

OTHER NAVIGATION COURSES

NIGHT NAVIGATION:

Short evening course getting to grips with this potentially daunting situation before it happens for real. Operated on a non-residential basis from our Stirling base. Participants should be of around intermediate (NNA Silver) standard of navigation already.

Grade: 2 **Ratio** 1:4

Night Navigation	1 person	£90
	2-4 people	£140

NAVIGATION COACHING:




Prefer to learn at your own speed? Something particular you want to practise? Need to hone your skills for a special purpose? Possibly you'd benefit from personalised coaching. One of our sympathetic, skilled instructors will work with you to help you make progress towards your goal. Get in touch to fix a date.

Navigation Coaching	Per person per day	£180
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Grades:

1. Easy pace, flattish terrain
2. Undulating ground, some off path
3. Moderate pace, lumpy
4. Hilly, possibly rough, purposeful

How to book:

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

Full payment required at the time of booking. See our Booking Conditions for cancellation policy.

Payment Methods:

- Cheque / postal order / UK bank draft payable to C-N-Do Scotland Ltd
- Visa / MasterCard credit cards, Visa Debit

Ratio:

The number of participants per instructor.

Participation Statement:

Outdoor activities are potentially hazardous, and although C-N-Do Scotland takes due care to minimise risk to clients, a certain level of responsibility must fall on each participant for his/her own personal safety in the outdoors. In addition, it is your duty to dress appropriately, to inform the leader / instructor if concerned about any situation during the activity, or of any personal medical or health condition which may be affected by being active, and to abide by the instructions of the leader / instructor during the course of the activity. We reserve the right to alter activities and locations for reasons of weather, safety or local access situations.

Booking Conditions:

A copy of these can be found on the website or sent to you on request. Participants doing Mountain Training courses are reminded that their names will be registered on the MT online management system.

Prices:

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



Skills for the Hills with C-N-Do 2019



National Navigation Awards Night Navigation Lowland Leader Hill & Moorland Leader

www.cndoscotland.com

01786 445 703



Printed on recycled paper

For more information:

Contact our office on 01786 445 703, admin@cndoscotland.com or download full details from our web-site, www.cndoscotland.com

NATIONAL NAVIGATION AWARD COURSES

The NNA scheme offers a systematic and progressive approach to finding your way around, opening up the possibility of independent walking with increased safety and confidence. Each course has some theory but is mostly practical including a non-threatening assessment component. Courses are non-residential and operated from our Stirling base, although courses can be run from other locations within Scotland.

NNA BRONZE LEVEL - 2 days including assessment

Assumes: No previous knowledge.

Covers: The basic routine, scale, distance judgement, use of linear features, contour interpretation, environmental & first aid awareness. It is recognised by the Scottish Qualifications Framework as level 4 and gains 2 points.

Grade: 1 **Ratio:** 1:6

Bronze NNA	Feb 23-24	£120
Bronze NNA	Mar 23-24	£120
Bronze NNA	Apr 20-21	£120
Bronze NNA	May 11-12	£120
Bronze NNA	Sep 28-29	£120
Bronze NNA	Nov 9-10	£120

NNA SILVER LEVEL - 2 days including assessment

Assumes: Already at the bronze standard

Covers: Simplification, taking bearings, more contour interpretation, relocation strategies, environmental and first aid awareness.

Grade: 2 **Ratio:** 1:6

Silver NNA	Mar 23-24	£120
Silver NNA	Apr 20-21	£120
Silver NNA	Sep 28-29	£120
Silver NNA	Nov 9-10	£120

NNA FAST TRACK TO SILVER - 3 days including assessment

Assumes: Some familiarity with maps from regular hill walking.

Covers: Basic routine, handrail navigation, contour interpretation, simplification, taking and walking on bearings, navigation and relocation strategies, environmental and first aid awareness.

Grade: 2 **Ratio:** 1:4

Fast Track to Silver	May 3-5	£195
Fast Track to Silver	Oct 11-13	£195

NNA GOLD LEVEL - 2 days training; 1-day assessment separately.

Assumes: Already at the silver level

Covers: Full range of interpretative and compass techniques for complex navigation, plus environmental & first aid awareness.

