

NAVIGATION



DAY NAV 2
LEVEL: **INTERMEDIATE**

This program assumes basic navigational knowledge and skills. It is a comprehensive course designed for people wanting to improve their accuracy, confidence and effectiveness in "off track" navigation.

It is ideal for beginner to intermediate **Adventure Racers**, intermediate **Rogainers** or **Bushwalkers** venturing into tougher terrain. As well, anyone with a general interest in learning map and compass work will find this course a useful learning experience.

The **4 hour course** involves 1 hour of theory with course notes, followed by 3 hours of "hands on" practical application & coaching in a bush environment.

TOPICS covered:

COMPASS

- using distance scales
- using Romer scales
- compass to map declination
- map to compass declination
- compass types, quality & care

MAPS

- what do all the numbers mean
- marking maps for racing
- map measuring techniques
- identify difficult and easier terrain
- 8 figure grid references

Combining MAP & COMPASS - practical

- orientating a map on the run
- map board use for bikes
- estimating distances on foot
- navigating to a bearing in thick scrub
- visual navigation on the run
- how to always know where you are



During the practical session all participants will set multiple bearings and navigate their way around checkpoints on an intermediate level bush course.

The terrain will be **challenging** and **tricky**.

What to Bring:

Unless it is dangerously hot, wet or cold - this course will always run. On a hot day bring sunscreen, clothing protection, hat and sturdy shoes for off track walking and for cold and wet weather bring thermal clothing and a rainjacket.

You will need a suitable day pack with at least 2 litres of water, food for 4 hrs and a pen to take notes. A camera is useful - some of the places we go are quite interesting.

A basic first aid kit is advisable. If you are asthmatic or suffer from severe allergies, please advise the Course Leader and bring your appropriate medication with you.

We supply a map and compass to each participant for use during the course. You are welcome to bring your own compass to use.

