

C-N-Do Scotland NNA Course Booking Form

Course: _____
 Date: _____ Price: _____
 Name: _____
 Address: _____

 _____ Postcode: _____

Home Telephone: _____
 Day Telephone: _____
 Mobile Telephone: _____
 Email _____

Do you have any health conditions of which we need to be aware?
 Please give details.

Please provide name/address/telephone number of someone we
 can contact in an emergency situation.

Meeting place (Stirling based courses only):

- Stirling train station C-N-Do office

Payment Details:

- UK cheque / postal order / Sterling bank draft
 Payable to "C-N-Do Scotland Ltd"
 Debit card: Maestro (Switch) or Visa Debit
 Credit / charge card: MasterCard or Visa

Credit / Debit card information:

Card Number: _____
 Expiry Date: _____
 Card Security Code: _____ (last 3 digits on reverse)
 Maestro cards: Start Date: _____ Issue Number: _____
 Cardholder's name and / or address (that card is registered at) if
 different from above:

I have read and agree to the booking conditions

Signature _____
 Date _____



Course	2011 Dates	Location	Price
Bronze NNA	December 10-11	Stirling	£95
2012 Dates			
Bronze NNA	February 11-12	Stirling	£95
Bronze NNA	March 31-April 1	Stirling	£95
Bronze NNA	April 28-29	Stirling	£95
Bronze NNA	May 19-20	Stirling	£95
Bronze NNA	June 16-17	Stirling	£95
Bronze NNA	September 15-16	Stirling	£95
Bronze NNA	October 27-28	Stirling	£95
Bronze NNA	November 24-25	Stirling	£95
Silver NNA	April 12-13	Stirling	£95
Silver NNA	September 22-23	Stirling	£95
Silver NNA	November 10-11	Stirling	£95
Gold NNA Training	April 21-22	Stirling	£135
Gold NNA Training	October 6-7	Stirling	£135
Gold NNA Assessment	May 5	Stirling	£80
Gold NNA Assessment	October 27	Stirling	£80

If you can't make our dates or have a group who want their own:

Bronze or Silver courses	Dates to suit	1 person	£295
		Up to 6	£480
Gold Training courses	Dates to suit	1 person	£295
		Up to 4	£468
Gold Assessments	Dates to suit	1 person	£160
		Up to 4	£280

Also available:

Evening Night Navigation course – Price from £80 per session (3-4 hrs)
 Private Navigation Coaching – Price from £160 Per day

How to book:

- Post using the enclosed booking form
- Online using our secure server www.cndoscotland.com
- Telephone (if paying by credit or debit card)

Full payment is required at the time of booking. Please ensure you are familiar with our booking conditions / cancellation policy before booking.

Prices:

All prices include VAT at 20%. If this changes the prices may change.

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**NATIONAL NAVIGATION
 AWARD COURSES**

2012



www.cndoscotland.com

01786 445703



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NATIONAL NAVIGATION AWARD COURSES

Knowing how to find your way around in the world, whether locally, nationally or internationally is a particularly useful life skill. Confident route finding is the key that unlocks the enjoyment of travelling to and through places in the countryside.

NNA courses are about learning practical navigation skills and gaining self-confidence in the outdoors in a fun and non-threatening way. Courses are intended for people of all ages and abilities and are aimed at the walker intending to explore the countryside, those planning more adventurous expeditions into wild country on foot or bicycle, as well as the competitive orienteer, adventure racer or fell runner.

The scheme is structured across three different levels (bronze, silver, gold) allowing, you, the participant, to choose the level most appropriate for your own needs. Although it is not necessary to have formally undertaken the lower level courses before attending a higher level one, you will require the skills and experience taught at the lower levels. The Bronze level assumes no prior knowledge or experience of navigation.

The Bronze and Silver levels include a short assessment component as part of the course. The Gold level has a separate assessment day. Successful completion of each course is recognised by a badge and certificate validated to a national standard.

BRONZE: Navigation mainly by linear features with help from basic compass techniques. 2-day non-residential course

SILVER: Partly off path navigation with some contour interpretations and distance judgement. 2-day non-residential course.

