



Navigation Skills

2-day courses

National Navigation Award Scheme

SILVER 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 Silver Navigator 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 hold the NNAS Bronze Award. If you don't 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 and hill skills training with Mark Reid
- ✓ Unlimited access to 8 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 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 and distances 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: Break on the hillside

5pm - 7pm: Evening navigation exercise, followed by de-brief back at the village.

Evening: Question Sheet to complete

DAY TWO

Participants will be assessed on their participation throughout the course, written question sheet and their practical navigation skills during Day Two. A pass will be awarded to candidates who demonstrate 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.

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 upland hill walk across Open Country in 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 at least 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.

There will also be some pre-course preparation, including watching the 8 videos, 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 will be sent to you prior to the course

ANY QUESTIONS? info@teamwalking.co.uk / 07711 264019