

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
1% surcharge for credit / charge card transactions over £50

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	Dates	Location	Price
2009 Dates			
Bronze NNA	December 5 – 6	Stirling	£89
Silver NNA	November 21 – 22	Stirling	£94
2010 Dates			
Bronze NNA	January 30 - 31	Stirling	£94
Bronze NNA	February 20 - 21	Stirling	£94
Bronze NNA	March 13 - 14	Stirling	£94
Bronze NNA	April 7 - 8	Stirling	£94
Bronze NNA	May 22 - 23	Stirling	£94
Bronze NNA	June 26 - 27	Stirling	£94
Bronze NNA	July 17 - 18	Stirling	£94
Bronze NNA	August 28 - 29	Stirling	£94
Bronze NNA	September 11 - 12	Stirling	£94
Bronze NNA	October 9 - 10	Stirling	£94
Bronze NNA	November 13 - 14	Stirling	£94
Bronze NNA	December 4 - 5	Stirling	£94
Silver NNA	March 27 - 28	Stirling	£98
Silver NNA	April 24 - 25	Stirling	£98
Silver NNA	June 12 - 13	Stirling	£98
Silver NNA	September 25 - 26	Stirling	£98
Silver NNA	November 6 - 7	Stirling	£98
Gold NNA Training	May 1 - 2	Stirling	£124
Gold NNA Training	Oct 2 - 3	Stirling	£124
Gold NNA Assessment	April 10	Stirling	£75
Gold NNA Assessment	November 14	Stirling	£75

Alternative dates:

Additional dates for groups are available by arrangement.

Also available:

Evening Night Navigation course
Private Navigation Coaching

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. Up to the end of 2009 this is 15%. From the beginning of 2010 prices include VAT at 17.5%. If this changes, the prices may change.

C-N-Do Scotland, Unit 33, STEP, Stirling, FK7 7RP.

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NATIONAL NAVIGATION AWARD COURSES 2010



www.cndoscotland.com

01786 445703



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NATIONAL NAVIGATION AWARD COURSES

Developed in 1994, the National Navigation Award Scheme (NNAS) offers a coherent system of navigation by presenting a progression of straightforward skills that builds up competence and confidence on a firm foundation.

It is intended for people of all ages and abilities both inside and outside formal education, and it is 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 arrangement of the NNAS Scheme in three levels of Bronze, Silver and Gold provides a pathway to encourage people to develop their skills in stages. Each of the three levels can be taught as a self-contained unit and each represents a level of proficiency, that is recognised by a badge and certificate validated to a national standard.

NNA courses are about learning practical navigation skills and gaining self-confidence in the outdoors in a non-threatening environment. They can be great fun as well.

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 legislation in England and Wales (CroW Act), access rights and responsibilities in Scotland (Land Reform Scotland Act 2003), and other issues pertinent to access for walkers in the countryside. All levels include an understanding of environmental issues and human impact on land.

Courses are run on a non-residential basis. Most are operated from C-N-Do Scotland's base in Stirling, although course can be run from other centres in Scotland. 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:

- Navigate using a variety of maps and scales.
- Use 4 and 6 figure grid references with worded descriptions to define the position of a map feature and to locate a feature on the ground.
- Orientate the map using handrails, obvious point features and major landforms.

- Use linear features (e.g. paths, tracks, clear boundaries) as handrails in simple navigation exercises.
- Relate prominent landforms such as large hills and valleys to corresponding contour information on the map.
- Orientate the map by aligning a compass needle against grid north and be aware that magnetic variation causes an inaccuracy.
- Use an orientated map to confirm direction of travel.
- Use clearly identifiable features to confirm position along the route and to recognise when the target has been overshot.
- Measure horizontal distance on the map and estimate distance on the ground using timing, pacing and simple visual judgements e.g. 100m.
- Plan and implement simple routes and navigation strategies based on the above skills.
- Recognise a navigation error within a few minutes and apply simple relocation techniques using handrails and prominent features.
- 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 with some sections away from paths and tracks through being able to:

- Utilise the skills and techniques of the Bronze Award in the context of Silver Award navigation strategies.
- Identify small hills, small valleys and prominent re-entrants in relation to corresponding contour information on the map.
- Use landforms and point features to orientate the map.
- Use landforms as collecting and catching features.
- Use a compass to: accurately follow a bearing; aim off; check the direction of handrails and other linear features.
- Deviate briefly from a compass bearing to avoid obstacles or difficult terrain and accurately regain the original line.
- Use back bearings to check route following accuracy.
- Measure distance on the ground in varied, open terrain using timing and pacing and make practical allowances for any discrepancies.
- Simplify legs using coarse navigation, attack points and fine navigation.
- Recognise dangerous or difficult terrain on map and ground.
- Plan and implement navigational strategies based on the above skills.
- Maintain route finding accuracy in poor visibility or darkness.

- Recognise a navigation error within a few minutes and apply appropriate relocation techniques.
- 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 away from paths and tracks in any open countryside through being able to:

- Utilise the skills and techniques of the Bronze and Silver Awards in the context of Gold Award navigation strategies.
- Utilise contours and fine detail as the prime method of navigation.
- Accurately: follow a route, judge distance, check progress against time, use relevant compass skills and maintain continuous map contact.
- Use back bearings and transits to confirm current position.
- Use aspect of slope as an aid to relocation.
- Select appropriate techniques within an overall navigation strategy.
- Navigate in intricate terrain in reduced visibility i.e. mist or darkness.
- Select an appropriate, safe route in relation to height gain and loss, dangerous terrain and other major hazards.
- Assess the route ahead in the field in relation to prevailing conditions or changing circumstances (e.g. weather, time, daylight, ability/fitness) and re-plan the route appropriately if necessary.
- Shorten a route, use an escape route and know emergency procedures.
- Recognise the occurrence of a navigational error within a few minutes and apply appropriate relocation techniques.
- 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.