

Expand your horizons



## Navigation Skills *courses*



### **GOLD AWARD - TRAINING**

## **COURSE OVERVIEW**

### • **WHAT IS THE NATIONAL NAVIGATION AWARD SCHEME (NNAS)?**

The NNAS gives people the skills they need to explore further and enhance their enjoyment of the countryside. It is a personal performance, non-competitive, incentive scheme for all ages, ranging from basic navigation skills at Bronze level through to more advanced skills at Silver and Gold levels, validated to a national standard. The NNAS awards are not leadership qualifications. **This course covers Gold Award - Training.**

### **NNAS Gold Award**

This NNAS Gold training course builds on the skills of the first two levels (Bronze & Silver), but adds techniques and skills for dealing with **complex contour features** large and small and takes the **use of the compass onto an advanced level**. The key differences between Gold and the other levels are that you will understand contours and hill forms better, be able to make much more use of the compass for low visibility, recognise quicker when you have made an error, be able to re-plan quickly on the hill, be aware of your location continually and be able to select the most appropriate technique for your strategy.

*The Gold Award is delivered in two stages: Gold Award Training (2 days) and Gold Award Assessment (1 day).*

### **The NNAS Gold course**

*The key differences between Gold and the other levels are that you will:*

- understand contours and hill forms better
- be able to make much more use of the compass in low visibility
- recognize quicker when you have made an error
- be able to re-plan quickly on the hill
- be aware of your location continually and be able to select the most appropriate technique for your strategy
- be able to estimate the time to complete a leg much more accurately

During the course you will be asked to:

- navigate solo at times
- practice navigating in low visibility conditions (or at night).
- use different scale maps
- describe and relate the landform between the map and the ground
- select the appropriate route between set points and be able to explain your choice
- demonstrate a thorough understanding of the many uses of a compass

## Learning objective:

By the end of this training course, you will have the skills and techniques necessary to plan and confidently follow safe routes **away** from paths and tracks in **any** open countryside, even in adverse weather conditions. These skills and techniques need to then be practiced to ensure competence during a period of consolidation (usually 3 – 6 months). The Gold Award Assessment takes place on a separate day, after this period of consolidation. On completion of this training course you will go away with a coaching plan to help you prepare for the Gold Award Assessment day.

There is something very satisfying about planning and undertaking your own walk across Open Country, away from paths and tracks where a whole new world awaits - and this Navigation Course will teach you how to do just that!

## • WHAT'S INCLUDED

- ✓ 2 day's navigation skills and hill-craft training with Mark Reid
- ✓ Tea / Coffee each morning whilst we discuss the day ahead
- ✓ Detailed course notes and workbook
- ✓ Use of our Berghaus gear if required.
- ✓ OS Map , compass and headtorch for use during the course
- ✓ Action Plan to work towards Gold Assessment
- ✓ TeamWalking Loyalty Reward scheme \*

**NB:** All participants must provide their own walking boots, food (including packed lunch for both days) and accommodation (if applicable). \* *Loyalty Reward issued on the course.*

## • OUTLINE OF THE COURSE

**NB:** *All timings are approximate.*

### DAY ONE

**9am – 10am:** Revision of key Bronze and Silver skills, route strategies and weather forecast, investigating different maps, Contours and Compass techniques/uses

**10am – 5pm:** Upland walk in the Yorkshire Dales, with 30 minutes for lunch on the hillside

**5 – 5:30pm:** Break on the hillside

**5:30pm - 8pm:** Low visibility exercise (night navigation)

**8pm:** Meal at the village pub (optional)

### DAY TWO

**9:15am –10:15am:** Revision workshop, planning Strategies quickly

**10:15am – 4pm:** Continued training in a different area and capitalising on any poor visibility terrain.

**4pm – 5pm:** feedback and coaching plans

**There will also be some course preparation to do prior to the course.**

## • 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
- Walking boots. These must be waterproof with good ankle support and sturdy soles
- *plus* walking trousers

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**

- Warm hat
- Waterproof gloves, and spare gloves
- Spare warm fleece
- Water bottle (at least 1 litre)
- Flask of hot drink
- Packed lunch (for each day)
- Lots of 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 maps, compass and headtorch for the duration of the course. You need to provide your own suitable walking boots with sturdy cleated soles and ankle support.*

**Full details of this course, including pre-course preparation and detailed course structure, will be sent to you approximately 2 weeks prior to the course**

## **ANY QUESTIONS?**

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## **GOLD ASSESSMENT**

This is done at a later date to allow the candidates time to hone, improve and practice certain aspects of navigation. It also allows them to get experience on different terrains. The assessment is conducted over a 6-10km route some of which you will be walking solo. It involves the use of intricate contours, re-planning whilst on the hill, accurate estimating of the time required for a navigational leg and an acceptable knowledge of safety as well as countryside and environmental issues. In summary, you will be required to have the skills and techniques to handle any navigational eventuality. You will be required to recognise ground features in relation to any information that is shown on the map and use them to follow a safe, logical route through both straightforward and more intricate or complex terrain. In poor visibility you should be able to follow a route with considerable ease and confidence.

Before you attend the Gold Assessment there will be a 'Home Study Paper'. This is designed so that you can research and gain more knowledge in preparation for the Assessment and to draw your attention to certain topics and terms covered during the training.