

MOUNTAIN SAFETY COURSES IN AUCKLAND IN 2010

Mountain Safety is an organization dedicated to the promotion of safety in the tramping activities which we as a club enjoy. The volunteer trained instructors are passionate about their tramping and other outdoor activities. These courses will help you lift your tramping activities to the next level. Some of you may even wish to gain the Outdoor Leader Qualification. The courses are fun and interactive. The Intermediate and Advanced(survival skills) Bushcraft course build on the skills learnt on the level(s) below. Some courses are prerequisites for others for the same reason. All the courses are listed on the website or details can be obtained through the Auckland email address. Some courses are preceded by information evenings.

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COURSES BY DATE FOR 2010

FEBRUARY

27 + 28 February - Introduction to Bushcraft. Waitakere Ranges. Info evenings: Thurs 18 + 25 Feb.

MARCH

7 March (Saturday) - River Safety – Karangahake Gorge.

20 + 21 March – Intermediate Bushcraft– Clevedon. Info evening Thurs 11 March.

28 March - One Day Navigation Course – Huia.

APRIL

10 + 11 April – Introduction to Abseil. Extreme Edge + Motu Moana

17 + 18 April – Advanced Bushcraft – Paparimu. Info evening Thurs 8 April.

MAY

1 + 2 May – Outdoor First Aid, Two Day Full Course – Motu Moana, Green Bay.

2 May - Outdoor First Aid, One Day Refresher – Motu Moana, Green Bay.

7 – 9 May - Above the Bushline –Whakapapa. Info evening Thurs 29 April.

29 + 30 May – Introduction to Bushcraft – Waitakere Ranges. Info evenings Thurs 20 + 27 May.

JUNE

12 + 13 June – Abseil part 2. Mt. Eden Quarry and Waikaretu Valley.

19 June (Saturday) – GPS Course. Cornwall Park

26 + 27 June – Intermediate Bushcraft– Clevedon. Info evening Thurs 17 June.

JULY

Outdoor Leader Course. (Evenings start Thursday 22 July).

AUGUST

7 + 8 August – Outdoor safety- Risk Management. Motu Moana, Green Bay.

28 + 29 August – Outdoor First Aid, Two Day Full Course – Motu Moana, Green Bay.

SEPTEMBER

18 + 19 September – Introduction to Bushcraft – Waitakere Ranges. Info evenings Thurs 9 + 16 September.

OCTOBER

3 October – One Day Navigation – Huia

9 + 10 October – Intermediate Bushcraft– Clevedon. Info evening Thurs 30 September.

NOVEMBER

6 + 7 November – Advanced Bushcraft – Paparimu. Info evening Thurs 29 October.

13 + 14 November – Outdoor safety- Risk Management. Motu Moana, Green Bay.

13 + 14 November – Introduction to Abseil. Extreme Edge + Motu Moana

20 November(Saturday) – River Safety – Karangahake Gorge

27 + 28 November – Outdoor First Aid, Two Day Full Course – Motu Moana, Green Bay.

28 November - Outdoor First Aid, One Day Refresher – Motu Moana, Green Bay.

These courses are open to the public and teach skills directly applicable to our outdoor activities.

Introduction to Bushcraft: A course based at an indoor centre. Learn the basics of map and compasses, trip planning, risk management, clothing, equipment and navigation. This course covers training for the Duke of Edinburgh Bronze Award.

Intermediate Bushcraft: Take the next step with an evening of theory followed by a navigation exercise to and from a campsite, where the party overnights on Saturday. Training for the Silver level of D. of E.

Advanced Bushcraft (survival skills): Great fun learning to cope with potential problems in a bush setting somewhere. Perhaps taste bush tucker. Training for the Gold level of D. of E.

Above the Bushline: Navigating off-track and camping in an alpine setting.

Outdoor First Aid: Essential for all of us. This course assumes a basic knowledge of first aid and extends this to coping with emergencies outdoors, particularly where help may be hours or days away. To be scheduled.

Navigation: Learn theory and practical skills for knowing where we are, where we want to go and how we plan to get there.

Risk Management: Learn the principles involved in identifying and assessing risks, planning to minimize these and planning for possible emergencies. To be scheduled.

Introduction to Abseil: If you enjoy rope-work and rappelling appeals, then this is the course for you. To be scheduled.

River Safety: Be prepared to get completely wet on this practical course learning how to read the river, identifying hazards, and answering the questions "Do we have to cross?"

Where do we cross? How do we cross?" Practise crossing as individuals and in a linked group, with and without large packs. Learn recovery techniques. Participating in this course may save your life.