

Outdoor Log Book

Date	Activity	Duration (days)		Your role	Group	Location	# in group	Comments	Incidents/near misses
		Personal	Instructional						
<i>Example:</i>									
2015	Ski Lessons	4		Participant	Group Lesson	Whakapapa Ski Field	8	4 lessons over 2 weeks July school holidays Made it to Level 4	none
2015	Ski-personal	10		Participant	N/A	Turoa and Cardrona	N/A	6 trips total 10 days personal skiing	none
2015	Tramping		1	Assistant Leader	School Group	Mt Aspiring Nat Park	7	Day hike To Rob Roy Glacier - fine weather	one girl got blisters - I patched up
2016	Snowboard	2		Participant	Group Lesson	Treble Cone	6	took 2 beginner snowboard lessons	none
2016	Ski-personal	14		Participant	N/A	Cardrona	N/A	10 trips - 14 days total skiing	sprained rt. Wrist Oct 3rd
2017	Ski-personal	12		Participant	N/A	Cardrona, Ohau	N/A	8 trips - 12 days total skiing	none
2017	Beach Safety		24	Life Guard	many	Raglan	N/A	24 days over 3 months in summer	attended one dislocated shoulder

Your Log
Below:

I, (your full name here) _____,

declare that the following information is true (please tick the box to make your declaration before continuing):

Now log your experience on the following pages.

Either :

1. Type your entries within Excel and save the logbook with your Name in the filename **OR**
2. Print the log sheets, handwrite your entries and scan the log book.

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Totals		0	0						