SILVER NAVIGATOR AWARD - CANDIDATE ACTION PLAN

Candidate’s Name: Date of Course:

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| Technical Skills |  | 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:   * Accurately follow a bearing * Check the direction of handrails and other linear features. * Check route following accuracy using back bearings | 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: -   * coarse and fine navigation * attack points * aiming off | 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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