



QUARTERLY

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

ISSUE 91: JULY 2022

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Articles should be submitted in Word format. All photos must be supplied individually in jpg format and cannot be used if embedded in a Word document. Submissions may be edited.

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Thoughts from the Board

Kia ora koutou,

30 June marks the end of the NZOIA financial year and is therefore the time when we mark milestones, review the year that was, and look ahead to the coming year.

Despite Covid restrictions, it's been a massive year with 371 qualifications gained by leaders, instructors and guides, a 97% satisfaction rating from participants with quality of assessment events, the Alpine and Sea Kayak reviews making great progress, the Overnight Endorsement developed and delivered to its first few rounds of attendees, and NZOIA's Guiding Kaupapa really starting to take shape.

Thank you to the NZOIA staff team, alongside NZOIA's Assessors and members for all your efforts in achieving so much during a year that has been balancing act of stress and success.

As we all look ahead to the coming year, across the country the tightening economy is the hot topic of conversation. While Covid lockdowns and changing levels were difficult, the financial impacts will be longer lasting; doing exactly what we did last year would cost us more this coming year. As the saying goes 'necessity is the mother of invention' and facing these challenges is a good opportunity for NZOIA to take stock of what we do and how we do it.

As a member organisation your opinion is key in shaping that picture, so the board will be hosting a session at this year's Symposium to update you on the last few years and gather your input as we prepare our next strategic plan. We hope to see you there, but if you can't make it, please share your thoughts with a member of the board.

Until then ...

Gemma Parkin | NZOIA Board Chair



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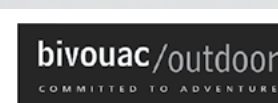
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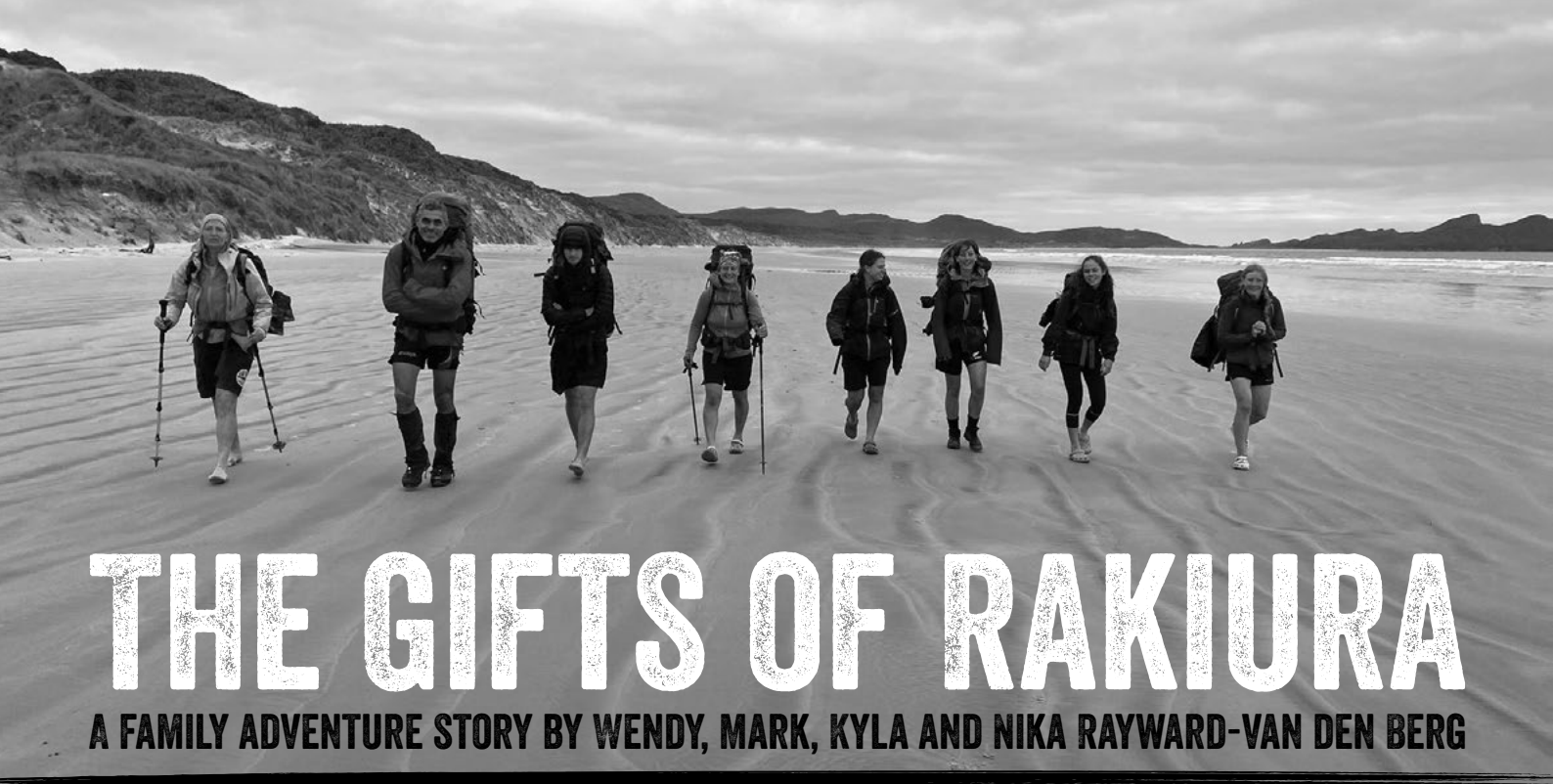
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THE GIFTS OF RAKIURA

A FAMILY ADVENTURE STORY BY WENDY, MARK, KYLA AND NIKA RAYWARD-VAN DEN BERG

I imagine that many of you reading this will somehow relate to the experience of being part of an outdoor adventuring family; either growing up in one or having created one yourself. The joys, the laughs, (probably) the struggles and tears, and the stories that invariably become part of the family culture.

For our family too, it has become an integral part of who we are. It brings us together, pushes the reset button, recharges us, simplifies our hectic lives, and it connects us all to the most important things in our lives; the wilderness and each other.

We have always preferred longer adventures, carrying a tent to create options to stop wherever whenever. Time to play, build huts, explore, cook on fires, read stories, become comfortable with the discomfort and embrace the need for less. Our Stewart Island Adventure in many ways ticked pretty much the same boxes; the 'kids' older, stronger, faster, braver, nimbler; the parents older... hmmm...yes... definitely a full stop there. But the connection to the wild beauty of Rakiura is shared by all.

