tōku awa, Ko Patea tōku waka. Ko Ngāti Ruanui rāua ko Te Āti awa tōku iwi. No Christchurch ahau. Ko outdoor instructor taku mahi. Ko Learn Active taku wāhi mahi. Ko Ngatai taku ingoa whānau. Ko Molly taku ingoa.

When I completed my Bush Leader refresher at the Symposium last year, Jen helped me see how much my skills had grown since the time I graduated and while working for Learn Active. She has encouraged me to share my learnings with others.

It will soon be a year that I've been working for Learn Active, which is a job I am truly passionate about and love. Five years of study, one diploma, one bachelor degree, many part time jobs and what felt like endless hours of assignments paid off. I studied at Otago Polytechnic graduating with a Diploma in Outdoor Leadership and Management and a Bachelor of Occupational Therapy. These two pathways of study have given me both the hard and soft skills to work in Adventure Therapy based settings. For me I have always been interested in how to make the outdoors accessible to more people and in encouraging others who may not know where or how to start being active outdoors.

Learn Active is a registered charity founded by Karla Roberts. It is based in Christchurch and provides outdoor education opportunities for youth and adults with intellectual disabilities.

We run day based programmes over the term, holiday programmes, camps and once a month Sunday programmes with the aim of teaching outdoor based skills and providing a platform for social participation and inclusion. Our students range from 14-35+ years and vary vastly in their ability to process information. Some students are very verbal, others struggle with conversation and some are non-verbal. Our group ratio sits at 2:7, as well as considering all the risk factors common in an able-bodied group, we also take into account that our students need support in regulating their body temperature, water intake, food consumption and self-care tasks. These risks are reduced by regular break stops, and checking ins.

In the past year, I have learnt so much about how to create and deliver programmes to such a wide-ranging client group. I find I am always challenged by my students to be innovative in the way I teach, constantly changing my techniques to suit their learning needs.

Get to know and understand each person using their language.

Just because they can't reply to me verbally doesn't mean I can't get to know them well. Communicating with family / support workers and using social media are great platforms for conversation starters. Pictures are great prompts for my non-verbal students to start talking about their weekends. I have also started learning basic sign language. With other students, the key to a good conversation is being patient and giving them time to process and reply. The more time I invest in social chats

the more I get to know my students as individuals and build therapeutic relationships with them so when they are stuck and scared on the rock wall or frustrated in a kayak, I can effectively communicate with each one.

Lots of words are confusing

For most of my groups using any more than 10 words in a row can confuse them and make it difficult to learn. I realise that this can be the same for any anxious / scared / nervous student. I now break my lessons down into the simplest form and look at the specific skills I am trying to teach, from there I figure out the key words teachings. For example, for our water safety skill session learning what to do when you fall out of a boat; the key word teaching is float (you're going to float because of the life jacket), breathe (take a breath, stay calm) and wait (for instructions). Prompts, repetition and practice, practice, are key to developing confidence when learning new skills.

Teaching navigation can get complicated, fast!

At Learn Active we simplify the named parts of the compass eg; bezel = dial, direction of travel arrow = walking arrow. We use simple steps to teach this skill:

1. Hold your hand flat by your stomach and place the compass on it.
2. Turn the dial to the right number.
3. Turn your whole body around until red is on red.
4. Look where the walking arrow is pointing, find an object, tree, etc somewhere close.
5. Walk to that object and repeat.



Front loading, routine and visual aids help in processing information

Our morning routine is always the same. We use visual cards for gear check where some students can tick items off and others can just pull it out of their bag and show us. We also complete a visual daily run sheet that orientates them to the day, weather, activity and skills they are going to learn. This helps our anxious students become prepared for the day ahead.

If its not working try teach it another way....

and if that doesn't work try it another way. During our ropes programme I was teaching figure 8 and bowlines four different ways to make sure all my students were given opportunities to learn.



Celebrate success

No matter how small the success is, celebrate it! Even if it's figuring out how to clip a carabiner to a harness or getting down a tricky part of a walk in the Port Hills, you know they are trying their best and giving it a go.

