

Aspen Outdoors Ltd - National Navigation Award Course Brochure 2019-2020



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<https://aspenoutdoors.co.uk/booking-form/>

Bronze National Navigation Award - £75 per person

Dates	<ul style="list-style-type: none"> ● 28-29 October 2019 ● 6-7 December 2019 ● 27-28 January 2020
Course Duration and Outline	<p>Day 1 daytime Start 10am, at Mugdock Country Country Park. The day will involve about 8km of walking on paths and tracks in the country park.</p> <ul style="list-style-type: none"> ● Introduction to maps, map scales and map features ● Discussion about walking equipment, safety equipment and emergency procedures ● Navigation games: map orientation, estimating distance, estimating speed, cardinal points of the compass ● Orienteering session <p>Day 1 late afternoon Classroom session:</p> <ul style="list-style-type: none"> ● Review of daytime activity ● Related topics - Safety, access and conservation, weather ● Walk planning - to be implemented on Day 2 ● Preparation for Day 2 <p>Finish 4:30pm</p> <p>Day 10 am Start at 10am, meet at Mugdock Country Park. The morning will involve at least 5km of walking on paths and tracks:</p> <ul style="list-style-type: none"> ● Orienteering in : following linear features; identification of landforms and features; setting the map; re-location; use of grid references to describe your location ● Written assessment <p>Day 2 pm Assessment: practical assessment undertaken over a distance of 3 to 5km depending on terrain.</p> <p>Assessment debrief</p> <p>Finish 3:30pm</p>
Where to meet	Both days: Mugdock Country Park Visitor Centre, Milngavie, Mugdock, Glasgow G62 8EL
What to take	Packed lunch for both days. Money for buying tea and coffee during the day from cafe.

	<p>Kit and equipment:</p> <ul style="list-style-type: none"> • Waterproof trousers and jacket • Walking boots • Hat and gloves • Warm layers (jumper and fleece) • Day rucksack (about 20 litres)
What we provide	Maps and compasses and course notes
Tutor Ratio	1:8
Instructor	Alastair Ewen, Director, Aspen Outdoors Ltd, alastair@aspenoutdoors.co.uk , 07427326697 www.aspenoutdoors.co.uk
Terrain	The Bronze Award is intended to enable participants to navigate in gentle, rolling terrain in lowland areas with well-defined boundary features where navigation will be primarily on roads, tracks and well defined paths.
Learning Outcomes	On completion of the award participants will be able to plan and safely follow walks in the countryside, primarily on paths and tracks.
Assessment	<p>The national navigation award is formally assessed. The assessment will be undertaken by the instructor and will happen in the afternoon of the second day. The assessment will involve:</p> <ul style="list-style-type: none"> • Practical navigation assessment taking place over a route 3-5km long. • The route will have frequent changes of direction to assess map orientation skills and route following decisions. • An ability to plan a safe walk of appropriate distance, explaining the issues involved and estimating the time needed for a specific leg. • Demonstrating an acceptable level of knowledge of the countryside code
Credit Points	The Bronze National Navigation Award is credit leveled on the Scottish Credit and Qualifications Framework at level 4 (2 credit points)

Silver National Navigation Award Courses - £75 per person

Dates	<ul style="list-style-type: none"> ● 31 Oct - 1 November 2019 ● 24-25 February 2020
Course Duration and Outline	<p>Day 1 daytime Start 10am, at car park to rear of the Coachman Hotel (4 Parkfoot Street, Kilsyth Lanarkshire, G65 oSP). This daytime session will involve at least 10km of walking on paths, tracks and open hill and moorland terrain in the Kilsyth hills.</p> <ul style="list-style-type: none"> ● Introduction to the Silver Award syllabus and review of kit and equipment appropriate to walking in open country. ● Navigation practice on the Kilsyth hills, walking and returning to Coachman Hotel. <p>Day 1 afternoon 3:30 pm - Break / snack at Coachman Inn and review of daytime activity.</p> <p>Day 1 evening 5pm - 7pm - Night Navigation session on the Campsie Hills</p> <p>Day 2 daytime Start at 10am, 30 January 2019, at layby opposite Glengoyne Distillery (G63 9LB).</p> <ul style="list-style-type: none"> ● Compass bearing practice ● Written Assessment ● Practical assessment undertaken over 8km route. ● Assessment debrief <p style="text-align: right;">Finish 3:30pm</p>
Where to meet	<p>On day 1 meet at 10am at car park to rear of the Coachman Hotel (4 Parkfoot Street, Kilsyth, Lanarkshire, G65 oSP).</p> <p>On day 2 meet at 10am at the layby opposite Glengoyne Distillery (G63 9LB)</p>
What to take	<p>Packed lunch for both days. Money for buying tea, coffee snack in the late afternoon on day 1.</p> <p>Kit and equipment:</p> <ul style="list-style-type: none"> ● Waterproof trousers and jacket ● Walking boots ● Hat and gloves ● Warm layers (jumper and fleece) ● Day rucksack (about 20 litres)



	<ul style="list-style-type: none"> • Compass • Stopwatch
What we provide	Maps and course notes
Tutor Ratio	1:8
Instructor	Alastair Ewen, Director, Aspen Outdoors Ltd, alastair@aspenoutdoors.co.uk , 07427326697 www.aspenoutdoors.co.uk
Terrain	The Silver Award is intended to enable participants to navigate in open countryside using small hills valleys, prominent re-entrants and prominent spurs.
Learning Outcomes	On completion of the award participants will be able to safely plan and follow a route with some sections away from paths and tracks.
Assessment	<p>The national navigation award is formally assessed. The assessment will be undertaken by the instructor and on day 2. The assessment will involve:</p> <ul style="list-style-type: none"> • Practical navigation assessment taking place over a route 5-8km long. • The assessment route should utilise distinct contour features which require the use of a wide range of navigational strategies. • An ability to plan a safe walk of appropriate distance, explaining the issues involved and estimating the time needed for a specific leg. • Demonstrating an acceptable level of knowledge of the countryside code
Credit Points	The Silver National Navigation Award hasn't as yet been credit rated on the SCQF framework, although there are plans to do so in the near future.

