



QUARTERLY

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

ISSUE 83: NOVEMBER 2019



INSIDE

NZOIA Excellence Awards

Tall Totara: Sash Nukada

Emerging Guide: Cowan Fearn

Emerging Instructor: Lacey Beadle

Avalanche Searches: Criteria Changes

Makingtrax: Inclusive Tourism

Advocacy: Crown Pastoral Leases

MTB Leader Assessment

Climbing Wall Supervisor Qualification

Incident Sharing: Unplanned Dip

Stress Related Illness

NZOIA QUARTERLY
ISSUE 83: NOVEMBER 2019
ISSN 1175-2068

PUBLICATION

The NZOIA Quarterly is published by:

New Zealand Outdoor Instructors Association Inc.
PO Box 1620
Nelson 7040
New Zealand

© NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

Except where followed by a copyright statement, articles from the NZOIA Quarterly may be reprinted without permission, provided that the name and date of our newsletter are mentioned.

DISCLAIMER

Opinions expressed in the NZOIA Quarterly are those of the writers and may not necessarily be those of the NZOIA Executive or the editorial team.

SUBSCRIPTIONS

\$30 annually. The NZOIA Quarterly is distributed free to members of NZOIA.

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

Gemma Parkin

Chairperson
Great Barrier Island
Mobile: 021 907 695
Email: gemmap@hillaryoutdoors.co.nz

Jo Thompson

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

Matt Barker

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

Tim Wills

Auckland
Mobile: 027 245 2692
Email: tim@adventurespecialties.co.nz

Noel Saxon

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

Travis Donoghue

Waipa (Waikato)
Mobile: 027 2385521
Email: travis.donoghue@thlonline.com

Gillian Wratt

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

TECHNICAL SUBCOMMITTEE CONVENOR

Sash Nukada

Email: tsc@nzoi.org.nz

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

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.

Contact Us

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

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: Sash Nukada climbing Pacharmo, Nepal. Photo by Ali Nukada.

NZOIA

Excellence in Outdoor Leadership



NZOIA gratefully acknowledges the financial support of Sport New Zealand

A note from Sash Nukada, Tall Totara 2019, and NZOIA TSC convenor

So I was reminiscing during/after the Symposium about how far NZOIA had come in ten years. From the 'professional organisation run by volunteers' (quote from Assessors Conference around 2009) when we had one part-time staff member working from a hole-in-the-wall office (or so I assumed) in Wellington (I never met Steve Scott, thanks Steve), to where we are today as an organisation. The Board, the Symposium, the website, the training/ refresher workshops, the number of members and assessors, the qualifications..... a much more professional organisation run by professionals. I really noticed how at the Symposium there was a lack of recognition for the outstanding work the outgoing Board Chairperson has done, and also a lack of recognition for the NZOIA office team for their work.

So for what it's worth, on behalf of the industry, a huge THANK YOU to Gill Wratt, Penny Holland, Sonya Sutherland and all the NZOIA staff for all the time, energy, commitment, dedication, passion, wisdom, late nights, dealing with difficult people, and heart you have given to NZOIA over the past eight years. It's easy for the instructors at the coal-face to get recognised and get energy back from our students; much harder for the people who make the big picture stuff happen. You have taken NZOIA a long way in a short space of time, to a much better place, a more professional space. And we and the outdoor community are all the better for it. Thank you.



Thoughts from the Board

Kia ora koutou katoa

Symposium

Another successful Symposium has now been and gone. Thanks to Simon Graney and his team at Outward Bound for being great hosts, and to Sonya and Penny for organising another excellent Symposium. We had around 150 people attend and a great range of workshops- from mountain bike coaching to tips for transceivers and Inclusive Tourism, to Atua Matua - Māori environmental science, to tips for psychological first aid, and more; and alpine, bush, kayak, rock and sea kayak refreshers. Thanks to those who ran these events, despite some weather challenges on the Friday - they are the core of the Symposium. Watch the NZOIA website for the timing and venue of next year's Symposium, and book early - this year there were more people wanted to come than there was space for!

One of the highlights of the Symposium is the opportunity to recognise some of NZOIA's outstanding members. Congratulations to the winner of the Tall Totara Award Sash Nukada, the Emerging Instructor Award Lacey Beadle, and the Emerging Guide Award Cowan Fearn.

Tertiary institutes that have outdoor education programmes have the opportunity to select an outstanding student from their programme for complimentary attendance at the Symposium. Congratulations to the Tertiary Award winners: Reece Saywell-Emms (Ara Institute of Canterbury), Sophie Richard (Tai Poutini Polytechnic), Braden Hodgson (Hillary Outdoors), Jake White (Otago Polytechnic), Aaron Aldersly (Wintec) and Shania Kuipers (Nelson Marlborough Institute of Technology).

The Symposium was preceded by the annual Assessor Conference and an Assessor training workshop for new Assessors run by Penny Holland and TSC Convenor Sash Nukada. Our Assessors provide the backbone of NZOIA - delivering robust, professional assessment for the NZOIA qualifications. Thanks to those who put up their hands, and to this year's new assessors - Darrin Worsfold, Mark (Bob) Mclachlan, Hugo Verhagen and Ben White.

AGM

Thirty-four members delayed their Sunday morning departure from the Symposium to attend the AGM. Jo Thompson was re-elected to the Board unopposed. The Chair, Management and Financial Reports to the AGM summarise the key activities and financial status of NZOIA. If you missed the AGM and want to connect in with what's been happening at the governance level of your Association, these reports are on the website under About/ AGM (if you are reading this online they are here: www.nzoi.org.nz/about/about-nzoia-menu/agm). In summary it's been another busy year with an 11% increase in membership and 37% increase in the number of qualifications awarded. There have been

inaugural assessments for several new qualifications - Mountain Bike 1, Artificial Whitewater, Multisport Kayak and Canyon Leader. A review of revalidation is underway. At the strategic level, as outlined in the previous Quarterly the Board has been keeping an eye on the Reform of Vocational Education (RoVE) and put in submissions highlighting the role NZOIA and its members play in enabling safe, enjoyable outdoor experiences for New Zealanders and visitors to our country.

Reflections

After seven years on the NZOIA Board and six years as the Chair, I am passing the chairing baton to Gemma Parkin. It has been a privilege to be in this role in an association of over 1000 members who are passionate about the outdoors and sharing their skills and passion with others. NZOIA is supported by a committed Board who give their time with no financial recompense, and by an outstanding staff team. The cost of running NZOIA in 2012/13 was \$503k with income of \$363k - not a financially sustainable position to be in! Six years later, in 2018/19 expenses were less at \$428k, despite significant growth in membership and courses/assessments, and income was \$441k. Thanks to the work of the staff and Board, and executive support from Recreation Aotearoa, NZOIA is now in a more robust financial position.