We are fortunate that we have been able to share many of our more challenging adventures with another like-minded family, adding another dynamic for the kids, and making our safety network more robust. Rakiura had been on the list for some time and when the Fa'avae clan suggested now was the time, and included a very interesting route plan, the decision was easy.

The bottom of the South Island is a long way from Tasman so it was agreed we might as well make the most of time and opportunity, and thus a four-hour boat trip got us transported straight from Bluff to Port Pegasus in the South. Sea Kayaks, tramping gear, enough food for twelve days, and a pretty rough plan that included some ambitious days. But plenty of flexibility to adjust for whatever the island would throw at us. One of the aspects that our families see as an excellent ingredient to a successful trip is when we don't come across many other people. This generally leads to peering over maps and looking for ways to connect this valley with that one, crossing some mountain ranges, a bit of bush bashing, paddling down rivers, and navigating whatever else might cross our path. The unknown has become part of the adventure and adapting part of the challenge.

The moment we set off from Bluff, en route straight to Port Pegasus in the south, the hecticness of our lives seemed to fall away. Cell phones left behind, automatic out-of-office reply set, twelve days of undisturbed freedom ahead of us. The mollymawk gliding effortlessly along the side of the boat seemed to embody all of this and more. Time to just be, push the reset button, and reconnect with the wilderness, each other and ourselves.



As luck would have it a hunting party had booked two hunting blocks including the North and South Pegasus huts, but since they were only using one, they were very happy for us to use the other. And with the weather playing the perfect Stewart Island "on/off" game, our appreciation for their generosity was huge! We now had a comfortable base to retreat to and unbeknownst to us it came with a kaimoana delivery service as our new hunting buddies felt compelled to share their bounty.

The first few days we explored South Pegasus Arm, circumnavigated Pearl Island, and added a little foot mission up Bald Cone. The unimaginatively, yet descriptively, named peak only rises 230 meters, but the views and unique landscape definitely make up for it. Massive granite rock formations and boulders that seem to have been mysteriously placed there,

balancing on top of each other, creating serious exposure. This providing an excellent warm-up for our next objective: Gog (407m) and Magog (282m), named after the biblical land Magog and its towering ruler Gog.

A pre-dawn start, to catch the incoming tide into Cook Arm, led us to the start of some good quality scrub pushing, made all the better with overnight packs on. The landscape is like something from a movie scene; towering granite, the light coming and going, horizontal rain, a dark sky being swapped out for double rainbows, swampy campsites, crystal clear rock pools, and no other human being to be seen! All in all, a very successful trip within a trip!

Paddling back into Pegasus Passage felt like coming home, and our hut felt like luxury accommodation.

We now turned our objective to a traverse of the Tin Range. Having limited weather updates via the InReach, kept us hoping that more stable weather was on its way but alas after the kayaks were dropped at the agreed pick-up point, and the main ridge was reached it became pretty clear that mist, rain, and wind would be our companions. Keep moving was the strategy, huddling behind rocks under dense scrub for a quick food stop here and there. A campsite below Mt Allan gave new meaning to the concept of being wet, and to be honest any gear reviews at this point would not have gone down well.

There was something weirdly satisfying about the 'defying-of-conditions', but nothing more surprising than our first kiwi sighting of the trip. In the mist and rain and clear daylight, there it was... just going about its business, not bothered by us or anything else really.

A long slow descent on an old trail connected us to the Southern Circuit and a spontaneous stay at Rakeahua Hut. All that was left now was the luxury of a trail, over to Doughboy Bay, then on to Mason Bay, Freshwater hut, where we picked up our kayaks again. A stunning paddle down Freshwater River, into Paterson Inlet for a final sea-side campsite at Millars Beach. Then even on our last day, Rakiura kept giving: a glorious sunrise followed by Ulva Island's luscious bird life. Saddlebacks, Kākāriki, Kākā, uninhibited by our presence taking us back to pre-human times.

With Oban just around the corner, and a ferry booked early the next morning it was time to tackle the last wee push, satisfied, tired but refreshed, ready to enter everyday life once more.

As a parent, I cannot begin to express how lucky I feel about the fact that my young adult daughters are still keen to join us on these trips. Perhaps they have taken to adventuring in the wilderness through osmosis, or perhaps we've just been lucky.

As Outdoor Educators though, you should feel encouraged by the potential ripple effects of your work. You inspire one person, who inspires two or three others. They may turn into a paddler, or a climber, or take up tramping with a passion. However, the effects that all of this may have on their physical and mental health, their relationships, and their love for the earth is life changing. I once was taught by someone, now I cannot imagine my life without experiences in the wilderness. It has shaped who I am, it has shaped my family, my kids, and my ability to withstand life's curveballs. The intensity of my adventures may have morphed but the essence is the same. So, keep doing what you are doing, team! You change lives, long after your students leave you!



Rakiura Traverse
April 19th-30th 2022

Written by Wendy, photos by Kyla

VITAL SIGNS ON THE RUN

Over decades of ski patrolling and more than 20 years of providing medical services to a huge range of outdoor sporting events across the country, I think our team would conclude that most patient presentations are reasonably obvious. I know this because I conducted a vast amount of research on the subject by asking two of my colleagues to confirm my hypothesis in a leading style of questioning.

Even if our team are not a hundred percent sure what the actual injury is (we try to avoid definitive field diagnoses for fear of failure), generally we have a fairly good understanding of what the problem is. A shoulder injury is typically either a clavicle fracture, an AC separation or a dislocation with the odd soft tissue injury thrown in for good measure. Ankle pain following an external rotation will likely be a sprain or fracture and our protocols help us to decide if the patient needs to go and get higher help.

We mostly use the senses of sight and feel (palpation) but sometimes sound and even smell to make these provisional assessments. Not so much taste, although we did once have an ex-Israeli army cadet on a PHEC course who had been taught in his military training to taste any fluid draining from the patient's ears to test for cerebrospinal fluid (CSF). Apparently, it's rather sweet.

Occasionally the patient will present with signs or symptoms other than pain, or pain somewhere that we can't see or feel. In the outdoors these could include the following:

- Head Injuries
- Abdominal or chest injuries
- Hypotension resulting from dehydration
- Anaphylaxis
- Asthma
- Epilepsy
- Cardiac arrhythmia
- Hypoglycaemia
- Hypothermia/hyperthermia

It is not uncommon for us to watch an athlete collapse at the finish line after hours of running, or to arrive at a mountain biker who has had a significant fall and doesn't feel quite right. In these situations, it can be easy to get a bit panicked and start to think of all the different and horrific options of what could be wrong with them.

