



Navigation Skills

2-day courses

National Navigation Award Scheme

BRONZE COURSE OVERVIEW

Thank you for booking our NNAS Navigation Skills course. We are sure that you will find this course interesting, informative and enjoyable. We very much look forward to meeting you.

• YOUR INSTRUCTOR

Mark Reid
Walking Group Leader
Hill & Moorland Leader
Mountain Leader
Author of 'The Inn Way' guidebooks



• 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.

NNAS Bronze Award

The NNAS Bronze award teaches the basics of map and compass skills, route planning and enjoyment of the countryside. It is these basic skills that provide the foundations for developing navigation skills further. Sound map skills are the key to good navigation, and fully understanding a map allows you to build a mental picture of the route which then helps you plan a safe and enjoyable walk that is within the scope of your experience and ability. But good map skills are just one element, for they need to be coupled with an understanding and appreciation of safety, good route planning, appropriate gear and equipment, weather conditions, access rights and responsibilities. All of these elements are inter-connected.

In summary... the key to an enjoyable and rewarding day's walking is good planning coupled with good map skills. When you are out on your walk you then need to know exactly where you are at all times, where you want to be and how to get there safely by the most appropriate route.

• WHO'S THIS COURSE FOR?

No experience is necessary for the NNAS Bronze award. From novice walkers to experienced hill-walkers who wish to 'fill the gaps', this course is the ideal choice for people who wish to learn the foundations of good navigation on the hills - it is your passport to freedom in the countryside!

The NNAS Bronze Award course includes:

- Route planning
- Weather forecasts
- Navigation skills, strategies and routes using Rights of Way (paths, tracks) and other linear features
- Basic map interpretation and compass work
- Grid References
- Distance estimation
- Relocation techniques
- Safety, first aid and emergency procedures
- Essential clothing, gear and equipment
- Access rights and responsibilities
- Environmental and conservation issues as well as the human impact on land.

Learning objective:

By the end of this course, you will be able to plan and follow your own walks in the countryside using public rights of way. There is something very satisfying about planning and undertaking your own walk to suit your own needs and aspirations - and this Navigation Course will teach you how to do just that!

• WHAT'S INCLUDED

- ✓ Two day's navigation and walking skills training with Mark Reid or Richard Tarran
- ✓ Tea / Coffee both mornings whilst we discuss the day ahead
- ✓ Detailed course notes and work book
- ✓ Use of our outdoor gear if required.
- ✓ OS Map and compass for use during the course
- ✓ NNAS Bronze certificate upon successful completion
- ✓ 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

All timings are approximate

DAY ONE

9am: Meet at the village pub for tea/coffee

9am - 11am: Introductions, learning objectives, weather forecasts, basic map skills.

11am - 5pm: 12-km walk through the Yorkshire Dales, with 45 minutes for lunch on the hillside. Topics we will cover will include: map interpretation, contours, navigation skills and strategies, compass work, relocation techniques, walking techniques, essential clothing, gear and equipment, safety on the hills, Countryside Code and the natural environment.

5pm - 5:30pm: De-brief and route planning

7:30pm: Meet for a meal at the village pub (optional)

Evening: Working as a team, fill out the route plan for Sunday's walk (your instructor will also be on hand to assist).

DAY TWO

Participants will be assessed on their route plans, written answer sheet and their navigation skills during the Sunday walk. A pass will be awarded to candidates who demonstrate a proper knowledge and application of the navigation skills required at Bronze level and who are deemed to be competent to make journeys into the countryside unaccompanied. **Nationally, in 2007 there was a 95% pass rate for NNAS Bronze Level.**

9:30am: Meet at the village pub for tea/coffee

9:30am - 9:45am: Weather forecast and route plans.

9:45am - 10:30am: Question sheet to complete.

10:45am - 4:30pm: 12-km walk through the Yorkshire Dales with 45 minutes for lunch. Each person will navigate a 2 km leg of the walk to a given navigational point on the map, guiding the rest of the group (but without their assistance).

4:30pm - 5pm: Course feedback

• 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

- Sunhat, sunscreen and sunglasses (late spring, summer & early autumn)
- Warm hat
- Waterproof gloves
- Spare fleece
- Water bottle (at least 1 litre)
- Flask of hot drink
- Packed lunch (for both days)
- 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 and compass 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. A reasonable level of fitness is required for this course. **Our courses are suitable for all ages.** Under 18s (*minimum age 14*) may attend if accompanied by a parent/legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.

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? info@teamwalking.co.uk / 01423 871750 / 07711 264019