

Lake Pupuke –

I was nervous at first as it was my first time kayaking properly but the instructors and my group were very helpful so I didn't find it as hard as I had expected from what I had heard from my peers. I think I found it easier because I knew everyone in my group very well, and I trusted them especially as they had already had a lesson learning how to kayak, therefore I was in a comfortable environment, which is a very important factor for me personally. At first it was hard to kayak in a straight line which was very frustrating as it was hard to stay as a group and stop yourself from moving in the wrong direction, this showed my problem solving skills as I figured out how to use the rudder on my own and once my rudder was down it helped a great deal and made it much easier to direct my kayak. Though having the rudder down helped a lot, I found it difficult to get used to the foot pedals as the opposite pedal directed the kayak in the opposite direction. It was comforting to see that I wasn't the only one having difficulties, LP also found it hard to direct her kayak. Here we used effective listening while AS helped us one on one explaining clearly how to use the pedals and by the end of the day we were kayaking confidently and perfectly thanks to all the practice. The instructor, TH, advised me to only watch the rescues that day as I had never seen or done them before. This gave me the chance to observe my group and how they worked together. I noticed that there was a very wide range of abilities and some people were not as confident as others at capsizing their kayaks. We all had respect for the difference in everyone's abilities and took them into consideration by encouraging those who needed it most eg MH who wasn't keen on capsizing so the group encouraged him by talking him through it step by step. I also noticed our great problem solving skills while watched MH do the X and T rescues. We used our problem solving skills to figure out why MH couldn't do the specific rescue, we all pitched in ideas and worked co-operatively by forming an opinion on what the best way to do the resources was, we came to the conclusion that her hands were placed incorrectly therefore not allowing her to get her boat up properly. MH responded to our assistance and support positively, acting on it appropriately and the benefit of this was that she managed to get her boat up out of the water when involved in these rescues. After watching a few rescues, my group encouraged me to give it a go. TH helped me do my first barrel roll. I wasn't nervous as I did it in shallow water and TH was standing in the water next to my kayak which showed great support and team work, ready to help in case anything went wrong. I didn't find it too difficult thanks to the effective communication from TH, he talked me through the rescue which helped keep me calm and complete the rescue correctly. As the first day observing my group, the processes and practices I observed were what we had expected because we all have the same social identity (Refer Social Identity Theory) as we are all interested in sports and kayaking in particular which helps us work well together. Also because this whole group is friends outside the classroom this helps break the awkward polite stage (Cogg's Ladder) straight away on this trip and helps is to communicate better and trust each other more. I had lots of fun kayaking and I am glad I got my barrel roll done. I am really excited to complete the rest of the resources on our trip this Friday.

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Ponui Island - As this was our first overnight trip there was a lot of preparation. We learnt a lot about kayaking in class, naming all the parts of a kayak and we also went over all the things we needed to take as we had such little space to put everything as well as the right food (not too heavy or large, nothing that would get squashed or go off in our kayaks and also food that would give us the required energy and keep us full and satisfied throughout the day.) My group consisted of LP, AS TH and MH. We're all really good friends which was good as it helped make it an enjoyable experience and we were also very comfortable with each other and not afraid to voice our opinions. Though this was also bad as it was very difficult to come to a conclusion with our menus because we're all so opinionated. We didn't have a leader but we found it much better to work as a group and brainstormed lots of ideas. It was hard because some of us have very specific food preferences but after changing the menu many times, someone suggested butter chicken which we all like, so we decided on butter chicken for dinner and bacon and hash browns for breakfast with bacon wraps for lunch which we all agreed on because its food we all like, it didn't take up much room in our kayaks and also wouldn't go off. We all went shopping and decided what to buy. We decided to make a list of what we needed and then divide the list between meats, breads and miscellaneous items. We then took a list each when we arrived at the supermarket and then went and got those items so that the person pushing the trolley did not have to go all over the supermarket to get things. This worked well as it did not take as long to do the shopping.

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It was a beautiful day when we kayaked to Ponui Island. I decided to take a single kayak as the sea was calm and I was confident. We had an instructor for our group, but he preferred to let us take turns leading the group. We had trouble with our leadership skills as some of the boys took off without the group and refused to

listen when LP and AS were leading, though this could have been because they couldn't hear them as I barely heard them also. We can fix this problem by the leaders speaking more loudly and clearly and by having the rest of the group listen actively and do as the leaders ask. When we arrived at the island, we first set up our tent as it was important to get that out of the way before nightfall. We worked well together and also had some help from the boys group. As we still had a lot of time before nightfall, I took the initiative to finish all my rescues first, before going for a swim with the rest of the students. MH was my partner as we both hadn't done the T or X rescues yet. We were both very nervous and kept on having to wet exit, making it very time consuming. We took into consideration how nervous we were so we made sure to give lots of encouragement. We realised that the problem was that we were freaking out too much when under water and needed to relax. We solved this problem by borrowing goggles, which allowed us to see under water and this calmed us down a great deal. We then completed the rescues really easily with the goggles on.

That night we made butter chicken for dinner, LP cooked the rice mostly so the rest of us contributed my washing the dishes and also the next day AS cooked the bacon instead. We all contributed well therefore our meals were successful, though we learnt not to take butter chicken again as it leaves too much of a mess. The next day the weather drastically changed compared to the first day and the rough sea was much harder to kayak on. This time I decided to get in a double kayak with AS as we knew the rough water would be too difficult for us in a single kayak. I found it extremely tiring because I think I pushed myself too much on the first day, this taught me to pace myself. It was hard to stay in our groups, but we all listened effectively and followed our instructors. LP capsized and wet exited straight away, luckily an instructor was near and quickly helped get him back into his kayak, this was good as it let us see all our training used in a real situation, teaching us how to deal with it accordingly.