

Silver National Navigation Award Course (NNAS)

Grade Two 2

For: Fit novices, anyone with a reasonably active lifestyle.

Terrain: Undulating perhaps lumpy with some off path rough walking.

Average Daily Distance: 8-12 miles (13-20km)

Average Daily Ascent: One or two ascents of up to 1500ft (450m)

Walking For: 5-7 hours (plus stops)

At this intermediate NNAS level candidates are expected to add new skills to those acquired at Bronze National Navigation Award Course level.

They are also expected to select and apply skills in a variety of straight forward navigational situations.

By the end of the course you should have gained the skills to:

- Devise a strategy for a navigational stage, to break it down into 'coarse' and 'fine' navigation and to use clear features en route to check that they are 'on course'.
- Understand and apply the following components of a navigational strategy 'aiming off', 'attack points', 'collecting features', simplifying navigation, and apply them in varying terrain.
- Demonstrate an understanding of contour features, both large and small, on the map and on the ground.
- Demonstrate an understanding of the navigation physical and factors affecting route choice.
- Judge distance accurately on the map and on the ground.
- Plan a safe walk or route involving Silver award skills and strategies.
- Employ simple relocation strategies when lost.
- Use a compass to follow accurate bearings and to check the direction of footpaths or other linear features on both map and ground.
- Demonstrate knowledge of the effects of fatigue and physical discomfort brought on by navigating in demanding countryside and/or extreme weather condition. Knowledge of basic first aid is also expected.
- Demonstrate knowledge and application of the Countryside Code and current access legislation as for the Bronze level together with an appreciation of basic environmental factors in mixing 'man with nature'

(e.g. footpath erosion and methods of dealing with it), and responsibilities towards other countryside interests like farming, forestry and conservation.

Silver National Navigation Award Course - Important Information

Start time: 08:30

Finish time: 17:00

Assumes: Already at Bronze National Navigation Award Course standard

Course Duration: 2 day non-residential course includes assessment

Covers: Simplification, Taking bearings, More contour interpretation, Relocation Strategies, Environmental and First Aid awareness.