This is where a solid patient assessment is your friend – particularly if you are somewhere remote. Remember “this too shall pass”. And it will pass quicker and more effectively if we stick to the process – boring but true. By systematically assessing the patient we are more likely to discover all their ailments. With that information, we can make more accurate decisions around treatment and extraction.

Based on a patient's mechanism of injury or lack thereof we often have a theory on what could be the problem. Vital signs (sometimes called a set of patient obs') are an incredibly useful tool to prove or disprove that theory using quantitative data.

This always feels a little more medical than a gut feeling. That is not to say we should ignore our instincts as sometimes these can be our most powerful patient assessment tool. However, sets of vital signs can give us the confidence to know we have discovered the problem and can push forward towards a solution.

So when should we record vital signs? Here's our advice:

- When you wish to prove or disprove a hypothesis about a patient's injuries or medical emergency in order to provide the best possible patient outcome.
- When you are waiting for the emergency services to arrive and want to provide additional data to enable them to better care for the patient.
- When you are waiting for help and you've run out of chat – just do sets of vitals every five minutes... you'll become amazingly slick at doing them.
- Avoid endless sets of vital signs if they won't change your diagnosis or decision. Sometimes an extra set of vital signs can feel necessary but always bring it back to the question, “Will this make things better for my patient?” Often getting them to a shelter to prevent hypothermia, or to a hospital is the higher priority.

Here are some examples of patients where sets of vitals will help inform evacuation decisions:

- A head injured climber who has been knocked out but regains consciousness after two minutes – pulse, LoC, respiratory rate, pupils.
- A tramp who has fallen onto rocks, has chest pain and is struggling to breathe – respiratory rate, pulse, colour.
- A rider on a school mountain bike trip that has crashed onto their stem and has abdominal pain – pulse, respiratory rate, colour.

The only piece of technical equipment needed to take these vital signs is a watch or phone so essentially we are carrying the gear to make these observations.

Vital signs will tell us what we can't see like how the body is compensating for the injury and attempting to maintain blood pressure and organ perfusion. They can confirm our suspicions or set our minds at ease. Either way, they are our friends in remote places.

Age	Temperature Average (°C)	Heart Rate Average and Range (beats per min)	Blood Pressure Average (mm Hg)	Respiration Rate Range (breaths per min)
Newborn	36.8 (axillary)	120 (70 – 170)	80/40	40 – 90
1 – 3 years	37.7 (rectal)	110 (80 – 130)	98/64	20 – 40
6 – 8 years	37.0 (oral)	95 (70 – 110)	102/56	20 – 25
10 years	37.0 (oral)	90 (70 – 100)	110/58	17 – 22
Teen	37.0 (oral)	80 (55 – 105)	110/70	15 – 20
Adult	37.0 (oral)	80 (60 – 100)	<120/80	12 – 20
> 70 years	36.0 (oral)	80 (60 – 100)	Up to 160/95	12 – 20



Henry Worsp | Peak Safety

ADVOCACY – OUTDOOR ACTIVATION FUND

SAM NEWTON

Many readers will be familiar with the Recreation Aotearoa Outdoor Activation Fund. Indeed, many will have been recipients of this funding or work for a recipient. The fund's purpose is to increase participation of rangatahi in outdoor recreation and connect more rangatahi to their Māori culture through outdoor activity. Baked in to the kaupapa of the fund is the requirement for recipients to share what they have learned about their experiences with the rest of the outdoor sector, so that we can collectively move towards bringing more rangatahi into the outdoors, experiencing the benefits they provide. Recreation Aotearoa has often provided additional support to organisations to help them tell their story. You can read some case studies from previous recipients at <https://www.nzrecreation.org.nz/Site/outdoors/outdoor-activity-fund>. This has meant that every dollar of funding has provided benefit beyond just the recipient.

In its initial years, the fund totalled \$50,000 per annum. Consistent over-subscription to the fund provided evidence of the need and the great work that is being done by Outdoor Recreation and Outdoor Education providers across New Zealand. In due course, the fund was scaled up to \$100,000 per annum. Even at that level, the fund was still over-subscribed, often by a multiple of seven!! So we are very pleased that we were able to convince Sport NZ to scale the funding up to \$500,000 per year and crucially, extend the funding period out to three years. This is a huge win for the Outdoor sector.

To reflect our commitment to the Treaty of Waitangi and recognising inequities in the system, the Outdoor Activation Fund is one of parity between Māori and non-Māori, that is, tangata whenua and tangata te tiriti. There are two key population groups which this fund aims to impact and increase the participation of:

1. tangata whenua as Māori in the outdoors, this includes rangatahi Māori and their whanau, and

2. tangata te tiriti, this includes non-Māori rangatahi participants in higher deprivation communities, young women and/or disabled young people.

The fund rewards outdoor activity providers who can show that they understand rangatahi, as well as demonstrate a place-based approach that supports and is informed by the participants.

The assessment panel also looks for organisations who can take an innovative and culturally sensitive approach to new programme design. Readers will already know that not all cultures go outdoors for the same reasons. The goal is to get people outdoors, and to do so in a way that resonates with them...which will, in turn, increase participation.

The assessment panel met recently to consider the 91 applicants to the fund. There is an almost even split of applicants from tangata whenua and tangata te tiriti. This is hugely gratifying to see the extraordinary range and impact of organisations out there doing great work. The fund has been ten times over-subscribed, meaning that some tough decisions will have to be made....but also make the case for even further funding.

Thank you to all those that have applied. Even an unsuccessful application provides insight and inspiration. To the successful applicants, congratulations and thank you for doing what you do. Please give your case-study the effort it deserves, EVERYONE in the sector can learn from your example in our collective goal of getting more young people into the Outdoors.



Sam Newton | Advocacy Manager, Recreation Aotearoa

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@nzoia.org.nz



INCIDENT SHARING: CANOE WRAPS AND HEURISTIC TRAPS

MICHELLE CAMPBELL

THE SCENE

'That Rock' – upstream of the Kawatiri (Buller River) and Mangles confluence

April 12th, 1:00pm

Three days before the canoe assessment
Buller @ Longford gauge: 19 cumecs

Driving towards Murchison before the assessment, I stopped at several put-ins and take-outs on the Kawatiri (Buller) River to check the flow and known hazards. My last stop was the pullover at the Mangles Bridge. After observing the super low, drought-season flow at 'That Rock', I decided to run a solo lap from Longford Bridge to the campground to note changes to that section. I'd paddled that section numerous times before, incident free, and did so again.