To sum it up, everything I have learnt over the past year has been transferable across the board. My personal and professional communication skills have grown. Learning how to effectively filter and front load information and to create key words teachings has really reduced what could have been stressful days out in the field.

If you would like to know more about us check out our Facebook page, website or contact Karla through email.

Facebook: **Learn Active**

Website: **www.learnactive.co.nz**

Email: **karla@learnactive.co.nz**

Photos supplied by Learn Active

Molly Ngatai; Bush, Rock and Abseil Leader

ADVENTURE: AN UNUSUAL AND EXCITING OR DARING EXPERIENCE...

KRISTY WILLIAMSON

This adventure begins in April last year, when I was given an assignment to create an expedition proposal as part of my outdoor studies at Tai Poutini Polytechnic. Incentive for quality came in the form of local adventurer and community hero Paul Caffyn generously offering a grant towards funding his favoured expedition.

After hours of work poring over maps, route information, logistical plans, safety management plans, budgets, a written proposal and two twenty minute presentations, I was stoked to receive a phone call from tutor Zak Shaw. My proposed 230km, seven day expedition was to be the recipient of Paul Caffyn's grant for 2017.

On the 7th of October 2017 our three person team and support crew loaded up vehicles and left Greymouth for Murchison. It was a reasonably pleasant drive until my teammates decided to experiment with positive thinking and visualisation in regard to my rather great need of a bathroom stop. I can say with the utmost certainty that after hours of testing no amount of visualisation helped to lessen either my need for the bathroom or the pain in my kidneys. This display of affection from my teammates Kevin Burgess and Nathan Stead was an unwavering theme for the entire expedition. Lucky me!

Our trusty Subaru delivered us and our sea kayaks safely to the edge of Lake Rotoroa, despite some challenging stream crossings en route. It was an incredibly beautiful, still morning filled with promise. Even the copious numbers of sandflies could not dampen our high spirits. Kayaking across Lake Rotoroa was amazing; the reflection on the mirrored lake was clear enough to make out leaves on trees which stood metres above us. We paddled to the Sabine Hut jetty in just two hours, where we farewelled our support crew who then faced the return journey towing two sea kayaks with a developing head wind. Cheers boys!

We traded our wetsuits for boots and began the tramping leg. The beech forest in the Nelson Lakes area is stunning, the track well maintained and initially gently undulating terrain making

for fast easy travel. We decided to push further than originally planned and headed to Blue Lake. Set amongst snow covered peaks well over 2000m, boasting the clearest water in the world with up to 80 metres visibility, it was the pinnacle of the expedition.

After one last cheeky look at the lake we headed back down the Sabine valley. The time of year and conditions on the day prevented us tackling Moss Pass, this challenge remains for another time. We covered 20km this day through spectacular bush. We made friends with a particularly curious South Island robin, Nathan experienced a bird eating from his palm. Walking the final distance around the head of Lake Rotoroa our feet started to protest to the long days being wet in boots. At this point the track became interesting with trees to climb over and hip high rivers to cross providing welcome distraction from our sore feet. A reward of swimming in the lake from D'Urville Hut was on the cards, that is until a number of sizable eels came into view!

Our last day donning boots, travelling up to Tiraumea Hut I continued to be impressed by the beauty surrounding us. However the word 'slog' comes to mind when describing the climb to Mole Saddle; four hours of unrelenting uphill, only to be greeted by minimal visibility. The final push put us on the delightful Jameson Ridge track, meeting our support crew and making camp at the edge of the bush.

We transitioned to white water kayaking on the Matakaitaki River. A kind farmer offered to transport us and our kayaks but much to Kev's disappointment the purist in me politely declined. Putting on the river we entered a section of reasonably unknown terrain. Information gathered about this river highlighted a section called Horse Terraces which we would portage. We have since discovered that this section has been misnamed; local business owner Robin informed us that it was originally named 'Whores' Terraces. High flows meant we negotiated the upper braided sections with ease, a stunning gorge, fun rapids and an encounter with a gorgeous canine made for a thoroughly enjoyable day.

