

<b>Title</b>	<b>Evaluate and manage personal health, wellbeing and fitness to participate in an outdoor experience</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>8</b>

<b>Purpose</b>	<p>This unit standard is intended for people who manage and evaluate personal health, wellbeing and fitness to participate in a specific outdoor experience.</p> <p>People credited with this unit standard are able to: evaluate personal health, wellbeing and fitness in relation to ability to undertake a specific outdoor experience; and monitor and manage own health, wellbeing and fitness in preparation for, and during, outdoor experiences in unfamiliar and dynamic outdoor environments.</p>
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<b>Classification</b>	Outdoor Recreation > Outdoor Experiences
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 All learning and assessment against this standard must be carried out in accordance with the following:
  - relevant legislation including Health and Safety at Work Act 2015, Human Rights Act 1993, Vulnerable Children Act 2014 and The Health and Safety at Work (Adventure Activities) Regulations 2016, Maritime New Zealand Rule Part 81;
  - relevant Activity Safety Guidelines published by Worksafe New Zealand <https://www.supportadventure.co.nz/advice-resources/general-2/activity-safety-guidelines/>;
  - industry Codes including the *Land Safety Code* <https://www.adventuresmart.nz/land/the-land-safety-code>, and *Leave No Trace* principles <https://leavenotrace.org.nz>;
  - a recognised and approved safety management system including organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), and the use of personal protective equipment (PPE);
  - relevant industry publications and current industry good practice.
- 2 All learning and assessment leading towards this standard must occur during outdoor experiences in unfamiliar and dynamic outdoor environments, while a member of a team or group.

### 3 Definition

*Unfamiliar and dynamic environments* for the purposes of this standard means a location or terrain which an individual has limited or no experience within. Outdoor environments are dynamic in nature as weather and terrain conditions can change quickly.

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## Outcomes and performance criteria

### Outcome 1

Evaluate personal health, wellbeing and fitness in relation to ability to undertake a specific outdoor experience.

#### Performance criteria

- 1.1 Describe personal health, wellbeing and fitness factors required to participate in a specific outdoor experience in accordance with industry good practice.
- 1.2 Evaluate own health, wellbeing and fitness to establish alignment with the required factors for the specific outdoor experience.
- 1.3 Establish personal physical limits and risk factors that may impact on ability to participate in a specific outdoor experience.

### Outcome 2

Monitor and manage own health, wellbeing and fitness in preparation for, and during an outdoor experience in unfamiliar and dynamic outdoor environments.

#### Performance criteria

- 2.1 Monitor own health, wellbeing and fitness in preparation for outdoor experiences.
- 2.2 Manage own health and wellbeing within unfamiliar and dynamic outdoor environments.
- 2.3 Respond to any changes in personal health and wellbeing to ensure safe and effective participation in the outdoor experience.
- 2.4 Monitor own physical limits and risk factors and implement mitigation strategies to enable effective participation during outdoor experience.

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<b>Planned review date</b>	31 December 2029
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	26 October 2017	31 December 2026
Review	2	12 December 2024	N/A

**Consent and Moderation Requirements (CMR) reference**

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact Toi Mai Workforce Development Council [qualifications@toimai.nz](mailto:qualifications@toimai.nz) if you wish to suggest changes to the content of this unit standard.