

Absolute Adventure Navigation Courses

Due to the growing number of people venturing into the great outdoors we have developed some new Navigation courses here in the UAE.

The aim of these courses is simple – to give outdoor enthusiasts the skills to stay safe while out in the great outdoors, be it on paths, trails, hills or mountains.

These awards do not qualify you to teach or lead, but are a skills award recognising the level at which you can navigate.

Progressing through the three award levels will take you from being a complete map and compass novice to being a highly competent navigator at Level 3

Although you do not have to start at Level 1, completion of Level 2 is a prerequisite to Level 3.

Level 1

This award covers the essential map reading skills. You'll learn about using features as handrails, the basics of using a compass and how to use it in conjunction with a map. This award aims to take you from being reliant on friends or guidebooks to being able to successfully plan and follow a walk yourself.

Level 2

On this award we will start to leave the paths behind, navigating in open country on short bearing. You'll learn more advanced compass skills and add timing and pacing to your repertoire of skills too. This course will take place on more difficult terrain and away from easy-to-follow paths and trails.

Level 3

This award marks the pinnacle of your navigation skills. You will already be happy and familiar with all the skills from the previous levels and wanting to get more out of your navigation. This award is all about reading the landscape and comparing it to the ground. You'll use contour features to help you identify where you are on your walk and be able to navigate to small and subtle contour features.

Absolute Adventure Navigation Courses

Level 1	Level 2	Level 3
Learning Outcome	Learning Outcome	Learning Outcome
Explain what a map is	Demonstrate use of simple contours as a means of navigation in good visibility	Demonstrate skills learned in Levels 1 and 2
Be able to draw a simple map	Use landforms and point features to orientate the map correctly	Demonstrate the use of contours and fine detail as the prime method of navigation
Be able to demonstrate orienting of a simple map	Use a compass to accurately follow a bearing, aim off, check the direction of handrails	Accurately follow a route, judge distance, check progress against time, use compass skills and maintain continuous map contact
Be able to demonstrate the use of a simple map in order to travel between two set points	Deviate briefly from a compass bearing and regain the original line	Demonstrate the use of back bearings and transits to confirm the current position
Explain the correlation between the cardinal points of a compass and degrees	Use back bearings to check route following accuracy	Use the aspect of a slope as an aid to relocation
Be able to identify different items on a map	Demonstrate ability to measure distance on the ground using timing and pacing and make practical allowances for discrepancies	Navigate in intricate terrain in reduced visibility
Describe and use a handrail	Navigate accurately in poor visibility or darkness	Demonstrate appropriate route selection in relation to safety, height gain and loss, dangerous terrain and other major hazards
Be able to demonstrate how to read contour lines	Recognise dangerous and difficult terrain on the map	Demonstrate safe procedure in the event of an emergency
Be able to relate prominent landforms to corresponding contour information on the map	Recognise a navigational error within a few minutes and apply appropriate relocation techniques	Recognise a navigational error within a few minutes and apply appropriate relocation techniques
Plan and implement simple routes and navigation strategies based on the above skills	Demonstrate basic first aid knowledge	Use of appropriate clothing, equipment and first aid for walking in remote areas in all weather conditions
Demonstrate an awareness of the 7 principles of Leave No Trace	Use of appropriate clothing, walking equipment, safety equipment and emergency procedures	Demonstrate correct First Aid procedures in line with an outdoor first aid qualification
Demonstrate appropriate knowledge of walking equipment, safety equipment and emergency procedures	Be able to describe how to implement the 7 principles of Leave No Trace in the outdoors	Demonstrate the use of the 7 principles of Leave No Trace whilst outdoors

What to Expect

On this course you can expect to have a mix of sit-down exercises and practical walking exercises. We will be outside for 8 hours on both days; however, we will find and use shade to our advantage.

What to Bring

Backpack

Minimum 3L Water

Snacks

Lunch

Compass

Comfortable weather appropriate clothing for walking in the outdoors

Strong sturdy footwear, preferably hiking boots

Warm layer

First Aid Kit (Levels 2 & 3 Only)