Building NZOIA's profile and membership has been a priority, including broadening the Association's connections into the Adventure Tourism sector. This has been helped by recognition of NZOIA qualifications in the auditing processes for the Adventure Activity Regulations.

The challenges are not over. The Association's current SportNZ funding ends this year, with renegotiation expected over the next few months. Sport NZ funding is now 24% of NZOIA's income, compared to 46% six years ago, so the association is not as reliant on it as in the past, but the \$100k we currently get is still crucial for provision of affordable qualifications.

Another focus for the Board will be positioning NZOIA while the Reform of Vocational Education (RoVE) takes its course. While NZOIA as a membership association is not directly affected, the outcomes of the RoVE in terms of recognition of independently driven qualifications are likely to affect NZOIA's future. There will be both opportunities and challenges associated with the reform.

I step down feeling the Association is well respected and positioned to address the challenges of the future and provide support for its members.

Best wishes for the rapidly approaching Christmas and the New Year, and awesome and safe summer adventures.

Gill Wratt, Outgoing NZOIA Chair

NZOIA EXCELLENCE AWARDS 2019

Tall Totara nominees

Daan Jimmik

Daan works at the NZ Kayak School. He holds Kayak 2, Bush 1 and Rock 1 and has a seemingly undiminished appetite for performance in the industry.

Sash Nukada

Sash teaches at Ara Institute of Canterbury's Timaru Campus and has inspired hundreds of students over the years. He holds NZOIA Bush 2, Alpine 2 and Rock 2.

Emerging Guide nominees

Cowan Fearn

Head Guide at Kaikoura kayaks, Cowan is dedicated and passionate about guiding and marine life. He holds NZOIA Bush, Rock, Abseil and Sea Kayak Leader.

Oscar Hadley

Oscar currently works for Abel Tasman Canyons. He is a humble and skilled canyonner, experienced tramper, whitewater kayaker and sea kayak guide. Oscar has NZOIA Canyon 1.

Emerging Instructor nominees

Joni Tomsett

Joni currently works at Whenua Iti Outdoors and described as a well-rounded, multi-talented instructor and facilitator. She has NZOIA Bush, Rock, Abseil and Sea Kayak Leader.

Lacey Beadle

Outward Bound Instructor Lacey is an admirable all rounder who is passionate, professional and has a sense of humour. She holds NZOIA Bush, Rock and Sea kayak 1 and is working towards Kayak 1.

Sam Manson

Sam instructs at Topsport and is commended for his professionalism, knowledge of the environment and his humble supportive nature. He has Bush and Kayak leader.

Tom Batts

Adventure Specialities Instructor Tom is driven, motivated and active in gaining skills and qualifications. In two and a half years, he has gained NZOIA Bush, Rock and Alpine 1.

TERTIARY AWARD RECIPIENTS 2019

This award is aimed at students who have a passion for outdoor instruction and show great potential for further involvement in the industry beyond their studies.



Aaron Aldersly (Wintec)

In his first year he showed huge potential as a future leader in the outdoors scene, he pushed it hard and came out with a heap of good skills, then came back as our intern.

Among his peers Aaron is a classic to have on trips. Always prepared for anything, the crew that hang out with him really rate his skills and attitude.



Shania Kuipers (Nelson Marlborough Institute of Technology)

The students that thrive on this course are the ones who love what they do so much that they are out on missions as much as they can in the weekends and holidays, and Shania is a key adventurer within the group. Her compassion to her fellow students shines through.

It's pretty easy to just do the things we are good at, but Shania strives to nail the hard parts too.



Sophie Richards (Tai Poutini Polytechnic)

Sophie invests in her own technical skill development... her success as an outdoors person can be attributed to her strong levels of personal motivation.

Sophie speaks her mind, is honest with herself and carries a high level of maturity. Sophie acts as a role model for our Certificate students by leading student meetings to discuss inventory systems and incidents.



Braden Hodgson (Hillary Outdoors)

He not only has great practical skills and an adventurous spirit, but has shown a dedication to his course work and is always seeking feedback and taking onboard advice on how to improve his performance.

He is a quiet, contemplative soul at times and this comes through in some of his chosen topics for assignments, looking at deepening his understanding of connections to the natural world and how he can progress this through contact with groups.



Reece Saywell-Emms (Ara Institute of Canterbury)

We have found Reece to be a person of extremely good character; friendly and open, reliable and trustworthy, hard-working and honest, and with much integrity. He is motivated to work as an outdoor

instructor/guide in the future, and I have no doubt that he will positively affect a lot of young Kiwis' lives while working in the outdoor industry.



Jake White (Otago Polytechnic)

He's solid with his hard skills, soft skills and is just all round a great guy. He is naturally talented technically easily switching between a range of pursuits. He's super open to feedback and willing to accept when he doesn't know something or mucks up. This lack

of ego makes him easy to get along with. He is a natural leader within the group with one of his strengths being up to step up, or step back depending what the occasion calls for.



Photo by Andy Thompson Photography NZ

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.

People often use the word 'passion' to describe an outdoor adventurer's love for the outdoors. Well no one lives up to this description better than Sash. His enthusiasm for recreating, educating and sustaining the environment we live and play in is unlimited.

Sash has a lifetime of experience in the outdoors, from climbing in Yosemite, Arapiles and Thailand, to trekking in Nepal, snowboarding in Japan and mountaineering in the Indian Himalayas.

Currently programme Leader at Ara Institute of Canterbury, Sash has worked at Outward Bound and Hillary Outdoors. He has been a ski patroller and a ski and rock instructor both in New Zealand and overseas.

Sash has inspired hundreds if not thousands of kiwis in all areas of life.

Sash is incredibly humble, has strong values and is always looking to widen his knowledge and improve his skills and way of living.

That's not to say he's doesn't have his vices. And this is best displayed when there is 60cm of snow forecasted. Classes get cancelled, petrol gets revved through engines and it's an official, "no mates powder day"!

Sash has recently been appointed the NZOIA Technical Sub Committee Convener. In this role and his current work, he will no doubt continue to role model, encourage and inspire new and experienced instructor's, guides and Assessors through a new era of inclusive outdoor recreation.

TALL TOTARA CONGRATULATIONS: SASH NUKADA

"Sash always puts his best foot forward in everything he does. His beginning of the year speech always includes the mantra "do or do not, there is no try" and this is a recurring theme throughout the year. In all areas of life from the outdoors, to environmental action and sustainability, to family, to teaching, Sash puts his heart and soul into whatever he does.

As he will tell you, when you're cold, wet, tired, hungry and sore, that's when your true character will show and that's when you must decide what kind of person you want to be. I admire his ability to keep a level head and to push on when things get tricky. He's the rock in our team."

