



Navigation Skills *courses 2010*

BOOKING FORM



National Navigation Award Scheme
Bronze or Silver levels

2-day navigation skills courses in the Yorkshire Dales

NAVIGATION SKILLS - WEEKENDS 2010

NNAS Bronze Level

Date	Location
20th / 21st March 2010	Malham, Yorkshire Dales
10th / 11th April 2010	Askrigg, Yorkshire Dales
8th / 9th May 2010	Muker, Yorkshire Dales
19th / 20th June 2010	West Burton, Yorkshire Dales
17th / 18th July 2010	Reeth, Yorkshire Dales
21st / 22nd August 2010	Grassington, Yorkshire Dales
25th / 26th September 2010	Hawes, Yorkshire Dales
16th / 17th October 2010	Kettlewell, Yorkshire Dales
20th / 21 st November 2010	Aysgarth, Yorkshire Dales

Instructor

Mark Reid
Richard Tarran
Richard Tarran
Richard Tarran
Richard Tarran
Richard Tarran
Mark Reid
Mark Reid
Mark Reid

Book your place (please tick)

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NNAS Silver Level

Date	Location
17th / 18th April 2010	Kettlewell, Yorkshire Dales
15th / 16th May 2010	Askrigg, Yorkshire Dales
26th / 27th June 2010	Muker, Yorkshire Dales
24th / 25th July 2010	Hawes, Yorkshire Dales
14th / 15th August 2010	Reeth, Yorkshire Dales
26th / 27th October 2010	Buckden, Yorkshire Dales (<i>mid-week</i>)

Instructor

Mark Reid
Mark Reid
Mark Reid
Mark Reid
Mark Reid
Mark Reid

Book your place (please tick)

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NB: You must have successfully completed NNAS Bronze level to attend the NNAS Silver level course.

YOUR DETAILS

Your name

Your phone number

Your email address

Your postal address

Postcode

A full itinerary will be sent to you by email or post prior to the weekend.

WHAT TO WEAR & BRING WITH YOU

What to wear

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer – fleece
- Outer shell - waterproof/breathable coat and over-trousers
- *plus* trousers, hat and gloves

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

What to bring

- Walking boots. These must be waterproof with good ankle support and sturdy soles
- Waterproof/breathable walking jacket
- Waterproof over-trousers
- Sunhat, sunscreen and sunglasses (spring, summer & autumn), warm hat (autumn, winter & spring)
- Waterproof gloves
- Water bottle (1 litre)
- Head-torch (silver level)
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note:

We will provide you with an OS map, compass and head-torch (silver level) for the duration of the course. You need to provide your own suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.

We can provide Berghaus outdoor clothing & gear if required, please see below.

NEED TO BORROW SOME OUTDOOR GEAR? *We can provide the following Berghaus gear*

- Waterproof outdoor Jacket (sizes S - XL)
- Waterproof over-trousers (sizes S - XL)
- Berghaus fleeces (sizes S - XL)
- Waterproof gloves (sizes S - XL)
- Hat
- Rucksack

Please fill out your requirements on the participants list below.

PARTICIPANTS LIST

We need to know a little about each of the participants taking part.

Medical conditions:

Please list any pre-existing medical condition that may affect your participation in this activity. Please ensure that you bring any medication that you may need with you on the walk. If you suffer from a pre-existing medical condition that may make it unsafe for you to take part in this activity, then it may be necessary to seek advice from your GP. All information will be treated in confidence.

Name	Age	Dietary requirements / allergies

What is your level of fitness?	What exercise do you currently do?

Your hill-walking experience	What Berghaus gear would you like to borrow? <i>(please give sizes)</i>

Medical conditions

(Please list any pre-existing medical condition that may affect your participation in this activity).

PRICE - £89 per person

This includes... 2 full day's walking in the Yorkshire Dales including navigation instruction with Mark Reid or Richard Tarran; use of our Berghaus gear if required; OS map, compass and head-torch (silver level) for the duration of the course; NNAS Bronze or Silver Level certificate and badge upon completion.

NB: You will need to organise your own accommodation for the weekend as well as a packed lunch on both days. There is a maximum of 6 participants on each course.

Cheque attached

payable to InnWay Publications

Credit Cards

To pay by Credit Card:

PHONE

01423 871750

9am – 6pm, Mon – Fri

ON-LINE

www.innway.co.uk/acatalog/Navigation_Skills.html

Verified SAFE by SecurityMetrics

PLEASE RETURN TO:

POST: Mark Reid, InnWay Publications, 102 Leeds Road, Harrogate, HG2 8HB

FAX: 01423 874751 / **PHONE:** 01423 871750

EMAIL: info@teamwalking.co.uk

Please return at least 7 days before the event, subject to availability.

BOOKING TERMS & CONDITIONS (*IMPORTANT: please read*)

- Whilst every effort has been made to minimise potential hazards, the very nature of hill-walking involves a certain level of unavoidable risk.
- Walking and outdoor activities can be strenuous. Never underestimate the strenuous nature of walking particularly when this is combined with high ground and the elements. A basic level of fitness and mobility is required as hill-walking can be demanding at times.
- All walks will involve a varying degree of rough and boggy terrain, high ground, open moorland and a number of ascents / descents. We may also encounter adverse weather conditions whilst on the walk.
- All participants must provide suitable outdoor footwear, preferably walking boots, with sturdy cleated soles and ankle support.
- Mark Reid or Richard Tarran (Walk Leaders) accept no responsibility for personal accidents or injury or for loss or damage to personal effects unless caused by his negligence as Walk Leader.
- All participants must take heed of any information, guidance or hazard warnings given by the Walk Leader during the pre-walk briefing or whilst on the walk.
- Full payment is required 7 days prior to the navigation skills weekend event (the 'event') to secure your booking.
- Cancellations: this payment will be refunded in full if you cancel your place giving at least 7 days notice before the event. Any bookings cancelled within 7 days of the event will not be refunded.
- The event may be cancelled by the Walk Leader within 24 hours of the event due to adverse weather conditions or forecast. If the event is cancelled by the Walk Leader then the event will be rescheduled for another weekend. Payments will be refunded in full to those participants unable to attend the rescheduled event, or their booking transferred to a future event.
- The pre-planned route may be subject to change whilst on the walk due to adverse weather, pace of the group, accidents or injuries etc. In extreme circumstances the walk may be terminated. Once the walk has commenced then any such changes to the pre-planned walk are deemed to be part of the event. The decision to change or terminate the walk lies solely with the Walk Leader.
- All participants must be aged 18 years or over.
- TeamWalking is operated by InnWay Publications, 102 Leeds Road, Harrogate, HG2 8HB



Mountain Leader Training Association

Mark Reid is a qualified **Walking Group Leader** (*Mountain Leader Training Association*) and holds a current **Rescue Emergency Care** first aid certificate as well as **Public and Civil Liability Insurance**.

Richard Tarran is a qualified **Mountain Leader** and holds a current **Rescue Emergency Care** first aid certificate as well as **Public and Civil Liability Insurance**.



Mark Reid and Richard Tarran are approved course provider of the **National Navigation Award Scheme** (Bronze and Silver levels)

TeamWalking is operated by

Mark Reid
InnWay Publications, 102 Leeds Road, Harrogate, HG2 8HB

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