Day five; each of us had a very different experience on the Buller River; Kev was in his element "charging the meat", Nathan got to put his rescue skills into practice and I was ecstatic to stand on land at Lyell Creek wave.

From here we switched gears again jumping on mountain bikes, tackling the Old Ghost Road. The trail is incredibly well set up with great signage including kilometre markers. It was at the 3km marker that Kev, suffering from an injured swollen ankle, turned to us and asked; "have you ever thought you couldn't do it?" to which we replied something incredibly supportive along the lines of; "only 15km to go!" Lyell Saddle Hut was a revitalizing place to spend the night.

Fuelled on delicious, endlessly satisfying oats, with tender bums and fatigued legs we worked hard to claim our second climb of the mountain biking section. Once again reaching a much anticipated and hard fought for view point only to have the weather gods laugh at us with gale winds, rain and a view of the inside of clouds. A quick stop at Ghost Lake Hut for a hot lunch before our first real taste of some very welcome downhill action. I had intended for us to have a shorter almost rest day at this point, however we reached Stern Hut at 3pm and decided there was far too much daylight remaining so continued on to Mokihinui Falls Hut.

The country the trail leads you through is wonderful; thick forest, open ridge lines, waterfalls, rivers and mountains. Our final day was a cruisey 20km following the Mokihinui River, I spent some time reflecting on the journey so far. One of my thoughts was of how lucky we had been with gear, no major dramas, no bike breakdowns. Then a few kilometres from the end of the trail... How many TPP students does it take to fix a puncture? Three, and how long does the repair last? One metre! Kev's bike was then treated to a picturesque walk to the finish line.

Completing the more than 230 kilometre expedition I was thrilled to have my dream eventuate. Passing under the last Old Ghost road sign I was filled with happiness, a sense of pride and achievement. I was extremely grateful to my amazing team, couldn't have asked for better; competent and a barrel of laughs start to finish. This includes our support crew without whom a trip of this nature would not have been possible. A massive thankyou to Paul Caffyn and Tai Poutini Polytechnic as well as the many others who contributed their gear, time, advice and support.

Kev and I celebrated our 30th birthdays in October, we are considered mature students, particularly for outdoor studies. To put this into perspective the majority of our peers are around nineteen years of age. My past two years of study have been incredible, topped off with the opportunity to plan and lead a demanding expedition consolidating my learning. There is a need for more outdoors savvy individuals, New Zealand is expecting a growth in tourism and with this growth comes an increase in job roles within the industry. I would love to see the majority of these roles filled by Kiwi's. Additionally I see the industry benefiting from having a range of ages with varying backgrounds and life experience.

We would like to encourage people in a similar position to us, who may already have a career but have a passion in a different area, to pursue it. Take the somewhat unconventional route, undertake studies, up-skill, go after your dreams and embark on adventures.



Kevin, Kristy and Nathan



Kevin Burgess, keeping his feet dry



Nathan Stead on Old Ghost Road

Kristy Williamson, Bush, Rock, Abseil and Kayak Leader

DRUGS FOR THE OUTDOOR INDUSTRY



Now that I have your attention I must be clear that this is not an offer to supply, but an article written to assist industry organisations and personnel with decision making around what drugs they should or should not carry in outdoor first aid kits.

We regularly get asked about the legal implications of carrying different medications and there seems to be much confusion and concern floating around. Some organisations we know of have completely removed any form of medication from their first aid kits for fear of them causing harm when given to patients.

The exact contents of a first aid kit should be relevant to the type of outdoor activity being undertaken. Factors to take into account could be: how risky is the activity, number and demographic of participants, how remote is the activity location, what level of training/qualification do the trip leaders have?

