



# **BMC Navigation Course (Bronze)**

## **Clapham, Yorkshire**

### **11 - 12 March 2017**

#### **COURSE INFORMATION**

#### **Course Overview**

The **NNAS Bronze Award** is an introductory level award designed for those either new to navigation or with very little previous experience. It is a 2 day course with an assessed element on the afternoon of the second day.

#### **Course Outline**

The selection of techniques covered will include:

- ~ Understanding the map as a two-dimensional plan.
- ~ Using map symbols and scales on a variety of maps.
- ~ Orientating maps with and without a compass.
- ~ Using the orientated map to identify land features and indicate direction of travel.
- ~ Taking a 6 figure grid reference and location reference points on the map.
- ~ Choosing simple navigation strategies and routes.
- ~ Planning safe and suitable walks.
- ~ Using linear features (e.g. paths and tracks) as handrails.
- ~ Estimating distance both on maps and on the ground
- ~ Understanding contours to match landforms to their map representation.
- ~ Relocating using simple techniques
- ~ Understanding access rights and responsibilities.
- ~ Demonstrating knowledge of the countryside code and procedures to be followed in emergencies.

#### **Level of experience**

This course would suit members wishing to learn the fundamental skills for safe journeys through the mountains of the United Kingdom.

More experienced members may wish to consider the Silver course.

Two full days on the hill will be physically challenging and learning navigation skills is certainly mentally challenging - please ensure that you arrive fit enough to cope with the course.

## Location

The weekend will be based at the YRC Lowstern Hut, Clapham, near Ingleton. You will need to provide your own sleeping bag, towel, personal toiletries, food etc. as you would for any stay in a climbing hut.

Further information can be found at <http://www.yrc.org.uk/ycweb/>

## Instructor

Your course director will be Paul Lewis. Paul is a Peak District based Mountain Instructor Certificate (MIC) holder with extensive experience running navigation courses and working on mountain leader training and assessment courses. He is a full member of the Association of Mountaineering Instructors (AMI). Paul may be assisted by other mountaineering instructors.

## Navigation Training Accreditation

The National Navigation Award Scheme (NNAS) Bronze Award syllabus will be used as the medium for teaching navigation on the course with a “*mock assessment*” available on the Sunday mountain walk. Should members wish to receive NNAS Bronze certification on completion of the course then this is available on request at a cost of £10 per candidate. For more information about the award go to [www.nnas.org.uk](http://www.nnas.org.uk)

## Price

£95 per person for the whole weekend

Included: shared self-catering accommodation (Friday & Saturday night), instruction on Saturday and Sunday, group equipment

Not included: meals, personal equipment, transport, certification costs (see above)

To secure your place please click to [book online](#) via the BMC website, or follow the link on the course information page . [www.thebmc.co.uk/clubs/courses](http://www.thebmc.co.uk/clubs/courses)

However if you have any questions regarding the course content or your suitability then please get in contact with Paul at [info@peakmountaineering.com](mailto:info@peakmountaineering.com) or 01433 620283