Niki Jacomb - Ara Institute of Canterbury

"The love child of a fling between Dan Osman and the Dalai Lama. Raised on the Pixies and Camalots. Deep rooted in humility, hospitality and wholeheartedness; as I continue to navigate my way through education in the outdoors, I find myself working hard to channel the work of Sash Nukada and some of those rich characteristics he possesses."

Louise Henderson - 2014 graduate, now working at Outward Bound NZ

"Sash is a critically reflective practitioner who will analyse his teaching regularly and frame it through a lens of "what is best for student." He is not afraid to challenge his managers on programme direction, curriculum or budgets when the outcome negatively affects the learning of the students. Sash is highly organised and will often be thinking two steps ahead of where most people are.

In short, Sash is an outstanding educator and assessor who highly deserves the NZOIA Tall Totara award...and I didn't even mention that he does not drink alcohol, is a caffeine fiend and has incredibly defined calves!"

Mike Atkinson - Ara Institute of Canterbury

"It has always been so evident that Sash just wanted to help people become great in what they wanted to do. His supportive, approachable and friendly manner meant he made not only an amazing tutor, but an incredible skills coach, life coach and friend."

Kayla Stuart - 2016 graduate, now working at Hillary Outdoors



EMERGING GUIDE CONGRATULATIONS: COWAN FEARN

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

Cowan has a passion for guiding, kayaking and marine life.

He is always striving to deliver high customer satisfaction and service with a smile. His expert guiding receives five-star feedback from clients. He is known for assisting, supporting and mentoring others, enabling participation and independence.

Cowan quickly showed impressive leadership skills through his study at Otago Polytechnic and during his first season sea kayak guiding for Kaikoura Kayaks. Within one season he was promoted to Head Guide and his ability to stay calm under pressure is highly respected by all team members.

A keen advocate for sustainability, he practices what he preaches, biking to work and regularly going out of his way to help remove litter from the marine environment he loves.

Watch out for this guy, he is embracing a new era of guiding involving customer service, social media, environmental concepts and inclusive tourism.



“Cowan is a valuable, hardworking and trusted employee who goes the extra mile.

He is an excellent, highly respected team leader, achieved by supporting and monitoring the team closely whilst still enabling them to work independently....

He can adjust quickly to all situations, displaying level thinking, clear communication and builds rapport with customers from all walks of life. Most importantly he never shows any sign of stressing out when things get challenging...

We truly believe Cowan fits the criteria for this award, he's a real stand out amongst his peers and leagues ahead of his time! ”

Matt and Kim Foy – Kaikoura Kayaks

“Cowan made sure we understood everything, not just going through the motions and was super patient. He also was full of energy and enthusiasm...”

“Cowan's expert guiding, flexibility with wildlife, and consideration of all guests was fantastic and made the trip worthwhile.”

“Had the best experience on a morning seal tour where we ended up surrounded by 50 or so dolphins and a young humpback whale. Absolutely amazing morning and Cowan was a very knowledgeable and personable guide.”

“Had a great trip with Cowan this morning. He was super friendly, really professional and knowledgeable. Taught us a lot about the seals and birds and what happened in the local area after the big earthquake. Cowan was a great guy and looked after us really well. Thank you.”

“Felt very safe in Cowan's' very capable hands.”

Customer feedback



EMERGING INSTRUCTOR CONGRATULATIONS: LACEY BEADLE

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

Lacey is passionate, professional, thoughtful, grounded and skilled. Because of this and her sense of fun, she quickly builds connections with and respect from students, colleagues and employers. Lacey has worked for Hillary Outdoors and is currently at Outward Bound and both Centres nominated her for this award.

Lacey goes out of her way to develop and improve her skills and knowledge in the outdoors, despite her glowing feedback from students saying that she doesn't need to. “Lacey was an epic instructor”, “Lacey is already amazing, I don't know how to get Lacey to improve!”

A charismatic yet relaxed persona disguises a dedicated and well-prepared character. Lacey puts the hard work in so that she can give her best to her students providing exceptional courses with her own Lacey flair.

Lacey has become an integral part of the workplace community and is able to brighten the day with her unique sayings and costume wardrobe.

There is no doubt that Lacey stands out from the crowd and it was only a matter of time before this award found its home in her hands.

“Her use of slang is like none other and sometimes takes me a while to interpret what is being said. It is a good link to the younger generation, again, one that the students love. It also makes an old fella like me feel young and included.

Lacey is always bubbly and happy and inspires others to follow suit. She inspires others to be adventurous at work and in their own time. ”

Don Paterson – Training Manager, Hillary Outdoors

“Since arriving at OB, Lacey has become an integral and important member of the community. When Lacey arrives for a morning staff meeting in a pirate hat, floral top and flower lei, you know it is because she is about to go and instruct at sea. She is able to lighten a room and brighten the day with her wardrobe, a comment, or turn of phrase such as getting her stoke on or remembering to slowly, slowly catch a monkey.

Lacey is an admirable all-rounder. She is passionate, professional, thoughtful, grounded and skilled. She builds connections and respect from everyone she works alongside regardless of their position as colleagues, students or managers. Lacey has a great sense of humour and we are excited for the future of the industry as Lacey and her peers step up to take the reins. ”