Decisions around which drugs to stock in your personal or organisational first aid kits should be made in conjunction with risk assessments of potential medical or traumatic emergencies. An alpine guiding organisation that operates above the snowline might choose not to carry adrenaline but to carry Pentrox for pain relief given the remoteness of their activities.

Many outdoor education centres have decided to train their staff and supply them with either auto injectors or ampoules of adrenaline for use in anaphylactic emergencies.

Organisations whose client base are 18yrs or younger might choose not to carry aspirin as they are less likely to experience cardiac emergencies, but they might choose to carry cold and flu meds to look after people on multi-day excursions.

A typical risk assessment will take into account the likelihood/severity of different emergencies occurring and to what degree drug interventions could mitigate those risks. There is no rule that determines which drugs can or cannot be carried, however access restrictions on the more dangerous drugs go some way towards this. Many outdoor professionals have relationships with a friendly GP who can prescribe the drugs for emergency use.

Here are some typical drugs that might be carried on an adventure, along with their contraindications (when they should not be used).

Over the counter medications

- **Paracetamol**
Widely used to control pain and fever.
Contraindications: previous hypersensitivity to paracetamol
- **Nonsteroidal anti-inflammatories**
Widely used for pain and relief incl ibuprofen, voltaren, aspirin. Aspirin is also used to reduce clotting factors in the blood.
Contraindications: known hypersensitivity to ibuprofen or other NSAID's, asthma that is NSAID sensitive, gastrointestinal bleeding or peptic ulcers.
- **Cold and flu drugs (incl those with codeine)**
Contain a wide variety of different medications but typically include paracetamol, codeine, phenylephrine etc. Increased pain relief, fever control and control of cold and flu symptoms.
Contraindications: vary with each medication. Be sure to check ingredients before administering as it is easy to give more than

the recommended dose when combining different meds – e.g. cold and flu tablets and anti-inflammatories.

- **Anti-Cramp**
Mostly made up of magnesium based meds for cramp control. Not overly useful in an acute setting but most are designed to work over several weeks.
Contraindications: Some gastro problems if taken in large doses, otherwise very safe.
- **Antihistamines**
Mostly used for allergy control, occasionally for nausea and as sedative.
Contraindications: can react poorly with certain medications. Some cold and flu meds contain antihistamines so it is possible to overdose accidentally.

Controlled, restricted or prescription only drugs:

- **Salbutamol**
Used as a broncho-dilator for control of asthma. (incl ventolin, respigen, etc)
Contraindications: May cause tachycardia and rashes etc for those who are hypersensitive.
- **Adrenaline**
Used as a life saving medicine for its vaso-constrictive properties in anaphylaxis and occasionally for asthma.
Contraindications: cardiac problems or cerebral atherosclerosis (narrowed arteries in the brain).
- **Glyceryl trinitrate (GTN spray)**
A vasodilator used to relieve angina and myocardial infarction (heart attacks)
Contraindications: there are a number of contraindications including severe anemia and increased intracranial pressure so be sure to read the packet carefully. Should not be used for those with low blood pressure.
- **Methoxyflurane**
Inhalation liquid used to control moderate to severe pain.
Contraindications: kidney impairment or failure, cardiac issues, head injury or decreased respiratory effort, malignant hyperthermia.
- **Glucagon injections**
Releases stored sugar from the liver, used for severe hypoglycaemia (low blood sugar).
Contraindications: generally a safe drug.

Sometimes it is tempting to remove the drugs from their packets to cut down on weight and space. It is important to make sure the drug information including indications, contraindications and dose rates are included, on a laminated card works well.

With drug administration comes a significant amount of responsibility as there are very real risks associated with their use. An organisation needs to be confident that their staff have the appropriate level of training and information to use the drugs appropriately. With proper use, many of the medications listed above can either improve a patient's experience or in some cases save their life.



Congratulations

to the following members who recently gained NZOIA Qualifications!

