

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"

Visa Debit; MasterCard; Visa

Credit / Debit card information:

Card Number: _____

Expiry Date: _____ Start Date: _____

Card Security Code: _____ (last 3 digits on reverse)

Issue Number (on some cards): _____

Cardholder's name and / or address (**that the card is registered at**) if different from above:

I have read and agree to the booking conditions: -

Signature _____

Date _____



Course	2018 Dates		
Bronze NNA	Feb 24-25		£120
Bronze NNA	Mar 24-25		£120
Bronze NNA	Apr 28-29		£120
Bronze NNA	May 19-20		£120
Bronze NNA	Sept 15-16		£120
Bronze NNA	Nov 17-18		£120
Silver NNA	Mar 24-25		£120
Silver NNA	May 19-20		£120
Silver NNA	Sept 15-16		£120
Silver NNA	Nov 17-18		£120
Fast Track to Silver	Apr 8-10		£250
Fast Track to Silver	Oct 8-10		£250
Gold NNA Training	Apr 28-29		£170
Gold NNA Training	Oct 20-21		£170
Gold Assessments	Dates to suit	1 person	£150
		2-4 people	£90pp
Navigation Tutor Course		1 person	£80
Jan 27, Feb 18, Mar 17, Apr 7, May 5, Sep 22, Oct 20.			
See courses leaflet and website for details. Other dates by arrangement.			

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

Bronze or Silver	Dates to suit	<6 people	£495
Fast Track to Silver	Dates to suit	<4 people	£630
Gold Training	Dates to suit	<4 people	£450
Tutor Course	Dates to suit	From 4 people for	£240

Also available:

Evening Night Navigation course (3-4 hrs)	1 person	£90
	2-4 people	£75-£45

Private Navigation Coaching per day	1 person	£180
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How to book:

- Post using the enclosed booking form
- Online using our secure server
- 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. Participants doing NNAS courses are reminded that their names will be registered on the NNAS online management system.

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



NATIONAL NAVIGATION AWARD COURSES

2018



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 walkers intending to explore the countryside, those planning more adventurous expeditions into wild country on foot or mountain bike or on horseback, adventure racers or fell runners.

The scheme is structured across three different levels (Bronze, Silver, Gold) allowing participants to choose the level most appropriate for their 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 to allow for consolidation of skills learned. Successful completion of each course is recognised by a badge and certificate validated to a national standard. In addition, the Bronze Level is recognised at SCQF Level 4 with 2 points being awarded.

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 interpretation and distance judgement. 2-day non-residential course.

FAST TRACK TO SILVER: This 3-day course is specifically for those who have done quite a bit of walking before but have not had any formal navigation training. It assumes a general familiarity with maps and ability to look after yourself on medium sized hills on rough ground.

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

*Advice will be given as to recommended time between training and assessment.

o/o

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, and other issues pertinent to access for walkers in the countryside. All levels include an understanding of environmental issues and human impact on the land.

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

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
- Measure short distances on the ground using double pacing.
- Estimate the time needed to walk a specific horizontal distance.
- 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. (contd >)

- 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.