Sharon Nicholas – Training Manager, Outward Bound NZ

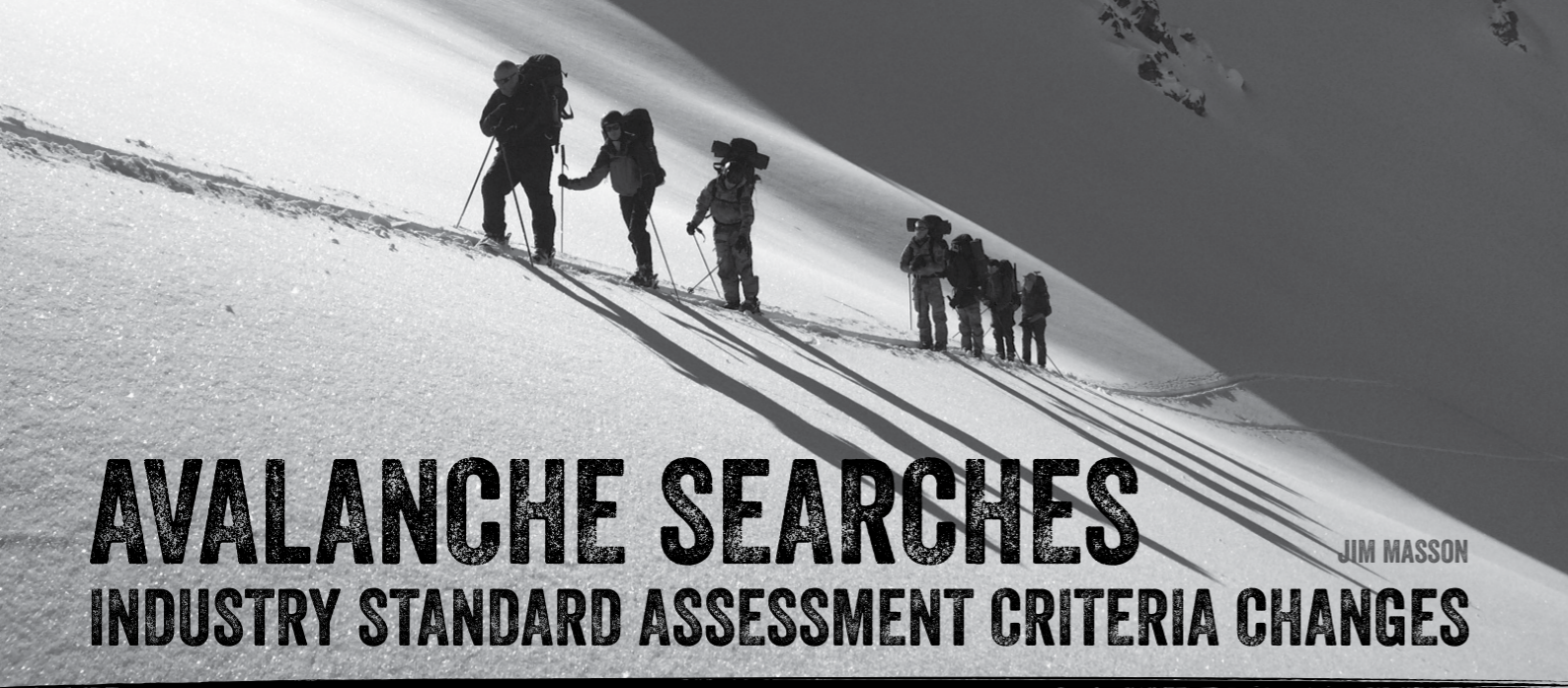


“Lacey personifies the type of young professional we need in our industry. She shows commitment, professionalism and drive for continual improvement. She has no arrogance, she knows and works within her skill level and will ask for help if she needs it.

She knows how to accept feedback and how to use it to improve herself. Lacey is full of energy and as well as working hard out there during the week, will usually be found out and about on the crag, up the mountain or on the river at weekends.

In conclusion, as per the comment from one of our visiting staff “the world needs more Lacey’s”. ”

Janet Prier – Programme Manager, Hillary Outdoors



AVALANCHE SEARCHES

INDUSTRY STANDARD ASSESSMENT CRITERIA CHANGES

JIM MASSON



***Digging Start Location:** Digging should always start directly downhill from the probe strike, at a distance 1.5 times the depth of the strike. If the candidate does not determine the proper digging start location the assessor says "incorrect digging location" or similar statement. Candidates keep choosing dig locations until an acceptable location is identified.

Reassessment: Reassessment may take place at a neighbouring plot or the same plot, (with re-buried tx's) only if: all the other candidates have had an initial attempt, time permits and the techniques and methodology demonstrated on the initial effort are conducive to success on a subsequent attempt.

The criteria detailed is relevant to the capability of modern transceivers and the user's competence with rescue equipment. It is the entry level requirement for a professional avalanche qualification and the minimal standard I would accept of an instructor or guide working in avalanche terrain (simplistically, if there is a slope >30° and snow, welcome to avalanche terrain). If you are involved, either recreationally or professionally, in mountain activities in avalanche terrain you should be as good as you can be, something your companions will be very appreciative of if those skills are ever needed.

Jim Masson, NZOIA Alpine, Rock and Bush Two Assessor and NZ Mountain Guides Association Climbing Guide / Assistant Ski Guide

During the lead into winter of 2019 I attended some activities directly related to the avalanche and snow safety aspects of playing and training in the mountains. These were the Avalanche Education Group meeting, the NZ Snow and Avalanche Committee meeting, the Search and Rescue conference and the Southern Hemisphere Avalanche Conference (SHAC). A major outcome for me is that I have come away from these activities reflecting on a range of avalanche specific topics, and I strongly believe that there is a requirement for those of us who are active in the mountains to be up to date with international trends, as well as domestic requirements.

For example there is very wide range of transceivers in use in New Zealand. If you are still using a single antennae unit, irrespective of how good you believe you are with it, you really should get a modern unit. The Alpine Club of Canada does not allow participation on any trip unless a three antennae unit is carried and this has been the policy for a long while now. If your unit is more than five years old, you should also be looking at getting a replacement. It is a false economy to use out of date and old units, apart from the fact that it demonstrates a disregard for others you may be travelling with (unconsciously or not).

In this article I will outline the changes to criteria for transceiver searches in the New Zealand Certificate in Avalanche Risk Management Level 5 (NZC ARM L5). Alpine folk should be aware of the terms Avo 1 and Avo 2. The Avalanche Management Level 1 is a pre-requisite for attendance on an NZOIA Alpine 2 assessment. This is now the NZC ARM L5. Under the old Avo 1, the requirement was to find one buried transceiver in a 50m x 50m area in a specific time. There is now a significant change to the pre-requisites for the ARM L5. As for any criteria based assessment there needs to be very clear parameters so the testing standards are consistent.

The following is the full assessment criteria for NZC ARM L5.

Task: Locate two buried tx in a 50m x 50m area in under five minutes.

Method: Specifically, the candidate, upon hearing "go" (and clock starting), pulls out their transceiver, switches to search, and eventually pinpoints the location of 1st buried transceiver. Candidate should mark the location in snow (using a hat or

similar) where probing is to commence, then assemble probe and methodically probe until target is struck. Candidate should shout "STRIKE" and leave probe in place. While candidate is determining depth of burial from probe depth, (and the location where to start digging) assessor will verify strike. It is sufficient for the candidate to point to the location in the snow where digging should begin for the 1st burial. Upon 1st strike confirmation, the assessor will then provide an assembled probe to the candidate to continue the search for the 2nd unit. For 2nd burial, candidates must probe, shout "STRIKE", assemble the shovel and place the shovel in the snow where they would start to dig. The probe remains in place for the 2nd strike to be verified. Clock stops when the strike is verified and shovel is placed in an acceptable place. Total time must be less than 5 minutes to demonstrate competency.

Burial Depth: One at approx 1.2m and one at 0.8 burial depth (when possible). Both strike pads are to be elevated off the ground such that it is not confusing whether a strike has been made – if surrounding probe depths are considered. Each tx will be covered by a 50cm square strike pad or pack.