Abseil Leader	Rachel Baker, Beth Gummer, Cam Bloomfield, Gaby Toa, Gatlin Eades, Jacinta Borer, Jamie Lonsdale, Jake Douglas, Jonathan Smith, Kristy Williamson, Lucy Bennett, Mathew Schweizer, Ryan Colley, Curtis Bar, Shane Bowman, Dannielle Cousins, Afiq Avinesh, Michael Edh, Tara Kinast, Jennifer Guinan, Samuel Booth, Shayla Farley, Sarah Hicks, Briar Inwood, Lydia Johnson, Peter Kelso, Ebony Maikuku, Tyler Murray, Hamish Parker, Erina Ogle, Rena Hamilton, Kristian McCracken, Finn O'Connor, Kayla Burton, Hamish Duff, Luke Gordon, Matheson Brown, Andrew Graham, Ashton Elmore, Hannah Power, Jack Manson, Jacob Langridge, Laura Ruddle, Zara Lastovicka, Sally-Mae Amos Expedition NZ – Andrew Foster, Kaylee Pickett, Dana Andersen
Bush Walking Leader	Beth Gummer, Cam Bloomfield, Gaby Toa, Gatlin Eades, Isaac Berben, Jacinta Borer, Jamie Lonsdale, Jake Douglas, Jonathan Smith, Jazz Baker, Kevin Burgess, Kristy Williamson, Lucy Bennett, Mathew Schweizer, Matt Sparrow, Nathan Stead, Richard Bassett-Smith, Ryan Colley, Tom Beadle, Isaac Steer, Logan Rahiri, Rob Jolly, Blythe Southern, Natasha Mealing, Alastair Holley, Dannielle Cousins, Afiq Avinesh, Kelly Sunderland, Robin Barth, Julia Cabral, Michael Edh, Sandy Reid, Liam Drysdale, Tara Kinast, Jennifer Guinan, Samuel Booth, Shayla Farley, Sarah Hicks, Peter Kelso, Tyler Murray, Sally-Mae Amos, Hilary Munro, Rachel Baker, Prashant Ahuja, Hayley Endicott, Lauren McConnachie, Finn O'Connor, Kayla Burton, Annabelle Coleman, Hamish Duff, Chelsea Haddon, Ellain Joseph, Erina Ogle, Caden Hayward, Robbie Smith, Matheson Brown, Andrew Graham, Ashton Elmore, Daile Foreman, Hannah Power, Jack Manson, Jacob Langridge, Kerryn Jansen, Laura Ruddle, Layton Hockey, Michaela Wills, Nicole Emslie, Robert Pownceby, Royce Morgan, Sam Woolf, Scarlett Manson, William Sinclair, Zara Lastovicka, Alex Dean, Rachelle McQuinn-Taylor, Jessica Pain, Helson Kuo, Darieon Hirst, Alexandra Richard, Hailey Maddren, Toia Templeton-Royal, Jasmine Kaa Ultimate Hikes – Fumi Sutoh, Mark Cullens, Brydie Ockwell, Expedition NZ – Cyril Delteil, Andrew Foster, Kaylee Pickett, Dana Andersen
Bush 1	Sebastian Thomas, Katie Charles, Sarah Baker, Joel Martin, Kate Woolley, Matt Cloonan, Jeffery Lappin, Patrick Finn, Tom Batts, James Beattie, Larissa Mueller, Stephen Miller, Ricky McDonald, Niki Walker, Kayla Duggan, Logan Tribe, Karl Scholtens, Jamie Marr, Shannon McNatty, Paul Humphreys, Jay Johnson, Andrew Balcar, Samuel Blake, Dan Padial, Chris Gilbertson
