

LOCKDOWN | UPSKILL SHEET



Active Careers through
On-Job Qualifications

Keeping your skills active at home

Bushcraft skills

INTRODUCTION

We have developed this info sheet to provide people working towards a Bushwalking qualification with training tasks to do at Alert Level 4 and 3. Each skill on the list relates to a requirement within the Bushwalking qualifications. These skills can always be fine-tuned regardless of your level of experience.



SKILLS ACTIVATOR

The very first step you can take towards your qualification is logging into our online platform, Skills Activator. From here you can and work through Module 1: Fundamentals. Lockdown is an excellent time to get this module finished and assessed, so you can move on to the practical components when you are back at work.



Remember that the New Zealand Mountain Safety Council publishes some excellent videos for trampers. You can find these resources and more in their Toolbox.

THINGS YOU CAN LEARN ABOUT

In order to be a great outdoor professional, you will need a sound understanding of a wide range of concepts. Make good use of this downtime to learn and broaden your knowledge base.



There are lots of topics you can look up online to help you succeed in your qualification. Here is an online hub where you can study up on key topics related to weather patterns and forecasts:

- MetService Learning Centre

Other topics to research online are:

- risk management
- communication and group management
- leadership
- group dynamics and how people learn.

Remember to apply critical thinking to all of your reading and research a number of sources.

Think about what you are learning and how it can be applied into your professional practice.

THINGS YOU CAN LEARN ABOUT



Topics to study up on:

- Check out the latest reviews on your favourite types of outdoor equipment and find out what is best for the conditions you regularly experience. Remember to include emergency gear and communication devices.
- Think about where you might like to go tramping next. Research the area's history and sites with cultural, geological or environmental significance. Come up with some cool stories you can share when leading a group in the area.

THINGS YOU CAN DO



First things first - a reminder that NOBODY should be going outside their local area or doing adventure activities while we are at Alert Level 4. As we move to Alert Level 3 some recreational activity will be opened up. Please stick to the guidelines, stay in your region and participate well within your comfort zone.

All the activities listed below can be done either in your backyard, or on local walks while maintaining your bubble. If you have willing flatmates or family members isolating with you, you can practice your facilitation skills as well and involve them in some of these activities.

Indoor Navigation

Using any topographical map, you can practice symbol recognition, calculation of distances, and working out routes with travel times. You can determine six-figure grid references for specific features, e.g. all the huts on the map. You can also practice taking compass bearings off the map.

Backyard

Outdoor cooking What amazing meals can you prepare on your MSR or Trangia? Think about ingredients you are likely to carry. Try when it's raining or windy (this might be a test of your shelter building skills as well).

Weather Make regular weather observations, e.g. clouds (coverage, type and height), wind (strength and direction), temperature changes, precipitation. Try and predict how weather is going to change. Compare what you have observed with the forecast for the day.

First aid Get your isolation buddies to fake some injuries, and see how quickly and effectively you can manage the situation and treat the injury.

Local

Flora and fauna Which birds can you see or hear in your area? Which native plants grow in your garden or your neighbourhood? A number of cool apps can help with identifying species:

Apple	Android	All devices
<ul style="list-style-type: none">• Flora Finder	<ul style="list-style-type: none">• PlantNet	<ul style="list-style-type: none">• Plant Snap
<ul style="list-style-type: none">• NZ Bird Calls	<ul style="list-style-type: none">• NZ Bird Gallery	<ul style="list-style-type: none">• NZ Trees

Navigation

Use these resources to help you calculate your pace and walking speed:

- Pace and distance
- Hiking speed

Take bearings of the streets as you walk around your block. Create routes for others to follow, with bearings and distances.