April 13th, 10:30am

Two days before the canoe assessment
Buller @ Longford gauge: 18 cumecs

I'm an outdoor instructor and teacher at Tihoi Venture School. Tristan Rowe, outdoor instructor at Outward Bound, and I had been in contact over the month making plans for gear, client day and logistics for our three-day NZOIA Canoe Guide/1 assessment. We planned to paddle different sections of the Kawatiri, in both solo and tandem canoes.

Tristan and I both paddled the Doctors Creek to campground section in solo canoes while scoping out how we would use this section for teaching our clients on the upcoming assessment. We discussed lines on rapids, good locations for instructing and rapids we might line or portage. We both paddled the right line of 'That Rock' without incident.

THE INCIDENT

April 14th, 2:30pm

The day before the canoe assessment
Buller @ Longford gauge: 17 cumecs

Our second scouting lap started at the Claybank put in, paddling tandem, switching as bow and stern paddlers. Again, we discussed different lines, potential portages and how we might manage specific rapids with clients. We spent some time discussing how best to navigate 'That Rock' for the client day and decided to land near the Matiri Street take out and line the canoes from there – a long way upstream of the hazard but necessary to avoid missing a must-make eddy.

We jumped back in the canoe (Tristan in the bow, me in the stern) and headed towards 'That Rock', without making a definitive plan to paddle left or right. The next part happened so fast that it is hard to explain; the canoe was buffered off the left channel by the wall buffer wave and the bow went towards the right. Tristan put in a couple of hard forward strokes to go right, while I stern-ruddered to correct us for the left line. The canoe, as a result of both of our actions, went broadside into 'That Rock'! We braced and hugged the rock as we broached but the force and speed of the water scooped the canoe to face upstream, wrapping it. We both floated free and swam ashore.

We tried hard to free the canoe with the tools we had, then we called the New Zealand Kayak School (NZKS) and friends in the Murchison whitewater community for assistance. We also called Jen Riley, our Assessor who was on-route to Murchison, to advise her of our sticky situation. She arrived not long after Daan and Dayla from the NZKS to provide extra hands.

We tried for nearly four hours to unpin the canoe. We had three ropes pulling in different directions from the canoe to anchors, all with mechanical advantage hauling systems. Despite having so much gear and river rescue expertise and determination, eventually the bow was cut off in the hope that would release some pressure on the boat and it would move off the rock. It didn't. Two days later, a jet boat tried to haul the canoe off, unsuccessfully.

THE LEARNINGS

The timing of the situation made for an intense three-day assessment but we both walked away with the NZOIA Canoe qualification we were after. In the days following the incident, there were many discussions about what happened and how important it is to share for others to gain insight and perspective. And despite having to chop up and leave part of the canoe in a very public place during the Easter weekend, both Tristan and I learnt some interesting things that we want to share:

- **Heuristic traps and decision making.** Plan and discuss. Make a plan and clearly communicate your plans prior to getting on the water, or committing to the rapid. More on heuristic traps below...
- **Get the beta.** Always look, don't just assume. Locations are always changing due to high and low flows, trees, rockslides etc. Where possible, scout, ask the locals, get the beta – no matter how many times you have paddled a section before.
- **Get to know your team.** While Tristan and I knew each other from the outdoor instructing world, we were new to paddling together in a tandem. Spend time together to become familiar with each other, and the style of river running in order to present a cohesive teaching and learning experience for clients.
- **Paddling solo and tandem.** There is a difference between being in a boat solo and understanding how the boat moves with you, compared to paddling tandem with someone who has their own style. It doesn't always merge smoothly – effectively you are dancing to two different beats.
- **Rescue gear.** In this incident and location, despite having two pin kits on us, with at least the minimum standard gear, we needed reinforcements and extra human power. No matter how much equipment, skills, knowledge and human power you may have – you can't underestimate the power of the river.
- **Buoyancy.** Have a lot of well secured buoyancy, more than you think is required. More barrels, foam blocks or air bags may have changed the way the canoe wrapped and potentially helped with the retrieval of the canoe.
- **The need for more incident sharing.** Appointing blame after an incident doesn't promote open dialogue and allow for insights to come forward. It is important to have a non-judgemental space to share information about incidents, accidents and near-misses to highlight the situations that can and do occur. Regardless of how much experience or knowledge about a location, the river flow and hazards you have – shit can always hit the fan. Be open and vulnerable, be courageous to share your learnings.
- **Updating hazard information.** After a photo of the wrapped canoe was posted online, lots of people talked about their close calls and getting intimate with 'That Rock'. We discussed with the NZKS about updating and publishing

information about the rock hazard in the NZ White Water book and online. However, the issue with posting hazard information is that they change and then the beta is incorrect. Nothing beats local knowledge and making your decisions based on what you see in front of you.



HEURISTIC TRAPS

Heuristics are simple rules that people frequently and subconsciously use to make decisions, sometimes described as intuitive or 'gut-feeling' decision making. However, in reality, it's about making decisions based on previous experience as opposed to rational decision making which takes into account all options and then evaluates each option before making a decision.

While many 'good decisions' have been thought through thoroughly, attempting to examine every potential lead-in and outcome of a situation is not a realistic way to make all decisions. We often don't have the luxury of time, or information or desire to ponder each aspect in depth. On a river, decisions often must be made quickly with limited information.

Heuristics allow us to use our prior knowledge and experiences to make quick decisions. This type of intuitive decision making is often underappreciated, it's seen as informal and perceived as lower quality compared to more in-depth cognitive decision-making process. Nonetheless experts argue that recognising things are about to go bad through experience, before they do go bad, is key to taking actions that save lives.

Heuristic traps commonly occur when simple rules are influenced by factors that are not relevant to the actual situation or hazard. Ian McCommon (2004) notes six main heuristic traps that play a part in outdoor incidents. Reflecting on our canoe wrap situation, McCommon's heuristic traps 1, 2 and 4 highlight some of the factors that had a cumulative effect. ►



Trap 1: Familiarity

People take relatively greater risks on a river they are familiar and comfortable with, even when a change of conditions may make it riskier. We'd moved from paddling solo to tandem, we were running a different line and we had not taken the time to discuss how the rapid may be different this time. We were comfortable paddling that section after previously paddling solo without incident, it was familiar.

Trap 2: Consistency

If a group has decided to run something in a particular way, people tend to stick with that decision even in the light of new information that may show it to be riskier than initially thought. In our situation, it was a late decision to paddle the left line, but after getting buffered off our line – we both made different decisions about which line to take.

Trap 3: Acceptance

A desire to try to impress others which leads to greater risk taking or choosing to not speak up when wanting to keep the peace and maintain acceptance within the group. Neither of us were trying to impress the other, and we were both comfortable to share safety concerns, we avoided this trap.

