

Ideas For Teaching Navigation

Course Notes

Is It For Me?

How do you get away from teaching grid references in the class room on a 1:50,000 scale map. We want to help you move from map reading skills to navigation skills without having to necessarily get a bus and drive to the hills to teach to the basics.

This 1 day course is aimed at teachers, youth workers, outdoor instructors and any one else interested in, or currently teaching navigation skills. This course would complement skills learnt on an ML or WGL training course. You should be able to use a map and compass as whilst there may be some opportunities for personal coaching that is not the focus of the day.

Aim

This course will provide a range of practical and fun ideas to support a progressive system of teaching navigation skills.

Course Content

Using some coaching ideas from orienteering as well as traditional methods we will work through a series of skills which lead the student through a solid progression of learning from map setting to map reading, contours, and starting to using a compass.

By using maps with a scale of 1:5000 or 1:10,000 and breaking skills down into smaller parts with games or exercises we hope to be able to provide you with a tool box of ideas to liven up your teaching and enthuse the students.

We will also take a quick look at how to make a small map of your local grounds / school so you can use the tool box without having to necessarily use transport to get to a more remote teaching environment. A surprising amount of the basics of good navigation can be taught outside even in an urban environment.

Equipment

You should have your own compass.

Basic outdoor clothing, we will not be more 15 minutes walk from the centre.

We have kept this course to a minimum cost so bring a packed lunch with you but teas and coffees will be available during the day.

What Will I Need?

Summer Mountain & Rock Courses

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment (things like ice axe, boots and crampons) but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Rock Shoes
- ✓ Gaiters
- ✓ Helmets
- ✓ Day & Expedition Sacs
- ✓ Climbing Harnesses
- ✓ All technical climbing hardware & equipment, ropes.

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof overtrousers or salopettes
- ✓ Hat & gloves***
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended ***
- ✓ Maps and waterproof map case. For all walking courses you need a waterproof 1:50,000 map of the Cairngorms, for ML courses a 1:25,000 is also useful. ***

If you have digital mapping at home then print an area of the Cairngorms within the following co-ordinates. It will be several sheets of

A4 but covers all the main variety of options we might use in a week depending on the weather. Very occasionally we might go outside that area but we have some mapping for that eventuality.

South West Corner 95 98

South East Corner 05 98

North West Corner 95 14

North East corner 05 14

- ✓ Rucksack liner (or sturdy bin liner) / dry bags
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked * are available in our shop subject to availability.**