Gold National Navigation Award Training Courses - £100 per person

Dates	<ul style="list-style-type: none"> ● 7-8 November 2019 ● 9-10 March 2030
Course Duration and Outline	<p>Training day Day 1, Start at Meet at Callander Crags car park (see weblink below) https://goo.gl/maps/tUgE4fGgdd22</p> <p>The day shall involve walking in the Callendar Crags hills, south of Gargunnoch (about 10km and 450m ascent).</p> <p>Training day Day 2 Start 10am. Meet at big car park in Balmaha (see weblink below) https://goo.gl/maps/gsjxN5yBrLF2</p> <p>Navigation on Beinn Bhreac involving at least 600m ascent over rough terrain, Finish at 4pm.</p>
What to take	<p>Packed lunch for both days.</p> <p>Kit and equipment:</p> <ul style="list-style-type: none"> ● Waterproof trousers and jacket ● Walking boots ● Hat and gloves ● Warm layers (jumper and fleece) ● Day rucksack (about 20 litres) and rucksack liner ● Compass ● Stopwatch ● Mapcase ● Thermos flask ● Headtorch ● First aid kit and emergency shelter / bivvy bag
What we provide	Maps and course notes
Tutor Ratio	1:4
Instructor	Alastair Ewen, Director, Aspen Outdoors Ltd, alastair@aspenoutdoors.co.uk , 07427326697 www.aspenoutdoors.co.uk
Terrain	The Gold Award is intended to enable participants to navigate in open

	<p>countryside using complex contour features, large and small. The terrain used for the training and assessment will be hill and moorland terrain.</p>
<p>Learning Outcomes</p>	<p>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:</p> <ul style="list-style-type: none"> ● Utilising skills and techniques of the Bronze and Silver Awards. ● Utilise contours 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 ● Navigate in intricate terrain in reduced visibility ● Select an appropriate saddle 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 and replan the route appropriately. ● Recognise a navigational error in a few minutes and apply 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.
<p>Assessment</p>	<p>The national navigation award is formally assessed. Candidates will only be able to undertake the assessment if they have demonstrated sufficient progress in the development of their navigation skills.</p> <p>Following the training days, participants are expected to undertake a consolidation period where they practice the skills in their own time, in readiness for the assessment.</p> <p>A date for assessment will be arranged with participants at the end of training.</p> <p>The assessment will involve:</p> <ul style="list-style-type: none"> ● Practical navigation assessment taking place over a route 6-10km depending on terrain. ● The assessment will include a short written paper on navigation ● The terrain used for the assessment route shall include a variety of intricate contour detail along with ridges, valleys

	<p>and less obvious handrails.</p> <ul style="list-style-type: none"> • An ability to plan a safe walk of appropriate distance, explaining the issues involved and estimating the time needed for a specific leg. • Demonstrating an acceptable level of knowledge of the countryside code
Credit Points	The Gold National Navigation Award hasn't as yet been credit rated on the SCQF framework, although there are plans to do so in the near future.

National Navigation Award Tutor Award Course - £60 per person

Dates	<ul style="list-style-type: none"> ● 2 December 2019 ● 21 February 2020 ● 3 October 2020
Course Duration and Outline	<p>10am Introduction to the course: NNAs, the Awards, Tutor Course Requirements, administration of awards, useful resources, structuring courses, assessment of awards, stepped approach to navigation.</p> <p>10:45am MAPS: games and exercises for introducing maps to participants; including map symbols, map scales, setting of map to landscape and north, relocation.</p> <p>11:15am MEASURING DISTANCE: games and exercises to teach participants how to measure distance on a map and how to gauge distance travelled when walking, using different methods: pacing and timing.</p> <p>12pm COMPASS: games and exercises for teaching the effective use of a compass for finding direction and relocation.</p> <p>12:30 CONTOURS: Games and exercises for teaching contour interpretation and the identification of appropriate landscape features to aid navigation.</p> <p>1pm Lunch</p> <p>1:30pm Navigation strategy: explanation of navigation terms and concepts like: attack point, catching feature and aiming off and how they can be used in navigation strategy.</p> <p>2pm Orienteering Session - walk through the ground of country park practicing techniques for teaching navigation.</p> <p>4pm Close</p>
Where to meet	Palacerigg Country Park Visitor Centre, Palacerigg Road, Cumbernauld, G67 3HU
What to take	<p>Packed lunch. Money for buying tea and coffee during the day from cafe.</p> <p>Kit and equipment:</p> <ul style="list-style-type: none"> ● Waterproof trousers and jacket ● Walking boots / sturdy shoes

	<ul style="list-style-type: none"> • Hat and gloves • Warm layers (jumper and fleece) • Day rucksack (about 20 litres) • Compass
What we provide	Maps and course notes
Instructor	Alastair Ewen, Director, Aspen Outdoors Ltd, alastair@aspenoutdoors.co.uk , 07427326697 www.aspenoutdoors.co.uk
Learning Outcomes	<p>On completion of the course participants will:</p> <ul style="list-style-type: none"> • Be familiar with the structure and syllabus of the Bronze, Silver and Gold National Navigation Award Courses. • Be able to utilise different teaching methods, navigation games and resources to deliver the awards. • Understand how to organise and run assessments. • Be familiar with how to administer the awards using the online NNA database tool.