Trap 4: The Expert Halo

People take greater risks if they think the group leader knows what they are doing, even when they don't. Evidence shows peer groups take relatively fewer risks. In our situation, being comfortable and perhaps too casual with each other may have contributed to the confidence we had in each other's ability to navigate the section successfully.

Trap 5: Social Facilitation

People who are confident in their abilities tend to take greater risks when there's an audience present. However, when people have less confidence in their ability, evidence suggests that they take fewer risks when there is an audience. This trap did not play a role in our incident.

Trap 6: Scarcity

Taking greater risks to paddle or when paddling a river or section that doesn't have paddle-able flows often, because the opportunity is scarce.

My hope is that this article sparks open and honest discussion about not only near-misses, incidents and accidents but also decision making and heuristic traps. In the outdoor industry there are many variables in our daily activities that we constantly apply our experience and judgement to, to make intuitive decisions. If we can understand how we make decisions and the fallibility in human decision making, we can gain better judgement and understanding of the decision-making process especially if we are open to critiquing our own decision making.

Michelle Campbell | NZOIA Canoe 1, Bush 1, Sea Kayak 1

THAT ROCK

BULLER AND MANGLES RIVER CONFLUENCE

'That Rock' is located on the Buller River immediately upstream of where the Mangles River joins the Buller. It is a big boulder located left of centre, smack-bang in the flow, and doesn't have a name that we know of – it is usually just referred to as 'That Rock'. The rapid is encountered when paddlers are taking out at the Mangles River, or heading all the way downstream to the campground. That Rock isn't a particularly complicated rapid although from river level it is somewhat hidden and actually hides a lot. The site is home to countless stories from years gone by and you could justifiably call That Rock a "repeat offender".

At higher flows That Rock is covered and you wouldn't know a thing – an easy Class II paddle. At lower flows That Rock is exposed and can sneak up on you quickly. A busy section of easy Class II (with a noticeable absence of friendly staging-eddies) leads to an increase in gradient and That Rock finally appears. Right in the main flow, you need to make a quick decision and choose left (main flow and narrow channel) or right (less flow, wider channel but you'll need to make an effort to get there).

When That Rock is showing (lower flows) the rapid exceeds the definition of Class II: 'easy rapids with waves up to one metre. Clear channels that are obvious without scouting. The ability to move your craft across the current is not necessary.' (New Zealand Whitewater Fifth Edition by Graham Charles). There are few good eddies to scout from and to go right of the rock you do need to be able to move your craft across the current. For reference Class III is defined as 'rapids with high, irregular waves and narrow passages. The ability to spin and manoeuvre is necessary'. At low flows when That Rock is showing it technically meets the definition of Class III which is out of character for this section of the Buller.

That Rock is approximately two metres wide and has a slight lip on the upstream side. This means that anything it catches heads underwater, quickly. It is known to collect debris and known to cause carnage. Events from recent years at That Rock include:

- Ugly wood and debris trapped just below the surface of the water.
- Pinned craft on upstream side including kayaks, canoe and other.
- Jammed log from river left onto That Rock blocking the left channel.
- Many swims from troubled paddlers, and swims from those rescuing them.

That Rock is a known problem yet sits off the radar for many paddlers. The shape, location, entry to the rapid, low visibility and lack of staging eddies means that it will continue to cause trouble for years to come. There are a lot of factors in play and a fatality would come as no surprise. Beware That Rock and stay safe out there.



Jess Matheson and Daan Jimmink | New Zealand Kayak School

Photo supplied by Adventure Specialties Trust



"I am feeling so much better than I was before I started this course. A lot less anxious."

"I picked up hope after this programme. I made friends. I helped others and received help in return. I felt encouraged on the way."

"I learned that I am able to persevere even when I'm not entirely confident."

"I've been more respectful to my family."

"When I see others having a hard time, I feel more empathy towards them."

These are some quotes from participants who have experienced our outdoor adventure programmes.

Our Vision is "Lives Inspired by Adventure."

But it is more than just adventure for adventure's sake. There is a deeper purpose woven into all our outdoor adventure programmes. We want to engage our participants on a deeper level and explore the big issues. Things like building strong relationships, being good stewards of our Earth, discovering tools to build health and wellness, exploring the connection between the outdoors and taha wairua (spiritual wellness), finding ways to increase resilience, learning healthy social and emotional skills, discovering and developing our unique strengths, and recognising the importance of our choices (and how to deal with their consequences).

At Adventure Specialties Trust, our programmes are divided into two categories: "Adventure With Purpose" and "Adventure Therapy."

The "Adventure With Purpose" programmes are mostly aimed at teens and adults who want to experience the outdoors, like school groups or youth mentoring programmes. We work with the client to figure out which of our outcomes they want to focus on: Self-Awareness, Social Awareness, Cultural Awareness, Environmental Awareness, and Motivation to be Active.

The "Adventure Therapy" programmes are mostly aimed at helping teens and adults who might be struggling to cope with life. For example, people experiencing anxiety or depression, students with behavioural problems, youth offenders, or people going through drug or alcohol rehab. We include an element of group therapy in these programmes and focus on the following outcomes: Self-Worth, Tools for Hauora (health and wellness), Woven into Community (whanaungatanga), Hope for a Future with Purpose, and Taha Wairua (spiritual wellness).

Adventure Specialties Trust was founded on Christian values, and these continue to guide how we operate. Since being founded in a garage in 1984, the Trust has grown to become a national organisation, running hundreds of outdoor programmes every year. We travel to locations throughout Aotearoa New Zealand, ranging from Whananaki in the North Island down to Lake Wanaka in the South Island.

We work with a variety of schools, running leadership programmes, school camps, and EOTC (Education Outside the Classroom). We work with community groups, like drug and alcohol rehab centres and youth mentoring services. We work with government agencies, like Oranga Tamariki Ministry for Children, Ministry for Social Development, and Department of Corrections. We partner with other non-profit organisations, like Graeme Dingle Foundation, Duke of Edinburgh, and Recreate New Zealand.

The disciplines we offer are sea kayaking, rock climbing, abseiling, coasteering, caving, hiking, mountain biking, bush, alpine, and canyoning.

All our instructors have NZOIA qualifications and are constantly working on gaining new ones. We recognise that it takes a lot of effort and skill to achieve any of them, so we always celebrate when anyone gains a new NZOIA qualification!