Search Area: Within a 50m x 50m area.

Search Area Slope Characteristics: Well trampled, on an inclined slope (ideally a 10° - 20°) slope.

Start Point: Candidates to enter the slope from the top, (ideally using different locations along the top boundary to avoid obvious pathways).

Readiness State of Candidates: Candidates to begin with shovel and probe securely stowed in or on the pack with the tx worn on the body (as they would normally when traveling).

The assessor will confirm both strikes and the clock stops when:

1. The assessor cannot verify the candidates 1st strike while the candidate is determining (by depth of probe) and demonstrating (by pointing) where digging should commence.
2. An acceptable start digging location* is identified near tx2, (the end of the assessment).

Congratulations

to the following members who recently gained NZOIA Qualifications!

Alpine 2	Gavin Barry-Morgan, Lucy Foote, Alexander Waterworth, Sarah English, Mark Chambers, Jamie Marr
Abseil Leader	Toby Joll
Bush Walking Leader	Kendra Byers, Nallely Santiesteban, Kate Branson, Caleb Lovell, Emma Honing, Brogan O'Bryan, Elin Ljungstrom, Yu Chen, Erika Zilis, Anli Liu, Toby Kerslake, Steven Malamis, Victor Olsson, Joanna Nowak, Maria Page, Charles Ratcliffe, Shane Sand, Tanner Quammen, Shannon Delange, Jackson Rice, Martin Love, John Melson, Miranda James, Chloe Saulnier, Chloe Hickey, Zackary Owen, Zoltan Laszlo, Caitlin Foley Ultimate Hikes: Hamish Paris, Hayley Horne, Innes Kensington, Josh Donn, Kylie-Ann Kearney, Kelvin Maker, Mitchell Davis, Rachel Fulton, Rebecca Vella-King, Sadao Tsuchiya, Tess Hindle-Daniels, Verity Walkinshaw, Toby Dickson
Bush 1	Mark Chambers, Bailey Stubbs, Rachel Baker, Georgia Orme, Rosey Joyce, Amanda Bunckenburg
Canyon Leader	Adventure Group: Peter Choate
Climbing Wall Supervisor	Julian Pope, Toby Joll Birkenhead Leisure Centre: Ian McKinney, Travis Rangi, Mackenzie Briton-Moore, Anoukoun Phengsavath
CWS with Monitor Lead Climbing Endorsement	Birkenhead Leisure Centre: Ian McKinney, Travis Rangi, Mackenzie Briton-Moore, Anoukoun Phengsavath
Kayak Leader	Paloma Kelly
Kayak 1	Matiu Kapa, Kayla Stuart, Karl Scholtens, Christopher Harvey, Caitlin Disberry
Rock Climbing Leader	Kendra Byers, Nallely Santiesteban, Caleb Lovell, Emma Honing, Brogan O'Bryan, Elin Ljungstrom, Erika Zilis, Anli Liu, Toby Kerslake, Steven Malamis, Victor Olsson, Joanna Nowak, Maria Page, Charles Ratcliffe, Shane Sand, Tanner Quammen, Shannon Delange
Sport Climbing Instructor	Dominic Hammond
Rock 1 – Sport-Climbing Endorsement	Sarah English, Andrew Balcar, Anna Squires, Josh Geddes
Sea Kayak Leader	Jacob Shelling, Eleanor Hammond, Gwynfawr Lovett
Sea Kayak 1	Tom Denley
Mountain Bike Leader	Robert Bruce, Legend Pareta
Mountain Biking 1	Ashley Whitehead, Damian Stones, Joshua Reynolds, Josh Barnett, Jo Guest

NZOIA
Excellence in Outdoor Leadership



INCLUSIVE TOURISM MAKINGTRAX

Photos supplied by Makingtrax

As we enter the summer season of 2020 the future is now, time to embrace the inclusive tourism sector. The largest minority on earth is ready to adventure, time for New Zealand to open its doors and welcome the estimated 15% of the global population that have some form of disability. This number doesn't take into account for the baby boomer generation that is soon to retire and will have the confidence and finance to travel. We then estimate each traveller with a disability travels with their family, friends and/or support team. To make New Zealand an inclusive destination the world needs to know what we offer and assistance is needed to bring more opportunities to the adventure industry in our natural playground we call New Zealand.

adventure destination. I personally find through experience that the less accessible a destination the more inclusive as more people are willing to assist.

There are many adventure companies running inclusive trips for clients and have done so for many years, there are companies that are excited to join but are unsure what is involved and there are companies that have demanding adventure and believe a disabled client could slow down the tour and/or be a risk to themselves or others. Inclusive tourism is about providing an experience to the best of the abilities of the clients, in relation to the activity. We vet all clients in the adventure industry, Arnold Schwarzenegger can't go skydiving or paragliding due to his weight but a tetraplegic can. As a tetraplegic I personally don't want to throw myself into a Class V glacial river, but someone like Aaron Wheelz Fotheringham has rafted with Rangitata rafts on a number of occasions.

To build an industry we can make everything inclusive to all but the clients need to be aware of the possibilities. In New Zealand we know that there is a large disability sector, we see it every day. All the accessible parking spots, accommodation has accessible rooms, accessible toilets are everywhere. The infrastructure speaks for itself, however the adventure industry in the adventure capital of the world is just beginning to understand its potential. I would like to mention that in a country that you can hire every type of camper van known to man, we still don't have an accessible camper van. The reason I mention this is in relation to being aware of the industry, cruise boats are a favourite for wheelchair users due to the fact that it's easy. The accessible camper van provides the changing room, bathroom, bedroom a place to rest or relieve pressure. Thus in turn gives clients more freedom and confidence to travel. The more adventure opportunities New Zealand has, the longer clients will stay and the length of travel will be worth the trip. We can make inclusive adventure options for all, but people need to know what is available before they venture out, both domestic and inbound. A directory where all the inclusive companies and their inclusive information is available to give the client and operator the confidence to book, therefore making New Zealand a destination to all.



Why inclusive tourism vs. accessible tourism? Inclusion is about all, no discrimination treating clients as they are, clients. It's also about what inclusion is, we are a team in the adventure industry and we are as strong as the weakest member. River rafting, paragliding, skydiving. These environments are not accessible, but they are inclusive with the correct knowledge, training and adaptations. Accessibility doesn't assist the vision or hearing impaired. A destination like Nepal for example is the most inaccessible place imaginable, however with the correct information and understanding it is an incredibly inclusive

Enter Makingtrax

Makingtrax was founded in 2012 by Jezza Williams after a canyon accident in Switzerland changed his path. With over 20 years in the adventure tourism industry, highly qualified and experienced international river/expedition/canyon guide, now tetraplegic. Jezza an adaptive global game changer, ENAT (European Network of Accessible Tourism) adventure based expert and spokesperson, ambassador to inclusive Nepal, first tetraplegic licensed paraglider with extensive knowledge in both the adventure tourism and inclusive tourism industries.