GOLD: Complex navigation on contoured open or wooded terrain employing a full range of interpretative and compass techniques.

Training: 2-day non-residential course
Assessment: Afternoon and evening non-residential course

At least 2 months between training and assessment is recommended.

All courses include route planning and instruction on good safety practice including emergency procedures and basic first aid. In addition, courses include information about access rights and responsibilities in Scotland (Land Reform Scotland Act 2003), access legislation in England and Wales (CroW Act), and other issues pertinent to access for walkers in the countryside. All levels include an understanding of environmental issues and human impact on land.

Our courses are primarily outdoor based with a short indoor session each morning. They are run on a non-residential basis and most are operated from our base in Stirling. Transport from our base to suitable outdoor practise locations is included. Meeting details will be provided with confirmation of your booking.

LEVEL 1 - BRONZE AWARD

On completion of the award participants will be able to plan and safely follow walks in the countryside, primarily on paths and tracks, through being able to:

- Identify common handrail symbols; Orientate the map against handrails

- Use an orientated map to follow handrails; Maintain position on the map
- General map symbols; Use collecting and catching features to aid navigation
- Estimate distances using grid squares; Use 4 & 6 figure grid references
- Estimate short distances by eye e.g. 100m – a football pitch length
- Estimate the time needed to walk a specific horizontal distance
- Measure short distances on the ground using double pacing
- Have a simple understanding of scales e.g. 4cm represents 1km
- Differentiate between uphill and downhill on the map by reference to contours
- Recognise prominent hills, valleys, cols, ridges, and spurs on map and ground
- Orientate the map against major ground features
- Orientate the map against a compass needle
- Use an orientated map to check the direction of handrails
- Plan and implement simple routes and navigation strategies based on the above skills.
- Demonstrate an awareness of local and national access issues, access legislation, personal responsibilities and the Countryside Code.
- Demonstrate appropriate knowledge of walking equipment, safety equipment and emergency procedures.

LEVEL 2 - SILVER AWARD

On completion of the award participants will be able to safely plan and follow a route in the countryside away from paths and tracks through being able to:

- Set a compass bearing from map to ground
- Use a compass to follow bearings accurately across open ground over short legs
- Measure distances with reasonable accuracy by double pacing and timing
- Estimate the time needed for height gain
- Use major landforms (hills, ridges, spurs, valleys) as a means of navigation
- Identify smaller contour features on map and ground e.g. re-entrants, small hills
- Use aiming off to reach a target on a linear feature
- Identify the most appropriate route where more than one option is available
- Use coarse navigation and collecting features to locate an attack point
- From an attack point use fine navigation to locate a target

- Understand how personal fitness and nature of terrain affect route choice both at the planning stage and on the ground.
- Understand the potential consequences of fatigue and physical discomfort in demanding terrain and/or extreme weather conditions.
- Select appropriate clothing, equipment and first aid for walking in open country in all weather conditions.
- Demonstrate an understanding of the Countryside Code, current access legislation and the environmental impact of walkers on the countryside.
- Understand the responsibilities of walkers towards other countryside interests such as farming, forestry and conservation.

LEVEL 3 - GOLD AWARD

On completion of the award, participants will be able to plan and confidently follow safe routes in any open countryside, hill or forest environment through being able to:

- Use landform features as the prime navigation method
- Use intricate contour detail to aid route finding
- Use compass bearings to follow a route accurately over intricate terrain
- Deviate briefly from a route to avoid impassable terrain without losing accuracy
- Measure longer distances on the ground with reasonable accuracy by timing
- Measure longer distances on the ground with reasonable accuracy by pacing
- Select the most appropriate strategy for a navigational leg
- Adjust pace to suit the difficulty of the terrain
- Take a compass bearing from ground to map
- Use back bearings and transits to confirm current position
- Use “aspect of slope” as an aid to relocation
- Navigate to features in intricate and difficult terrain
- Follow routes which require complicated navigation over long distances
- Select appropriate clothing, equipment and first aid for walking in remote areas in all weather conditions.
- Understand the physical demands created by hill and moorland terrain in all weather conditions.
- Understand the effects of cold, heat, fatigue and discomfort on decision making and execution of a selected route.