

Gold National Navigation Award - Training (NNAS)

Grade Three **3**

For: Fit novices, regular vigorous exercisers, regular hill walkers / hikers. Good fitness and stamina required.

Terrain: Longish varied paths or rough unpathed hillsides.

Average Daily Distance: 8-14 miles (13-22km)

Average Daily Ascent: Up to 2500ft (770m)

Walking For: 6-8 hours (plus stops)

This (NNAS) level represents supreme navigational technique and both the competence and assessment criteria which follow, reflect its demands: By the end of the course you will have covered the following:

- Show confidence in the use of the skills detailed in Bronze level and Silver level in open countryside or on hillside as well as in forests and mountain environments.
- Demonstrate the use of contours, to identify landforms (e.g. hilltops, valleys, spurs, re-entrants and knolls) and utilise them as the prime method of navigation. Demonstrate use of ridges and valleys as reliable handrails and the size and relationship of contour features, (e.g. a series of knolls) and use them for micro navigation to specific locations.
- Demonstrate the use of distance judgement, compass skills and continuous contact (by frequent checking) in complicated areas. This involves the use of both map to ground and ground to map techniques, the selection of appropriate techniques for each situation, and the integration of these into a navigation strategy.
- Demonstrate the ability to plan a safe walk or route in open country in line with set criteria of duration, difficulty and objectives. This must involve "Gold" NNAS skills and strategies and may be used by the candidate for practice prior to assessment if appropriate.
- Demonstrate an understanding of the special physical and navigation demands posed by hill and moorland terrain, poor weather conditions, daylight hours and the effects of fatigue and discomfort on decision

making and execution of a selected route. This includes awareness of the effects of heat and cold.

- Application of good countryside practice and awareness as for Bronze level and Silver level.

Important Information

Start time: 08:30

Finish time: 17:00

Assumes: Already at Silver NNAS standard

Location: Except where stated otherwise, courses are operated from our base in Stirling. Other locations may be used from time to time.

Course Duration: 2 day non-residential training course. Separate assessment.

Covers: Full range of interpretative skills and compass techniques for complex navigation on any terrain, environmental and first aid awareness.