In March 2018 Makingtrax evolved with the inclusive directory and the #traxapproved initiative. By joining the inclusive tourism movement with Makingtrax we assist, providing knowledge, information and when needed adaptation to give your company the confidence to provide an safe fun experience to the clients abilities when possible. We pride ourselves on being cost effective, KISS (keeping it simple st*pid) and practical.

The most important part of inclusion is information and understanding on both the client and operator, the Inclusive Directory is just that. Having all the inclusive companies on this platform with the inclusive details that the operator with assistance of inclusive consultant Jezza have developed. Makingtrax isn't about accessible toilets and ramps, we are about the adventure experience. If an operator already runs inclusive adventure, it's about being part of the directory and the #InclusiveTourism movement and letting the world know. Even if you didn't think your product doesn't seem possible you may be surprised. Makingtrax then supplies our approved adventure company with the #traxapproved seal which is proudly displayed on the company's site linking it back to the inclusive directory, building the platform for clients to realise what NZ has to offer. Becoming an inclusive destination, thus inclusive clients are empowered to visit our incredible country.

Currently Makingtrax works alongside some of the best in the business. We work with operators such as jetboating, canyon swings, whale watch, motorsport, and have developed simple safe cost effective systems for rafting, sea kayaking, paragliding, glacial landing and more. Focused on opening an industry not maximising on profit to join the ever growing family of inclusive operators you simply subscribe to the movement a yearly fee of \$250. Together we can develop this incredibly rewarding industry.

For more information go to: www.makingtrax.co.nz



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: Jimmy Johnson

RECREATION AOTEAROA – ADVOCACY

ACCESS TO PLACES WE LOVE

SAM NEWTON

Recreation Aotearoa represents all professionals in the recreation industry. They empower their members to deliver the quality recreation experiences, places and facilities, that fuel a more active, healthy and connected NZ.

In the last issue, I talked about how important it is for people working in the outdoors to advocate on their own behalf, and to have input into Department of Conservation decision making. For those who let it slip, the website to keep an eye on is www.doc.govt.nz/get-involved/have-your-say

While DOC manages a huge proportion of New Zealand and is incredibly important for those of us who work in the outdoors, it is not the only player.

Crown pastoral leases, which are managed by Land Information New Zealand (LINZ), encompass almost 5% of NZ's land mass. There is a good chance you have crossed Crown pastoral Lease land to obtain access to your favourite places and spaces; there is even a chance you have been denied access – so what's going on?

The future management of Crown pastoral Land – “the review of Tenure Review”

Many of you (especially those who live, work or play in the South Island high country) will be familiar with ‘Tenure Review’. In very simple terms, this was the process by which farmers who held long-term pastoral leases negotiated with the government to secure freehold ownership of some land, in exchange for forgoing the lease on other parts of their farm. Typically, this involved the farmer gaining ownership of the more agriculturally valuable ‘front-country’ and land with high conservation values in the ‘backcountry’ being placed in the care of DOC.

In many cases it worked well, but over time friction points emerged. Conservationists became increasingly concerned about the intensification of farming and landscape modification on the freeholded land and recreationalists also had concerns. While easements across newly established freehold land were usually provided to access the new DOC land behind it, these often proved inadequate and recreational users started to feel shut out.

In 2016, Recreation Aotearoa wrote to various conservation boards, government department CEOs and ministers, expressing our view that many Tenure Review outcomes resulted in reduced recreational access to the South Island high country. Some excerpts:

“...the tenure review process does not adequately maintain or enhance access to areas of recreational interest, that was otherwise available when the farms were leasehold.”

“It is our belief that there may have been cases of tenure review being tacitly approved by various conservation boards, without adequate credence and provision given to recreational access to Public Conservation Land beyond the freehold farmland.”

When Minister Sage announced the end of Tenure Review in February this year, we were very interested.

An assessment carried out by LINZ of the Crown Pastoral Land Regulatory System identified the need for changes at a legislative level to improve the environmental and economic outcomes for pastoral land in the high country.

LINZ then launched a discussion paper and asked for submissions on proposed changes to the Crown's management of pastoral land in the South Island high country (Tenure Review). Information sessions and consultation meetings were held across the motu. NB: you can read both the assessment and the discussion paper at www.linz.govt.nz/crown-property/crown-pastoral-land/consultation-enduring-stewardship-crown-pastoral-land

It has been a tough period for the LINZ staff involved. On one hand they have numerous farmers feeling uncertain about the future of their farms, homes and livelihoods. On the other hand, various NGOs are seeking to advance their interests around conservation and/or recreation.

Recreation Aotearoa submitted to the formal consultation in April. You can read our submission at: www.nzrecreation.org.nz/Site/advocacy/projects/submission-on-enduring-stewardship-of-crown-pastoral-land.aspx

At Recreation Aotearoa we approach these issues with the premise that conservation and recreation go hand in hand. Outdoor Recreation and Outdoor Education are key drivers of conservation and environmental awareness amongst New Zealanders and appreciation for our natural heritage and its protection is often a result from people's enjoyment of our natural spaces via recreation.

Public access opportunities for outdoor recreation contribute to long term conservation and, as such, improving access for Outdoor Recreation on and over Crown pastoral lease land should be a central outcome of this review.

In time, any changes to the Crown pastoral lease system will likely require a change to legislation. A lot has changed since the Land Act was passed in 1948!!

Recreation Aotearoa will of course take up the opportunity to make written and verbal submissions at the select committee stage and I will endeavour to keep you up to date via our Kaitiaki newsletter. If you do not currently receive this, sign up as a virtual member for free at: www.nzrecreation.org.nz/tools/clients/new.aspx?SECT=virtual

I encourage you to keep an eye out for developments on this issue and make your voice heard!

Recreation
Aotearoa

Sam Newton, Advocacy Manager at Recreation Aotearoa



On 8th and 9th of July 2019, the first ever NZOIA Mountain Bike Leader assessment took place in Whakarewarewa Forest, Rotorua. The two participants came from the social enterprise adventure group named Got To Get Out. Their Assessor was Nick Chater.

The good news is both candidates (group founder Robert Bruce and guide Legend Pareta) successfully gained their qualification and are looking forward to leading groups of mountain bike clients in the near future.

