



Navigation Skills *courses*



GOLD NAVIGATOR AWARD

COURSE OVERVIEW

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

The NNAS 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 credit-rated by the Scottish Credit and Qualifications Framework Partnership (SCQF). The SCQF have rated the Bronze Award at level 4, Silver Award at level 5 and Gold Award at level 6 with each award worth 2 points. *The NNAS awards are not leadership qualifications.*

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. Our NNAS Gold course covers the advanced skills and techniques to navigate across complex terrain in challenging conditions across Open Country away from paths and tracks. We cover around 8 miles (13 km) each day following pathless terrain across hills, fells and heather moorlands in the Yorkshire Dales.

This course includes both training and assessment of the Gold Award, delivered over the 2 days. There will also be a distance learning Home Study Paper both before and after the course, as well as a 5-minute talk during the course on an outdoor topic of your choice.

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
- 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
- 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 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. 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 skills training with Mark Reid
- ✓ Unlimited access to 8 Video Tutorials covering key aspects of map reading & navigation skills
- ✓ Detailed course notes
- ✓ Use of our outdoor gear if required.
- ✓ OS Map and compass for use during the course
- ✓ NNAS Gold 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 and distances are approximate.*

PRE-COURSE

- 8 online videos to watch
- Pre-course Home Study Paper

DAY ONE

9:30am: Meet at a village car park in the Yorkshire Dales (*with facilities*), introductions, weather forecast & gear check.

10am – 4:30pm: Upland walk in the Yorkshire Dales covering around 10 miles across open hills and fells, with 30 minutes for lunch on the hillside. Expect rough terrain, hills and challenging conditions.

4:30 – 5pm: Break on the hillside

5pm - 7pm: Low visibility exercise (night navigation)

DAY TWO

9:30am: Meet at a village car park, summary of learning objectives and areas to focus on during the day.

10am – 4:30pm: Continued training in a different area and capitalising on any poor visibility terrain.

4:30pm – 5pm: feedback and course results

POST-COURSE

- Pre-course 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 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. **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 upon booking

ANY QUESTIONS?

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