



## Navigation Skills

2-day courses

National Navigation Award Scheme

### BRONZE NAVIGATOR 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 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 Bronze Navigator Award

The NNAS Bronze Navigator award teaches the key skills of map and compass skills, route planning and enjoyment of the countryside. It is these key 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 Navigator 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 Navigator Award course includes:

- Route planning
- Weather forecasts
- Navigation skills, strategies and routes using Rights of Way (paths, tracks) and other linear features
- 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
- ✓ Unlimited access to 6 Video Tutorials covering key aspects of map reading & navigation
- ✓ Detailed course notes
- ✓ 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

**9:30am:** Meet at a village car park in the Yorkshire Dales (*with facilities*) to discuss the day ahead, learning objectives, weather forecast and potential routes.

**9:30am - 4:30pm:** Full day's walk in the Yorkshire Dales, with 30 minutes for lunch on the hillside. Topics we will cover will include: map interpretation, contours, navigation skills and strategies, compass work, relocation techniques, essential clothing, gear and equipment, safety on the hills, Countryside Code and the natural environment.

**4:30pm - 5pm:** De-brief and route planning

**Evening:** *Route planning exercise and Question Sheet to complete*

## DAY TWO

Participants will be assessed on their route plans, Question Sheet and their practical navigation skills during the second day. A pass will be awarded to candidates who demonstrate 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.

**9:30am:** Meet at a village car park in the Yorkshire Dales (*with facilities*) to discuss the day ahead, learning objectives, weather forecast and route plans.

**9:30am - 4:30am:** 12-km walk through the Yorkshire Dales with 30 minutes for lunch. During the first part of the morning we will practice and consolidate the skills, then each person will navigate 1 km leg of the walk to a given navigational point on the map, guiding the rest of the group.

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

## • 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 prior to the course**

**ANY QUESTIONS?** [info@teamwalking.co.uk](mailto:info@teamwalking.co.uk) / 07711 264019