It's has been a big year for relatively new NZOIA members from Got To Get Out, after several of their staff qualified with Bush Leader earlier this year. The largely social-media built group is committed to 'getting Kiwis outdoors' to improve their mental

and physical health, and is unique in that it does not charge for most of the outdoor activities offered. Instead of charging for each trip, Got To Get Out's business model is to attract corporate partners, and only mark-up selected 'premium' events to help cover costs.

“The NZOIA MTB Leader is a perfect qualification for the level we want to be guiding at” says Bruce. “We tend to cater for beginners and those wanting to get outdoors for the first time (or the first time in a long time) so getting assessed and qualified to guide on Grade 1 and 2 trails is fine for us. Nick was a fantastic mentor and Assessor, and we are grateful for his time”.

Learn more about Got To Get Out at: www.facebook.com/gottogetout

New Zealand's largest adventure activity audit provider
with more than 200 satisfied operators...
...call us to find out why.

Phone: 0800 394 436
adventuremark.co.nz

AdventureMark
SAFETY AUDIT CERTIFIED

NZOIA CLIMBING WALL SUPERVISOR

The Assessment

The Thrive Otorohanga Youth Trust (TOYT) run the Harvest Rock Centre in Otorohanga, and I manage Harvest Rock for them on a part-time basis. Harvest Rock is a 'Real Roc' (natural featured) indoor climbing wall having ten top ropes and three auto belayers with 32 climbs to choose from. Our client base includes schools, colleges, academies, tertiary providers, local adventure guides and the surrounding districts and the local community.

Gaining my Climbing Wall Supervisor (CWS) qualification allowed Harvest Rock to stay open and so was a God send for the centre, TOYT and the community. And as I was green to all things rock-climbing, the CWS was the perfect entry level qualification to operate Harvest Rock. I recently completed my CWS revalidation (done every three years) and found it relaxed and relevant to my everyday work at Harvest Rock. Despite being new to rock climbing, I have found the encouragement and advice received from the rock-climbing community and NZOIA invaluable in gaining my CWS qualification.

I would encourage anyone wanting to help out at their local climbing gym or gain an entry level climbing qualification to ask NZOIA about the Climbing Wall Supervisor. It's well worth it.

Julian Pope

The Qualification

The NZOIA Climbing Wall Supervisor is able to supervise basic climbing activity on artificial climbing structures (inside or outside, fixed or mobile).

The qualification is designed for groups, organisations or businesses engaging people to supervise climbers on their wall. This could be community groups, schools or dedicated climbing centers. The supervisor could be volunteering or paid.

The candidate's ability to safely introduce, run and manage a group climbing session is assessed. Rescue, instructional and personal climbing skills are also expected to be demonstrated competently; (see the Climbing Wall Supervisor Syllabus and Assessment Guide for specific details: <https://www.nzoi.org.nz/qualifications/disciplines/wallclimbing>).

It not only gives the qualification holder peace of mind that they can manage situations in the artificial climbing environment, but it also assures them and their respective organisation that the information and skills they are teaching are industry good practice.

From the Assessor's viewpoint, the award is a great, well-rounded qualification.

Shanan Miles - NZOIA Rock Assessor



From the Operations Manager:

To remove barriers and increase access for a mostly transient role the facility can join NZOIA as a Full Member and the supervisors can sit under the facilities membership. NZOIA will pass on any key industry information to the facility manager.

The assessment takes place as a Free Range Assessment organised by the facility with an approved NZOIA Assessor. The qualification is valid for three years and must be re-sat on expiry similar to holding a First Aid Certificate.

Contact us at admin@nzoi.org.nz for more details and assistance.



INCIDENT SHARING: AN UNPLANNED DIP INSTEAD OF A DRINK

NICK CHAPMAN

The scene

It had been a beautiful winter morning, cold with clear skies and an early morning frost. June in the Lewis Pass is stunning. Snow-capped mountains tower over the Boyle River where the group had stopped for lunch on the third day of a four day programme. They were in good spirits having spent the morning removing invasive cherry trees, weeds and replanting beech and kanuka.

On a stony beach, just below a grade two rapid, the group of ten Year 10 students along with their instructor and teacher were enjoying sandwiches. Typically, we use this section of the Boyle River for tubing and river safety. Students learn about the river environment, the hazards and risk management, and are taught the basics of hydrology. We aim to empower young people with the skills and knowledge to know how, where and when to interact with a river and to prevent poor decisions that can lead to drowning. In 2018 there were 66 preventable drowning fatalities in New Zealand and 204 drowning related hospitalisations (ref: Drowning Report 2018: Water Safety NZ).

On this day however, the focus was not on the river.

The incident

As the group enjoyed their lunch, students took advantage of the fresh mountain water, filling their drink bottles directly from the river. One student climbed onto a large rock just below the wave train flowing out of the rapid, reached down to fill her bottle and dropped the lid. It floated into the eddy behind the rock. Reaching out to grab the lid, she lost her balance and toppled head first into the eddy. She fully submersed, quickly surfaced then was caught in the main flow and pulled downstream, struggling to stay afloat. The instructor had seen the incident unfolding, calling out 'stop!' and running to the river bank as the student fell.

The student was fished out of the main flow very quickly by the instructor, cold but otherwise unharmed. As secondary drowning was still a potential risk she was monitored closely. Fortunately Boyle Lodge was only ten minutes away so the group was able to return to a hot shower, milo and change of clothes.

This incident had a good outcome, however could have been very severe, even fatal. The variables were stacked in our favour.

We have asked ourselves what could have happened if the circumstances were different, for example if we'd been on a remote backcountry tramp. We have asked ourselves what can we do as an organisation and as instructors to prevent incidents like this happening again?

The learning

First we compared this day with our structured water sessions. The two main differences being:

- No specialist water equipment or spare clothes were carried and
- No river hazard or safety briefing was given.

We then investigated these two points through discussions with the Boyle team;

- We questioned when, where and how river safety and hazards should be briefed during our programmes.
- We decided that adding value to a programme is essential, and we should also be actively involving the participants in place-based learning. Instructors should take every opportunity to facilitate learning about the environment they are in. In this case the instructor should have highlighted the hazards of the river, and as a rapid was right there, explained the whitewater swim position. If time allowed they could then have discussed hydrology, and even run a short activity like creating mini rivers with water features.
- We decided that specialist equipment like throw bags would be impractical to carry as we encounter river environments very often.
- Spare emergency clothes are carried by instructors when there is not quick direct access to the lodge or if there is an increased risk of hypothermia from river exposure.

At the end of the day this was an incident that may not have been preventable. Reflecting on our current practices is a valuable process and we will always strive to improve safety and educate our participants on how to recreate in the outdoors safely.

