



Navigation Skills

2-day courses

National Navigation Award Scheme

SILVER 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 Silver Award

This NNAS course teaches detailed map and compass skills, route planning and knowledge of the upland environment that will allow you to explore Open Country away from paths and tracks. 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, route planning, appropriate gear and equipment, weather conditions, the upland environment, access rights and responsibilities. All of these elements are inter-connected. This NNAS Silver course will take you onto the open hills and moors away from paths and tracks, where conditions can be much more demanding both physically and mentally than at valley level. A good knowledge and understanding of the upland environment is crucial, as are good navigation skills where attention to detail and the landscape around you on a micro scale becomes much more important.

• WHO'S THIS COURSE FOR?

To attend the NNAS Silver Award you must currently hold the NNAS Bronze Award. If you do not hold the Bronze Award but are an experienced hill-walker, then please book onto our 3-day NNAS 'Straight to Silver' course.

The NNAS Silver course includes:

- Weather forecasts
- Navigational strategies, including 'aiming off', 'attack points', 'collecting features', simplifying navigation, and how to apply them in varying terrain.
- Detailed contour features, on the map and on the ground.
- Planning a safe walk across open country
- Detailed compass work
- Accurate distance estimation
- Relocation strategies
- An understanding of the physical demands of navigation and how this may affect you and your route choice.
- An understanding of the effects of fatigue and physical discomfort brought on by navigating in demanding countryside and/or extreme weather conditions.
- A knowledge and application of the Countryside Code and current access legislation together with an appreciation of basic environmental factors in mixing 'man with nature' (e.g. footpath erosion and methods of dealing with it), and responsibilities towards other countryside interests like farming, forestry and conservation.

Learning objective:

By the end of this course, you will be able to plan and follow your own walks in the countryside away from paths and tracks. 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

- ✓ Two day's navigation skills and hill-craft training with Mark Reid
- ✓ Tea / Coffee both mornings whilst we discuss the day ahead
- ✓ Detailed course notes and workbook
- ✓ Use of our outdoor gear if required.
- ✓ OS Map , compass and headtorch for use during the course
- ✓ NNAS Silver 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, access land & upland environment.

11am - 5:30pm: Upland walk through the Yorkshire Dales, with 30 minutes for lunch on the hillside.

5:30pm: Rest and snack break

5:30pm - 7:30pm: Poor visibility / night navigation exercise

8:00pm: Meal at the village pub (optional)

DAY TWO

Participants will be assessed on their participation throughout the course, written answer sheet and their navigation skills during the assessment day. A pass will be awarded to candidates who demonstrate a proper knowledge and application of the navigation skills required at Silver level and who are deemed to be competent to make journeys across Open Country unaccompanied. **Nationally, in 2008 there was a 90% pass rate for NNAS Silver Award**

9:30am: Meet at the village pub for tea/coffee; discuss the day ahead

9:45am - 10:30am: Weather forecast and routes. Summary of learning objectives, and areas to focus on during the walk.

10:30am - 4:30pm: Upland hill walk across Open Country. Each person will navigate a 2km leg of the walk to a given navigational point on the map, guiding the rest of the group.

4:30pm - 5:30pm: Course feedback and results.

There will also be some pre-course preparation, including a short 'home study' paper, weather forecast and a route planning exercise.

• 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 both days)
- 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 an OS map, 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. 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 or 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