Bush 2	Tony Popenhagen, Richie Jacomb
Cave Leader	Aaron Aldersley, Andrew Howell
Climbing Wall Supervisor	Lakewood Lodge, Huntly – Robin Witting, Harry Series, Anita Alderman, Kathryn Carlson Waimate Event Centre – Crispin Langston, Leah Anderson, Matt Simonson, Justin Chittock Vertical Limits, Nelson – James Scoltock, Erica Richards, Nico Polo, Marketa Zajickova
Kayak Leader	Cam Bloomfield, Gatlin Eades, Isaac Berben, Jacinta Borer, Jamie Lonsdale, Jonathan Smith, Jazz Baker, Kevin Burgess, Kristy Williamson, Lucy Bennett, Matt Sparrow, Nathan Stead, Richard Bassett-Smith, Tom Beadle, Joe Easley, Tara Kinast, Jennifer Guinan, Sam Booth, Hilary Munro, Lily Hall, Ashton Elmore, Daile Foreman, Kerryn Jansen, Layton Hockey, Michaela Wills, Nicole Emslie, Rober Pownceby, Royce Morgan, Sam Woolf, William Sinclair, Thomas Patrick, Jasper Mattila, Alexandra Richard, Aimee Sanson, Jessica Pain, Helson Kuo, Tanika Brown, Luke de Jong
Kayak 1	Bradley Lauder
Rock Climbing Leader	Megan Thomson, Rachel Baker, Beth Gummer, Cam Bloomfield, Gatlin Eades, Jacinta Borer, Jamie Lonsdale, Jake Douglas, Jonathan Smith, Kristy Williamson, Lucy Bennett, Mathew Schweizer, Ryan Colley, Curtis Bar, Shane Bowman, Dannielle Cousins, Afiq Avinesh, Michael Edh, Tara Kinast, Jennifer Guinan, Samuel Booth, Shayla Farley, Sarah Hicks, Briar Inwood, Lydia Johnson, Peter Kelso, Ebony Maikuku, Tyler Murray, Hamish Parker, Matheson Brown, Andrew Graham, Ashton Elmore, Hannah Power, Jack Manson, Jacob Langridge, Laura Ruddle, Zara Lastovicka, Melissa Tootill, Sally-Mae Amos, Expedition NZ – Cyril Delteil, Andrew Foster, Kaylee Pickett, Dana Andersen, Tanika Brown, Luke De Jong, Jasper Matilla, Rachelle McQuinn-Taylor, Darieon Hirst, Aimee Sanson, Alexandra Richard, Hailey Maddren, Jasmine Kaa, Jessica Pain, Toia Templeton
Rock 1	Allan Carpenter, Wenbo Mao, Kyle Smart, Nicholas Thomas, Torben Kallmeier, Jeff Lappin, Helen Taylor, Stephen Miller, Chris Patalano, Lachy Brett, Nigel St Louis
Rock 1 – Sport-Climbing Endorsement	Jonathan Hattrell, Vaughn Filmer, Emily Warne, Jamie Marr, Karl Scholtens, Kayla Duggan, Kieran Parsons
Sea Kayak Leader	Gaby Toa, Isaac Berben, Jacinta Borer, Jazz Baker, Kevin Burgess, Lucy Bennett, Mathew Schweizer, Matt Sparrow, Richard Bassett-Smith, Tom Beadle, Theresa Hill, Kristiana Ciara Pickering, Lucy Bain, Curtis Bar, Brando Yelavich, Shane Bowman, Meg Cook, Keegan Pomeroy, Logan Born, Jess O'Connor, Robin Barth, Michael Edh
Sea Kayak 1	Nicholas Mead, Blythe Southern, Jon Harding, Peter Dawkings



