

Candidate's Name:

Date of Course:

<u>Technical Skills</u>		Performance issue and advice on action before re-assessment
Relate small hills, small valleys, prominent re-entrants and prominent spurs to their corresponding map contours.	1.1	
Use prominent hills, ridges, spurs and valleys as a means of navigation in good visibility	1.2	
Use landforms and point features to orientate the map and as collecting and catching features.	1.2	
Use a compass to: <ul style="list-style-type: none"> <li>• Accurately follow a bearing</li> <li>• Check the direction of handrails and other linear features.</li> <li>• Check route following accuracy using back bearings</li> </ul>	1.3	
Deviate briefly from a compass bearing to avoid obstacles or difficult terrain and accurately regain the original line.	1.3	
Maintain route finding accuracy in limited visibility.	1.3	
Measure distance on the ground in varied, open terrain [1] using timing and [2.] pacing and make practical allowances for any discrepancies.	1.4	

Strategies

Simplify legs using: - <ul style="list-style-type: none"> <li>• coarse and fine navigation</li> <li>• attack points</li> <li>• aiming off</li> </ul>	2.1	
Plan and implement navigational strategies based on the above technical skills.	2.2	
Recognise a navigation error within a few minutes and apply appropriate relocation techniques.	2.3	
Recognise dangerous or difficult terrain on map and ground.	2.4	

Planning Knowledge

Plan a safe route of appropriate distance and explain the issues involved and estimate the time needed for a particular leg.	3.1	
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Select appropriate clothing, equipment and first aid items for walking in open country in all weather conditions.	3.2	
Be aware of possible implications of weather factors and how they are likely to influence activity in Silver terrain	3.3	
Be aware of some essential first aid skills that might possibly be required before help arrives.	3.4	

Supporting Knowledge

Understand how personal fitness and nature of terrain affect route choice both at the planning stage and on the ground.	4.1	
Understand the potential consequences of fatigue and physical discomfort in demanding terrain and / or extreme weather conditions.	4.1	
Demonstrate an understanding of the Countryside Code, current access legislation and the environmental impact of walkers on the countryside.	4.2	
Understand the responsibilities of walkers towards other countryside interests such as farming, forestry and conservation.	4.3	
Demonstrate understanding of 4.1-4.3 practically	4.4	

General Advice

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