As our calendar gets more and more busy, we are on the lookout for more instructors, especially for our Auckland office. So, if you (or someone you know) might be keen, get in touch!
www.adventurespecialties.co.nz



NZOIA BOARD PROFILES

The NZOIA Board consists of four positions elected from the membership and three positions appointed by the Board. Being on the NZOIA Board brings responsibility, challenge and the opportunity to make a difference to the organisation and wider outdoor industry. It is a voluntary role and NZOIA is extremely lucky to have a high calibre of passionate people at the helm. Meet some of the newest members to the Board:

Karllie Clifton

Appointed NZOIA Board Member – Membership and Advocacy

Tēnā koutou katoa
Ko Ngatokimatawhaorua tōku waka
Ko Wairoro me Omapere ōku wai
Ko Putahi tōku maunga
Ko Ngāpuhi ahau
Ko Ngāti Rangi tōku hapu
Ko Ngawha te marae
Engari, i tupu ahau ki Te-Moana-a-Toi
Ko Karllie Clifton tōku ingoa



I joined the NZOIA Board in April 2021 making me one of the newest members. I come from an education background that started with thirteen years of secondary teaching in Kirikiriroa Hamilton. During my time in education, I have immersed myself in outdoor education including running long programmes with Hillary

Outdoors on Aotea Great Barrier Island. Outdoor Education is not my teaching subject, but is very much a passion, as is the outdoors in general. Hiking is my most regular outdoor pursuit. Tāmaki Makaurau Auckland is now home. I live and work at InZone Education Foundation as the Senior Boarding Manager in our girls kāinga. Working alongside Māori youth has been a passion of mine for many years. I am currently completing a Masters of Education with a focus on indigenous education and child development.

Being part of the NZOIA Board has been a privilege and exposed me to another perspective in outdoor education and tourism. I look forward to continuing my time with NZOIA and contributing my skills and knowledge to benefit all members of NZOIA. Mauri ora!

Dallis Parker Waters

Appointed NZOIA Board Member – Operational Excellence



I have worked in leadership, business coaching and facilitation for over twenty years with domestic and international clients from across the public, private and not-for-profit sectors. I am particularly focussed on leadership development, systems leadership, organisational culture and embedding change

at individual and organisational levels. With a background in education and training I have run my own business and worked as an Associate with a national training organisation for the last fifteen years. I have guided transformational change at key Government organisations and developed business-wide programmes to build culture within multinational clients. My career coaching experience spans workshop floor to senior executive and is focused on long-lasting effectiveness.

I am especially passionate about helping organisations and individuals thrive in times of change. An early background in outdoor education and extreme sports including a World Championship white water rafting title helped me to develop lived experience of goal-focussed performance, determination and resilience under pressure. I bring these life habits to my professional delivery, incorporating them with a broad tool-kit of resources and seek to support individuals and organisations in embedding positive learning experiences as daily habits.

Ben White

Elected NZOIA Board Member – Qualifications and Standards



I am currently self-employed, based in Christchurch and working as a contractor for various outdoor organisations. I have two children who I enjoy spending lots of time with. They are getting into the outdoors as well, including pack rafting, tramping, climbing and mountain biking. I am qualified in Rock, Bush, Alpine and Kayak

disciplines. My other hobbies include skiing, mountain biking, hunting and spearfishing.

After studying at Aoraki Polytechnic I have enjoyed a wide range of jobs in the outdoors including Sea Kayak Guiding in Fiordland and Canada as well as working at Hillary Outdoors, Outward Bound and the NZ Army where I was facilitating leadership development through experiential outdoor education. I hope that my experience, background and role on the board can help to serve and advocate for NZOIA members and help advance the organisation in a positive direction.

CLOTHING SYSTEMS

CONSIDERATIONS FOR KEEPING ‘DRY’ IN NZ

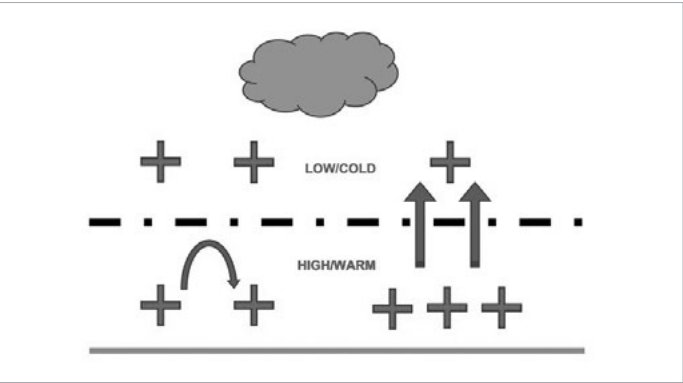
GIDEON GEERLING

Working with different NZ SAR teams around the country, I hear a lot and discuss a lot around operational clothing system. Specifically, I hear how “these jackets don’t work, I’m always wet”. There seems to be a disconnect in understanding how layering systems can work and the science behind how to make the most of the gear you have or have been issued.

We need to remember that none of the gear brands issued or recommended, purposefully make a poor-quality jacket. Usually it’s operator error, not design that is the problem.

Move away from the marketing hype of ‘guaranteed to keep you dry’ or ‘breathable and waterproof’. A head space of how dry you stay and more specifically how quickly you dry out is a more productive headspace when using outdoor clothing.

Consider the science; it all comes back to pressure differential and temperature gradients. High pressure/warm air wants to move to low pressure/colder air to create an equal pressure/temperature gradient.



This is the basis of nearly all technical fabric designed to move water vapour. How quickly this happens and how efficiently this works is based on external influences you bring to the jacket, the biggest one being outside temperature and humidity.

How can a waterproof jacket that relies on pressure and humidity gradients work well when it’s 100% humidity outside the jacket and you’re walking up hill creating a 100% humidity environment inside the jacket?

You need to do all you can do to assist the temperature/pressure difference between inside and outside your jacket. More layers can insulate and cause condensation to form from the vapour inside the jacket and being caught inside. The ‘holes’ in the fabric are only small enough for vapour not liquid water to go through. When you feel you’re getting wet inside your jacket, odds are that you’re wetting it from the inside as much as outside the jacket.

New Zealand is not a statistically dry or super cold country, but much of the equipment and marketing we’re influenced by is from countries that are. I suggest we look to our UK and Scottish counterparts for what they choose to use and the systems and fabrics they find work best for their weather conditions, also to



their headspace of: “it’s not how dry you stay but how warm you are and how quickly you can dry out once stopped.”

If your waterproof jacket is heavy and durable, consider wearing less inside that jacket and rely on your own metabolism fuelled ‘clothes dryer’ to dry you out once stopped. Keep your wet clothing ON when you stop allowing your 1000w heater to work its magic and dry the layers you have on inside your jacket. If cold and wet, use a synthetic insulated jacket to cover the whole system to cook it all drier than what it would be if you had just hung it up at the end of the day.

Things to ponder...

