



# Course Information Sheet

<b>Course Title:</b>	Intro to Nav
<b>Course Duration:</b>	❖ This 1 day course will typically be from 09:30-16:30. A minimum of 5 hours will be spent outside.
<b>Course Location:</b>	❖ The course is run in non hazardous hill terrain, typical examples are the Westmorland Dales, Yorkshire Dales, Lake District areas such as Langdale Valley or Conistone fells - but locations can be arranged to suit participant needs.
<b>Who is this course for:</b>	❖ If you are new to navigation, if you are not familiar with maps and a compass - then this is the correct course for you. This is a beginner level course aimed at introducing participants to the basic skills of navigation. ❖ Participation in this course is aimed at giving you both the skills and the confidence to be able to head into the hills by planning and following a simple route.
<b>Learning Outcomes:</b> <b>The Course will cover:</b>	<b>The learner should be able to:</b>
1. Understanding the structure and differences in map types.	1.1 Recognise and understand different map scales and the benefits and limitations of each. 1.2 Identify major features on the map and know the how to use the legend. 1.3 Understand the principal of grid references.
2. Understanding the basics of the compass.	2.1 Use the compass to indicate direction. 2.2 Use the compass to measure distance.
3. Understanding distance & how to measure and calculate it.	3.1 Use the map and compass scales to measure distance. 3.2 Understand the concept of movement timing e.g. Naismith's rule and how to interpret it. 3.3 Use pacing to measure a distance. 3.4 Use timing to measure a distance.
4. Orientation of the map. How, Why & When.	4.1 Use the compass to orientate the map. 4.2 Orientate the map to indicate route direction.
5. Identification of simple features and how to use them in navigation.	5.1 Identify major contour features between the ground and the map. 5.2 Use major features to plan and follow a route. 5.3 Use features to measure progress and indicate position during a route. 5.4 Use features to correct errors during a route.
6. Basic navigational strategies.	6.1 Understand the need for a strategy and how to use it in planning a route. 6.2 Use a basic strategy to undertake part of the days route. 6.3 Have an understanding of following linear features. 6.4 Have an understanding of handrailing. 6.5 Have an understanding of ticking off features. 6.6 Have an understanding of catching features.
7. Planning and emergencies.	7.1 Have an understanding of route cards and why to use one. 7.2 Have an introduction to access issues - how to find out more. 7.3 Have an introduction to the countryside code. 7.4 Understand how to call emergency services from a remote location. 7.5 Understand basic kit requirements.
<b>Age restrictions &amp; course numbers:</b>	❖ Participants must be a minimum of 17rs of age unless accompanied by a parent or guardian. There is no upper age limit as you are never too old to learn a new skill. ❖ Participant numbers on this course are limited to 8.
<b>What do you need to bring:</b>	❖ 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 & compass if you have them. ❖ This course takes place outdoors - so you should bring warm clothes, waterproofs, hat & gloves. You will need to bring lunch, snacks and a drink. You will also need to bring any personal items you require. ❖ 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 & 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.
<b>Progression:</b>	❖ The next recommended courses upon completion are: Intermediate Nav, Hills Skills & Mountain Skills.