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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)
Assessment Courses	
Leader Assessments 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.
1 Day Assessments Sport Climbing Endorsement Sea Kayak 1 Upgrade	\$295
2 Day Assessments Kayak 2 - Class 3 River Mmt Kayak 2 - Skills Instruction	\$560
2 Day Assessments (plus evening session) Cave 1 Rock 1 Sport Climbing Instructor	\$595
3 Day Assessments Canoe 1 Kayak 1 Sea Kayak 1 & 2	\$760
3 Day Assessments (plus evening session) Alpine 1 Bush 1 & 2 Cave 2 Canyon 1 & 2 Rock 2 Sea Kayak 1 & 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

- Go to 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** 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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Thomas Van Den Berg
on Cocaine (28) Al Cap
Wanaka
Photo: Michal Karnik Photography

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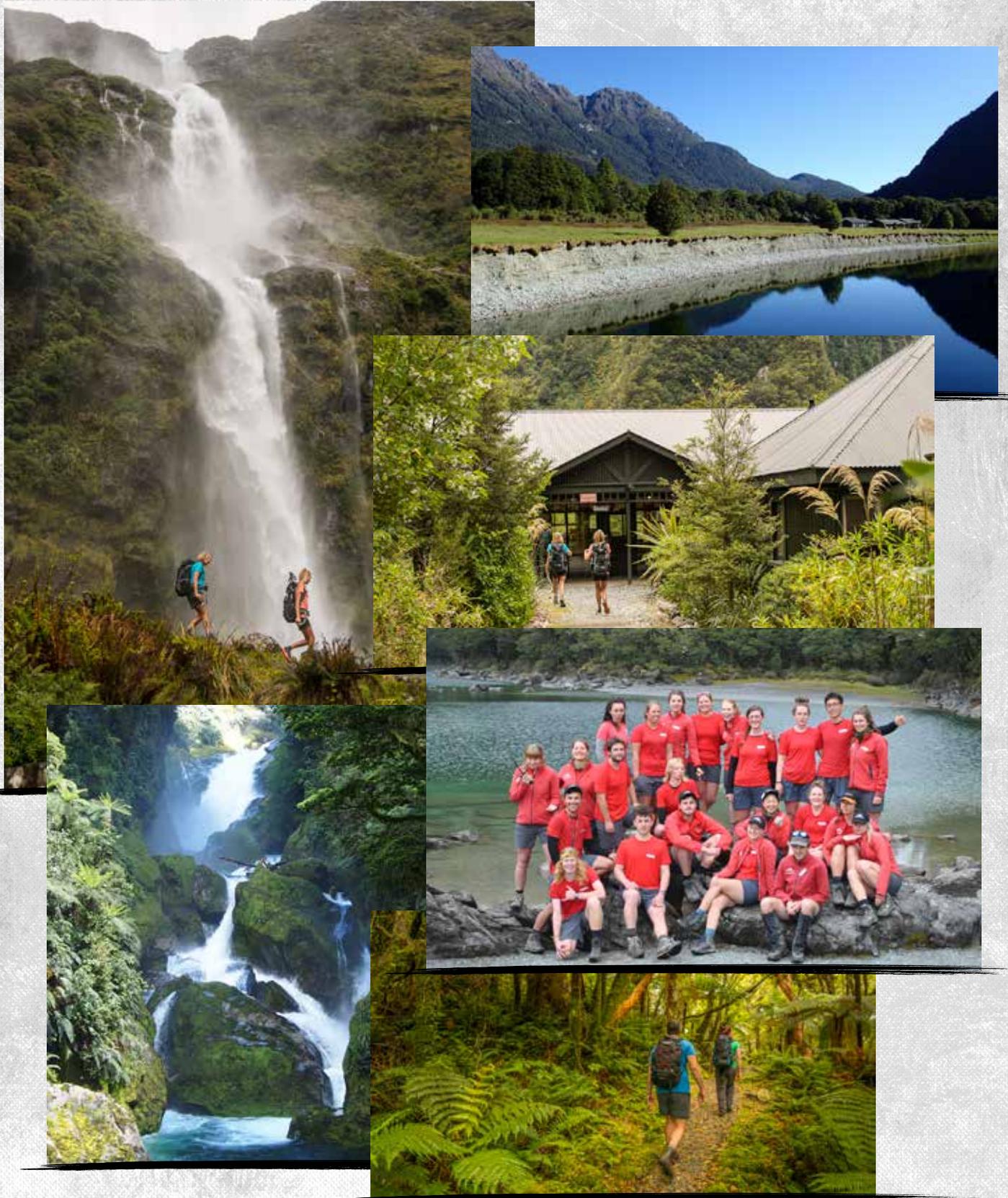
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