Grade: 3 (training) **Grade:** 3-4 (assessment) **Ratio:** 1:4

Gold NNA Training	Apr 13-14	£170
Gold NNA Training	Oct 19-20	£170
Gold Assessments	Dates to suit	1 person £150 2-4 people £225

If you can't make our dates, or have a group, go private: -

Bronze or Silver	Dates to suit	<6 people	£495
Fast Track to Silver	Dates to suit	<4 people	£525
Gold Training	Dates to suit	<4 people	£450
Tutor Course NNA	Dates to suit	5-8 people	£335

NNAS NAVIGATION TUTOR COURSE – 1 day

This is a new course offering some hints, tips and activities for introducing some of the basic skills of navigation to beginners. It is aimed at teachers delivering navigation in primary schools, eg. the Young Navigator Star Award or Outdoor Discovery Award; novice and otherwise unqualified outdoor instructors delivering Bronze navigation courses under the management of an existing NNAS approved provider; anyone already delivering navigation to beginners. It is required CPD for all NNAS course providers within 3 years.

Grade: 1 **Ratio:** 1:8

NNAS Tutor	Feb 16	£70
NNAS Tutor	Mar 30	£70
NNAS Tutor	Apr 27	£70
NNAS Tutor	Sept 22	£70
NNAS Tutor	Nov 23	£70

[All NNAS course prices include the NNAS registration fee]

LEADER AWARDS

Taking responsibility for yourself is one thing, doing so for others is something else. In your "duty of care" you owe it to your group that you are competent to take that responsibility. Mountain Training UK has developed an excellent range of training schemes for those wanting to become leaders. C-N-Do Scotland is authorised to provide the following courses. These are non-residential and operated from our base in Stirling.

Leader courses have the following stages:

1. Open an account on www.mountain-training.org
2. Join your national Mountaineering Council.
3. Register for the scheme you are interested in.
4. Log the required number of quality walks.
5. Take part in an approved training course or gain exemption.
6. Consolidate training over an advised period of time and log further quality walks.
7. Gain an appropriate valid first aid certificate.
8. Take part in, and successfully complete, an approved assessment course.
9. Continue with personal development.

LOWLAND LEADER AWARD

Aimed at those who wish to be responsible for people walking in lowland countryside or woodland, in summer conditions, on tracks and paths, no more than 3km from key access points. Ideal for Ramblers' Leaders, Walk Leaders, Countryside Rangers, Tourist Guides, Youth Workers, Teachers, parents....

LOWLAND LEADER TRAINING – Evening day 1 + 2 days

Entry Requirements as 1, 3, 4, 5 above plus:

- Age 17+
- **Have logged at least 10** varied walks in lowland terrain

Grade: 1-2 **Ratio:** 1:6 (min 4)

LLA Training	Feb 18-20	£135
LLA Training	Oct 14-16	£135
Groups of 4-6 people on dates to suit		£120pp

LOWLAND LEADER ASSESSMENT – 2 days

Entry Requirements as 1, plus 3-7 above plus:

- Age 18+
- **Have logged at least 20** varied walks in lowland terrain

Grade: 2 **Ratio:** 1:6 (min 4)

LLA Assessment	Mar 26-27	£135
LLA Assessment	Nov 6-7	£135
Groups of 4 people on dates to suit		£120pp

HILL & MOORLAND LEADER AWARD

This scheme is ideal for Ramblers, Countryside Rangers, Tourist Guides, Youth Workers, DofE Award Supervisors, Teachers, Rambling Club Leaders etc. It aims to equip you with the skills required for leadership on uncomplicated, readily accessible and non-mountainous terrain, in summer conditions.

HILL & MOORLAND LEADER TRAINING – Evening day 1 + 3 days

Entry Requirements 1-5 opposite plus:

- Age 18+
- **Have logged at least 20** personal Quality Hill Walks

Grade: 3 **Ratio:** 1:6 (min 4)

HML Training	Mar 14-17	£220
HML Training	Oct 24-27	£220
Groups of 4-6 people on dates to suit		£195pp

HILL & MOORLAND LEADER ASSESSMENT - 3 days

Entry Requirements 1-7 opposite plus:

- **Have a minimum** personal experience of 40 Quality Hill Days

Grade: 3-4 **Ratio:** 1:4 (min 4)

HML Assessment	Apr 16-18	£250
HML Assessment	Aug 24-26	£250
Groups of 4 people on dates to suit		£220pp