- None of this is new news. It seems we are more influenced now by media and marketing about what we need, rather than being influenced by research, experience and common sense.
- Your base layers make a huge difference to how quickly you’re going to dry out. Contrary to marketing, merino is not the best option as a base layer if you’re not able to get back to a warm dry space at the end of each day. Merino has a very similar drying time and water holding capacity to the famously dangerous cotton layers we despise so much. You may be smelling wonderful and have the latest colours on, but you will NOT dry anywhere near as fast as if you were wearing synthetic base layers that are engineered to be hydrophobic and transportive.
- Try it, consider it, and possibly change it: if your system is not working as you want, either change the system or reassess what is a realistic level of performance considering your environment, physicality, and physiology.
- What works for you may not work for someone else. Continue to tweak your systems throughout your operations.
- Synthetic fabrics and insulations are nowadays cheaper, more recyclable, robust, and fit for purpose for our damp NZ climate than the traditional down insulation, particularly for multiday use. Down is great if you can keep it dry and make it to the static safe place to sleep or hang out, the moment you need to be active or operate in a damp environment, down has limitations.



SIR GRAEME DINGLE JOINS ACAT AS PATRON

Public access for the outdoor pursuits Kiwis love is being given a massive boost with the father of outdoor pursuits in New Zealand, Sir Graeme Dingle, joining the Aotearoa Climbing Access Trust (ACAT) as patron of the organisation.

Sir Graeme (KNZM, MBE) is one of New Zealand's greatest climbers, whose prolific exploring has led to the development of many climbing areas around the country. He is a great proponent of outdoor adventure as a means of self-development, and of creating deep connections to the land and environment.

"I am proud to add my name to those dedicated to protecting access to climbing areas that are such an important part of New Zealand's culture and heritage," Sir Graeme said.

Adding his considerable mana to ACAT could not be more timely. ACAT is a new charitable trust that was set up last year to promote public access to climbing areas, which are located on both public and private land.

Access to many outdoor climbing areas remains under threat for a variety of complex reasons. ACAT is a community-led response to the closure of several popular areas at a time when the sport is enjoying unprecedented growth, following its inclusion in the Tokyo Olympic Games.

Modern climbing gyms have also spurred a wave of popularity, which has seen more and more people getting out and enjoying outdoor climbing in our beautiful natural areas.

Rock climbing receives little recognition or support from the Government, and landowners are often unduly concerned about potential liability if they allow visitors onto their land. ACAT is trying to bridge these gaps in a way that will see enduring solutions, which are hoped to be applicable across all outdoor recreational activities around the country.

ACAT's aim is to ensure that the next generation of aspiring climbers will be able to access the same opportunities for outdoor adventure and connection with nature that Sir Graeme's generation had.

Sir Graeme's life-long dedication to youth development and outdoor pursuits has been recognised with numerous awards and accolades. He founded Hillary Outdoors (previously the Outdoor Pursuits Centre) in 1973, with Sir Edmund Hillary as patron. Hillary Outdoors is a leading provider of outdoor adventure experiences for youth, and aims to sow the seeds of change and growth in everyone it works with.



Sir Graeme, with his wife Jo-anne Wilkinson, went on to create the Graeme Dingle Foundation, a leading child and youth development charity that empowers thousands of young people every year to overcome life's obstacles.

Becoming ACAT's patron continues Sir Graeme's commitment to investing in the community, as well as the future of outdoor recreation in Aotearoa. With his help, ACAT is seeking to build respectful relationships with landowners, iwi, and public bodies, while encouraging safe and responsible climbing and care for the outdoor places we love.

ACAT has backing from the New Zealand Alpine Club (NZAC), a national organisation that was established more than 130 years ago to support all forms of climbing. The two organisations recently signed a Memorandum of Understanding that defines their partnership and approach to public access issues.

After months of fundraising from the climbing community, ACAT has also hired a General Manager to lead the organisation. Edwin Sheppard is an experienced climber who has a legal background in resource management, health and safety and dispute resolution. He has been a key part of ACAT's development since its inception and has already contributed to several access wins in the Auckland and Waikato regions.

Sheppard says of the challenge ahead:

"In the past, climbing has been a fringe activity and often under-the-radar. With recent growth in the sport, that isn't possible anymore, so we need to be proactive about forging positive relationships with iwi, farmers, local communities and public bodies."



It's a big ask, but we think climbers have a brilliant, vibrant community that has a lot to offer. By becoming more organised and putting in sustained effort, ACAT can give back to the places and communities that host our adventures and ensure a warm welcome for climbers throughout Aotearoa."



Congratulations

to the following members who recently gained NZOIA Qualifications!

Bush Leader – Overnight Endorsement	Scouts Aotearoa – Alan MacKay, Tony Jenner, Andrew Kingdon Pure Exploration – Catherine Crombie, Camille Bulot, Rick Hochmann
Bush 1	Luke Shaw, Sarah Buckingham, Kevin Rowley, Amorangi Apaapa, Keiran Winitana, Andrew Read, Ingimar Menzies, Jon Tyler, Kieran Moore, Philip White, Abby Mitchell, Sophie Richards
Bush 2	Logan Laws, Alastair Holley, Lacey Beadle
Canoe Guide	Tristan Rowe
Canoe 1	Michelle Campbell
Canyon 1	Eliot Mckelvey, Jade Pike, Elise Pennington
Cave 1	Jeffery Lappin, Aaron Aldersley
Climbing Wall Supervisor	Lakewood Lodge – Adam Sudds, Olivia Graves
Kayak Leader	George Hayhoe, Tori Prendergast
Kayak 1	Rob Collister, Sam Ricketts, Dayla Ward, Anna Eade
Kayak 2	Rata Lovell-Smith, Philip Palzer, Stephen Miller, Mark Parfitt, Jaron Frost
Mountain Bike Leader	Brodie Taylor, Lisa Hill
Mountain Bike 2	Damian Stone, John Butler, Peter Mitchell, Robin Pieper
Rock Leader	Pure Exploration – Catherine Crombie, Rick Hochmann
Rock 1	Joel Buckley, John White, Joshua Niarchos-Painter, Tamara Green, Angus McGill, Philip Palzer, Hilary Cave
Rock 1 – Sport Climbing Endorsement	Matthieu Vignes, Katrina Shepherd, Freya O'Donoghue, Melissa Harris, Chris Patalano, Dan Jakes
Rock 2	Jock Barr
Sea Kayak Leader	Joanne Thompson, Sarah Buckingham, Tia Denovan-Stroud, Karl Scholtens, Louisa Mueller
Sea Kayak 1	Eric Webster, Kayla Stuart, Chris Wallis, Eddie Murphy, Peter Ross
Sea Kayak 2	Sam Aldrich, Jon Harding

NZOIA
Excellence in Outdoor Leadership

WHAT IS STOPPING OUR RANGATAHI FROM BEING ACTIVE?



