

Mountaineering: the expert and the novice

(Nina and Lorraine at Arthur's Pass)



Tonight

- Share our love of the mountains
- Show some pictures of some beautiful places
- Tips for new climbers on transitioning from follower to leader
- Opening a dialogue about the role of leaders in investing in new climbers
- Sharing our own personal journeys to become better climbers



Recurring themes

- Mountaineering as a lifelong journey of learning
- The vital importance for all climbers to take personal responsibility for their own climbing
- The importance of learning from mistakes and sharing experiences
- It's a two-way street: mentoring for all climbers, not just the elite

Feature trips: Mount Earnslaw and Mitre Peak in the Milford Sound





Sometimes you need a trigger!

Heuristic Traps

- Heuristics – rules of thumb ... when the light goes green you cross the road!
- Rules of thumb become heuristic traps when they are applied unconsciously to situations for which they are inappropriate

Some heuristic traps:

- expert halo
- familiarity
- consistency
- acceptance
- social facilitation
- scarcity – FOMO eg maritime climate



Developing climbing competence



Johari's Window

Unconscious Incompetence : Novice	Conscious Incompetence : Active Learner
Conscious Competence : Ideal Teacher	Unconscious Competence : Ideal Role Model

Competency is a lifelong process – not something that magically happens post-AIC



Actively thinking about learning



Ideas ...

Go climbing!

Ask a friend or mentor for some help with something?

Reading?

Another course?

Guided climbing?

Learning is a lifelong process, not something you only do once on your introductory course.

NZAC Courses



Rock climbing courses



Do you have the right gear?



Depends on:

- The objective
- The conditions
- Your skill
- How much safety margins matter to you

Do you have the right attitude?



Club trips – a great way of getting beginners into the outdoors

What are your goals when you sign up to a club trip?

Follow the leader?

Summit? ... exclusively?

Practice?

Learn?

Contribute?

The right attitude!

Have you:

- checked the weather?
- checked the avalanche forecast?
- researched the route?
- thought about the appropriate gear?
- thought about what you can offer?



But what can I offer?

- Organisation – cooking, accommodation or transport ?
- Provide support to others?
- Tell the trip leader if someone is struggling?
- Ask someone else how they're doing - food or drink?
- Help with the route finding and other mountain decisions?
- Work out what your strengths are – use them and develop weaknesses! You don't need to be an expert ...



Time for a break ...

- ... the first feature peak, Mount Earnslaw! ☺



ESQUILANIT BIV AND ROUTE AHEAD



Tricky Navigation on Birley Glacier



Here Lies a Lost Crampon ..





**WEST PEAK FROM EAST
PEAK**

Rock Band(s)



Team on the summit



Pluto Peak From First Rock Band



Birley Glacier Below, Aspiring beyond



The importance of mentoring



Approaches to leading trips

- Sometimes a mismatch between expectations of the leader and expectations of group members
- Guide v trip facilitator v mentor



Leaders build leaders?

- The group can learn from leaders by observation
- Should leaders be interested in actively sharing their strengths and limitations?
- Should leaders think about the group dynamics and watch for vulnerable members?
- Should leaders be thinking about mentoring – building up the skills of others?



Why Groups Dysfunction

Some ideas:

- unclear expectations
- individualism
- the wrong priorities
- the wrong team
- lack of personal responsibility
- misunderstanding group dynamics
- lack or fear of communication



Dynamics of a Functioning Group

- Safety first
- Friends second
- Summit third



- Some simple rules:
 - communicate, communicate, communicate
 - Take responsibility for your own climbing and work as a team or don't climb in one

Teamwork in Scott Creek



Favourite peak: Mitre Peak



The route





Just like the Tararuas?



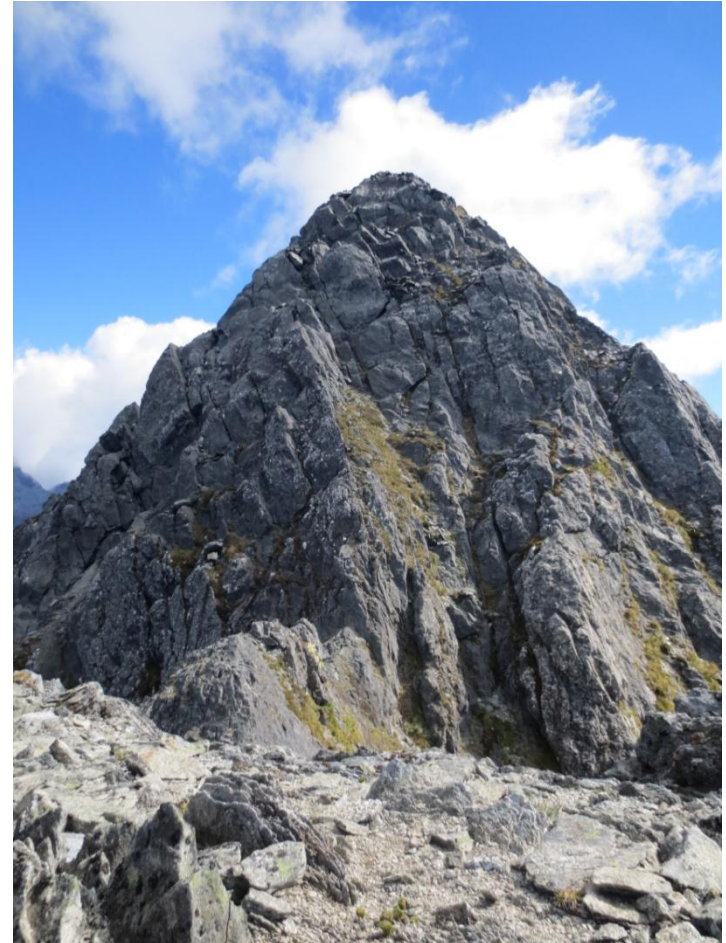
Halfway up – the crux



Getting out of the notch



Looking down, then up to the summit pyramid





Summit!



Summit face



The end 😊

