



Navigation Skills

3-day courses

National Navigation Award Scheme

'STRAIGHT TO 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 awards give 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 the Bronze & Silver award.**

NNAS Bronze and Silver Awards

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 course will take you onto the open hills, where conditions can be more demanding 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?

This course is suitable for people with some hill-walking and map reading experience, who wish to develop their skills & experience further, and fill the knowledge gaps so that they get a good grounding in the key skills, techniques and strategies of hillwalking in the UK – it is your passport to freedom on the hills!

This NNAS course includes:

- Map interpretation, symbols, scales and grid references on a variety of maps.
- Weather forecasts, clouds and 'reading' the weather on the hill
- Map orientation, with and without a compass.
- Navigation strategies and effective route choice using Rights of Way and Open Country.
- Detailed compass work, including bearings. Accurate distance estimation, on both map and ground.
- Contour interpretation, on the map and on the ground.
- Plan a safe, suitable walk - both from the map and whilst on the hill.
- Countryside Code, access rights, responsibilities and issues (local and national). Environmental and conservation issues as well as the human impact on land.
- Safety, first aid & emergency procedures. Essential clothing, gear & equipment.
- Relocation techniques.
- Understanding the physical demands of navigation & how this may affect you and your route choice.
- Understanding the effects of fatigue and physical discomfort brought on by navigating in demanding countryside and/or extreme weather conditions.

Learning objective:

By the end of this course, you will be able to effectively plan and safely 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

- ✓ 3 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 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

NB: *All timings are approximate.*

DAY ONE - *Bronze Award training*

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

11 am - 5pm: Lower level walk through the Yorkshire Dales, with 45 minutes for lunch.

5pm - 5:30pm: De-brief

Evening: tutorial on route planning, with route plan to complete. Meal at the village pub (*optional*)

DAY TWO - *Silver Award training*

9:30am - 11am: route plans, weather forecasts, essential gear/equipment

11am - 5pm: Upland walk through the Yorkshire Dales, with 45 minutes for lunch.

5pm - 5:30pm: Break on the hillside

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

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

DAY THREE - *Silver Award assessment*

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

10:30am - 4:30pm: Upland hill walk. Each person will navigate a 2km leg of the walk to a given navigational point.

4:30pm - 5:30pm: course feedback, assessment results, action plans.

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.

There will also be some course preparation to do prior to the course, including a Home Study Paper.

• **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 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