Photo: Sally Birchall near Sunset Ridge

More and more often I see young women sitting around at lunch time on their phones or side-lining themselves in PE class at school and wonder why. I lived for getting in on the action and being active when I was at school; I loved the social connections, the competitive nature of sport, how being active made me feel – there's no better feeling than playing a great game where you gave it your all or getting out into the wilderness.

So of course we need to ask ourselves – what is stopping them from choosing to be active? I'm driven to dig deeper into what is preventing every young woman from sharing the same positive relationship, experience and love I had for play, active recreation and sport.

This year's *Youth Week 2022* theme 'Our Voices Matter, We Deserve to be Heard' is particularly relevant if the Waikato region – and our country – are to reverse the current trend in drop off of physical activity for the rangatahi (teenagers) of New Zealand. We see a marked decline in the rate of participation from the age of 15 for all rangatahi, but this is even greater for our young waahine (women). And there is another point of physical activity drop off again at age 17 (*Active NZ, 2020*).

Our rangatahi are trying to tell us something: whatever we are doing to encourage them to choose physical activity is not working for them. It is a great reminder for all of us to listen to their voice – we cannot reverse this trend if we are not willing to give them a platform to share their opinions.

Those with less knowledge about the drop off rate in physical activity for our young women tend to make assumptions that place blame. Common assumptions are that young women find it too hard; they spend too much time on social media or sitting around with friends. This may be how it appears on the surface, but it's not until you dig deeper to consider the 'why', and what barriers there may be that are preventing rangatahi from choosing physical activity that you start to understand it's a far more complex issue. Barriers such as part-time jobs, lack of resources required to participate, lack of energy, prioritising other responsibilities are among the many (*Active NZ, 2020*).

For most of us, the freedom to be active and participate in sport or active recreation is a privilege which we can take for granted. Given these barriers, for some young people is it even a choice they have the luxury of making?

For me, the answer has become more obvious over the last year in my role – opportunities currently available are not always meeting the needs of these young women. This creates further barriers and ultimately results in sometimes giving them no choice but to opt out of participating in physical activity. In particular, opportunities that are too competitive, require a higher level of skill, or are isolating are not favourable for the majority of our young women.

The latest *Voice of Rangatahi Survey* information tells us that young women like to be active with their friends, in a more social environment and are asking for a variety of experiences beyond the traditional sporting formats and games. Now is the time to take on board their voice and design our offerings around their needs. Rangatahi recognise their needs are best met when they are involved in the design of physical activity opportunities.

Sport Waikato is putting the youth voice at the forefront of its mahi (work) in order to address this decline. We want to ensure that we – and our stakeholders – are strategic, collaborative, attentive to their needs and tackle the issue head on. Through our initiatives such as *This is ME@* women and girls targeted initiative, youth coaching and secondary school engagement, we want to ensure that young people are given the opportunity to speak.

This is ME@ has a strong focus around 'Nothing About Us Without Us', and puts Waikato's young women and their voice at the centre, including co-design with providers to building opportunities around them that meet their wants and needs for physical activity. We challenge all those that work in the active recreation sector to do the same and question if you really know what young women want from the programmes you run.

It is not just our young women who are finding challenges to becoming – or remaining – active. Right across our region a wide variety of communities have experienced challenges to keeping active every day. Some of these barriers can be related to the large geography of our region – excessive travel, a reduced number of activity options, or lack of players to create sports teams in the area.

Add to those barriers rangatahi participation being adversely affected by cost (*Voice of Rangatahi 2021*), and equipment availability. Could it be barriers caused by the impact of human resources? As it gets tougher to find volunteers (*State of Volunteering in New Zealand Report 2020*), youth sport and active

recreation is no exception. While some schools have no problem getting parent help for camps, others struggle. Are we, the adults who influence the rangatahi active experience, listening to what rangatahi want and need, and are teachers and instructors providing experiences that will foster a love of physical activity for life?

'Our Voices Matter, We Deserve to be Heard' is a timely reminder to all of us that if we want to understand the challenges our rangatahi face to *remain* active, and become *more* active, all we need to do is listen.

Sport Waikato has the aim of completing The Voice of Rangatahi (VoR) survey in at least 50% of the region's secondary schools in 2022, ensuring region-wide coverage. This wide-ranging anonymous student survey has been designed to help inform schools, local community groups and deliverers of play, active recreation and sport. The feedback from students will help them have a greater understanding of whether what they are currently providing meets the needs of their local rangatahi. If not, then a change from the traditional mindset of 'we've always done it like this' will be required.

I certainly understand that systemic change can be challenging and scary for many, but if we are to make an impact that helps rangatahi improve their physical wellbeing by giving them ownership of their experience, then those who lead physical activity offerings must make some bold and courageous decisions for the betterment of our youth.



As *This is ME* Women and Girls Initiative Advisor, Jenna is passionate about getting people active in whatever way suits them. She understands the wide range of positive impacts this can have on a person and their whole wellbeing. She has first-hand experience in the barriers that young women and girls face in their physical activity journeys and is really enjoying finding new and exciting ways to create new opportunities to help minimise these everyday challenges for the young women and girls in her community.

Jenna Keane, Sport Waikato Women & Girls Initiative Advisor

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Course	Course fee (NZOIA Members) *
Refresher Courses	\$195 (\$100 1/2 day)
Training Courses	\$415 (\$215 1/2 day)
Assessment Courses	
Leader Assessments: Abseil Leader Bush Leader Canoe Leader Canyon Leader Cave Leader Kayak Leader Mountain Bike Leader Rock Leader Sea Kayak Leader Free Range Assessment: Artificial Whitewater Climbing Wall Supervisor (CWS) CWS: Monitor Lead Endorsement	\$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 Multisport Kayak Endorsement	\$295
2 Day Assessments: Kayak 2 Upgrade Overnight Assessment (Midday to Midday) Overnight Endorsement	\$560
2 Day Assessments: (plus evening session) Canoe Guide Cave 1 Mountain Bike 1 Rock 1 Sport Climbing	\$595
3 Day Assessments: Kayak 1 & 2 Multisport Kayak 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: (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

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

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we ARE skiing



Photo by Neil Kerr.
Fraser McDougall & Sam Smoothy
in the Richardson Mountains,
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PLANTING THE SEEDS OF ADVENTURE



Photos supplied by Adventure Specialties Trust

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



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