



# Course Information Sheet

<b>Course Title:</b>	Advanced Nav
<b>Course Duration:</b>	<ul style="list-style-type: none"> <li>❖ This is a 2 day course. Normally consecutive but may be split by agreement with Mountain Services. This course seeks to take place in part in poor visibility - so Day 1 will start at a time to allow night-time nav.</li> <li>❖ Both days will be the a minimum of 6hours on the hill with some planning &amp; debriefing time.</li> </ul>
<b>Course Location:</b>	<ul style="list-style-type: none"> <li>❖ The course is run in mountainous, complex or difficult terrain. Example locations are the Howgills, Langdale Fells, Grisedale &amp; Helvellyn. - but locations can be arranged to suit participant needs.</li> </ul>
<b>Who is this course for:</b>	<ul style="list-style-type: none"> <li>❖ If you have completed the 'Intermediate Nav' course and carried out subsequent purposeful practice.</li> <li>❖ You should be comfortable walking away from paths and tracks in upland terrain.</li> <li>❖ Those looking to undertake a mountain qualification.</li> <li>❖ Those preparing to take a mountain qualification.</li> </ul>
<b>Learning Outcomes:</b>	
<b>The Course will cover:</b>	<b>The learner should be able to:</b>
1. Route Planning	1.1 The participants will plan a route and be expected to be able to break it down into legs that use different strategies. The plan should have escape and variation options. We will discuss how & why.
2. Use of timing & pacing in poor terrain.	2.1 Be able to adjust pacing and timing according to multiple variable factors. 2.2 Use both to measure distance.
3. Recognition & use of complex features	3.1 Identify micro features on the map. 3.2 Be able to locate in areas with no strong features. 3.3 Be able to navigate using contour features as the primary navigational tool.
4. Strategies for poor visibility.	4.1 Use 'immediate' features and information to navigate a route. 4.2 Choose a strategy appropriate to the conditions. 4.3 Navigate a 500m leg in poor visibility to a 'hidden' feature. 4.4 Choose an appropriate strategy for crossing poor terrain. 4.5 Understand the options, merits and limitations of using other group members.
6. Complex strategies.	6.1 Understand the need for a strategy and how to use it in planning & following a route. 6.2 Choose the appropriate strategy for long complex navigational legs. 6.3 Be able to cross featureless terrain with accuracy to a pre indicated known point. 6.4 Be able to explain and demonstrate complex strategies such as Aspect of Slope, Resections, Boxing - and why & where they are applicable.
7. Relocation.	7.1 Be able to relocate at any given point in a navigational leg. 7.2 Be able to identify distant features.
8. Equipment & emergencies	8.1 Understand the differences in equipment that are needed in adverse conditions. 8.2 Understand the minimum safety kit and procedures needed if adverse conditions could be encountered. 8.3 Be able to manage a group member whilst navigating in adverse conditions. 8.4 Show an understanding of the merits & limitations of GPS devices. 8.5 Be able to demonstrate how relocate in adverse conditions and pass that information to emergency services whilst maintain personal and group safety.
<b>Age restrictions &amp; course numbers:</b>	<ul style="list-style-type: none"> <li>❖ Participants must be a minimum of 17rs of age unless accompanied by a parent or guardian. There is no upper age limit. Participant numbers on this course are limited to 4.</li> </ul>
<b>What do you need to bring:</b>	<ul style="list-style-type: none"> <li>❖ All learning material will be provided by Mountain Services, but clients should bring something to take notes. We also encourage you to bring your own maps &amp; compass if you have them.</li> <li>❖ This course takes place outdoors - so you should bring warm clothes, waterproofs, hat &amp; gloves. You will need to bring lunch, snacks and a drink. You will also need to bring any personal items you require.</li> <li>❖ Part of this course takes place in poor visibility and potentially harsh conditions - you must be suitably equipped.</li> <li>❖ Mountain Services believe that the best learning takes place when participants are safe, engaged and encouraged. So you will take an active part in the day - this is a safe and supportive learning environment &amp; no formal assessment occurs. We are happy to make reasonable adjustments to accommodate participants. If you would like to discuss any aspect of this course please do not hesitate to get in touch.</li> </ul>
<b>Progression:</b>	<ul style="list-style-type: none"> <li>❖ The next recommended courses upon completion are: Mountain Skills, Hill &amp; Moorland Leader, Outdoor First Aid</li> </ul>