Nick Chapman, Boyle River Outdoor Education Centre



STRESS RELATED ILLNESS – A VERY REAL FIRST RESPONDER RISK

When we ask our OFA and PHEC students; “Whose safety is most important at an emergency scene?”, the answer without exception, is always; “mine”. And that is absolutely correct. As a first responder, our primary function is to not let things get any worse. This approach helps us to assess and manage risk while pushing towards positive patient outcomes. Once the scene is safe, we go about assessing, treating and transporting our patients to further medical care.

Working with patients in an emergency situation, our brains work overtime. We’re thinking through patient care processes whilst problem solving environmental and extraction challenges in the outdoors. We are diligent in managing our own and our group’s safety. It is also important to recognise another very real risk to emergency responders; the psychological effects of traumatic and repeated emergency management experiences can have a prolonged and detrimental influence on the state of our mental health if not managed well.

In our industry we regularly meet people who have been part of a rescue, who experience flashbacks, have difficulty controlling mood swings, are very anxious and are on high alert for another traumatic occurrence. People who have been diagnosed with post-traumatic stress disorder (PTSD) can find it difficult to distinguish between past memories and present thoughts – meaning they can become agitated in situations that are similar to previous traumatic experiences.

Some Statistics

Mind, the UK mental health charity, says; “anyone can get PTSD, but people working for the emergency services are at greater risk”. Its research found 92 percent of emergency personnel said they had suffered stress, low mood and poor mental health at some point and 62 percent had experienced a mental health problem such as depression or PTSD.

In Australia 2015 literature estimated that around one in ten emergency workers were currently suffering from PTSD, although rates are likely to be even higher if retired emergency workers are considered. (Harvey, S, Bryant, R, 2015)

Recognition

Anyone who responds to emergencies is potentially at higher risk of stress related illness, emergency response professionals and those who have responded to emergencies in their work or private lives. Responding to emergencies doesn’t necessarily mean a person will become unwell or need psychological support but like all risks, PTSD should be identified and control measures implemented to minimise its impacts.

An individual with PTSD typically has four clusters of symptoms: re-experiencing symptoms; avoidance symptoms; negative cognitions and mood associated with the traumatic event; and arousal symptoms, including insomnia and irritability. It should also be recognised that PTSD regularly presents with comorbid conditions such as Major Depressive Disorder and Alcohol Use Disorder.



Here at Peak, our team are regularly exposed to emergency scenes requiring medics to think and act professionally to ensure the best possible patient outcomes. As such we have a policy that recognises the psychological risks associated with outdoor emergency response and a process to manage those risks.

Typically this includes both formal/operational debriefs followed by an informal debrief that allows individuals to verbalise their experience. The former seeks to identify what went well (what we would keep for next time) and where we could improve (what we would do differently next time). This needs to be conducted in a way that ensures healthy outcomes both operationally and individually (avoiding blame or opportunity for guilt).

The informal debrief might involve a beer, even a laugh, but has a serious focus on what each person involved was experiencing during the response and what they have experienced since. By talking about what happened, in a safe environment, we give our brains a chance to reprocess our experiences in the hope they will ‘store’ those memories in a healthy manner – resulting in less likelihood of stress related problems.

We watch for anyone who is unwilling to participate or who is present but hesitant to contribute. This can sometimes be a sign that they are struggling to accommodate their experience mentally or emotionally.

Like any risk management approach, we aim to take preventative steps to reduce the potential loss related to a particular hazard, in this case stress. Meditative activities like mindfulness help reduce the parts of our brain (amygdala) that become enlarged following periods of high stress or activity.

In particular if people are struggling with flashbacks of previous traumatic events, or are experiencing inappropriate levels of anxiety around what may occur in the future, then having the simple ability to be present brings us back to what is known as the Task Positive Network, the here and now, part of our brain. By being present, it becomes impossible for the opposite part of our brain, the Default Mode or Ruminating Network to be active, meaning our levels of negative thoughts and emotions are also reduced. Neuroscience now gives us the ability to accurately measure the physiological and psychological benefits of these practices. For a good intro into how mindfulness works, go to: www.youtube.com/watch?v=vo_VANW35b0

We also encourage any of our team to seek professional help if they are struggling to manage symptoms of trauma related stress.

References

www.mind.org.uk

Harvey, S., Bryant, R. (2015) Expert guidelines: diagnosis and treatment of post-traumatic stress disorder in Emergency Service Workers. www.phoenixaustralia.org/resources/emergency-services-ptsd-guidelines



**Connect.
Empower.
Respond.**

Outdoor PHEC ALL ACROSS NZ

Peak brings together people who are passionate about the outdoors and about developing people. We work and play in the environments that matter to us.

Our team delivers emergency care in the outdoors - at ski areas and for off-road events. This helps us teach First Aid in a way that keeps our participants active and interested. Our delivery style minimises classroom time and incorporates enjoyable, scenario-based learning.



Connect. Empower. Respond.

OUTDOOR PROFESSIONALS Pre-Hospital Emergency Care

This 5 day intense program is the industry standard for those leading groups into the NZ outdoors. Participants are challenged to problem-solve in emergency situations in rugged locations while applying advanced medical principles.

OUTDOOR TEACHERS & STUDENTS Outdoor First Aid Training

From 1 to 3 days, we offer training and assessment of unit standards 6400, 6401, 6402 and 424 in an outdoor setting - a hands-on scenario-based learning environment that challenges and enhances leadership skills.



BOOK A COURSE

peaksafety.co.nz | info@peaksafety.co.nz | P. 07 349 0903



Outward Bound New Zealand

Recruiting now
for instructors who are
passionate about delivering
life-changing programmes.

Apply online by 31 Jan 2020
outwardbound.co.nz/instructors

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 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.nzoia.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.nzoia.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@nzoia.org.nz for more details.

Further Information

Details of courses run by NZOIA, pre-requisites and online payment are all available at: www.nzoia.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.nzoia.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.

NZOIA
Excellence in Outdoor Leadership

www.nzoia.org.nz

OXFAM TRAILWALKER

100KM | TEAMS OF 4 | 36HRS

50KM | TEAMS OF 4 | 18HRS



FIND MORE THAN JUST THE FINISH LINE



Use promo code
BIVOUC for
**15% OFF
YOUR TEAM
REGISTRATION
FEE**

WHAKATĀNE | 21-22 MARCH 2020

Register now at oxfamtrailwalker.org.nz

Since 2009, Bivouac Outdoor has been the Official Gear Supplier to Oxfam Trailwalker. We are committed to supporting teams as they take part in this incredible challenge.

www.bivouac.co.nz | STORES NATIONWIDE

bivouac/outdoor

COMMITTED TO ADVENTURE



OXFAM
New Zealand

PLANTING THE SEEDS OF ADVENTURE



Photos supplied by Makingtrax

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



NZOIA
Excellence in Outdoor Leadership