

# **FUTURE MEETS**

**CMC Meet – Training courses**

**23-25 February 2018**

I hope everyone had a wonderful Christmas and New Year and are not suffering too much from the consequences. Due to the thirst for knowledge in the club it is proposed to hold additional courses in February which are as follows :-

## **Navigation Training 24th/25th Feb 2018**

Claire Wilshaw has kindly offered to spend a weekend teaching Navigation for club members.

Having some idea of how to use a map and compass is very helpful for confidence (and safety!) on the hills. Micro Navigation involves recognising small features on the land and using accurate map and compass work, contours, pacing and timing to help you understand where you got lost.

On Saturday we will take some time to go through some basic techniques and tricks for navigation, including practising out on the hill. We will probably do a lot of short navigation legs, and not actually go far. Sunday gives options of doing more of the same, or going on a more 'normal' walk while still using our maps and compasses.

There are up to 8 spaces available .

If you would like to participate on this weekend please contact [angiejaleel@icloud.com](mailto:angiejaleel@icloud.com) by 31st Jan 2018

## **First Aid Training 24th /25th Feb with Chris Harling**

As the first aid course in January has proven so popular a second course can be provided if there are adequate numbers interested.

We are lucky to be able to offer a 16 hour Outdoor First aid Course for another 12 club members.

This course validates all NGB Outdoor Qualifications. It will include all the latest guidelines set out by the Resuscitation Council as well as specific training for those operating in the outdoor environment and away from immediate help.

There will be classroom sessions alongside practical elements and outdoor scenarios where participants will be required to lay on the floor. Old waterproofs, plenty of warm clothes and a mat or bivi-bag will be advantageous unless you really enjoy being cold and wet.

Accidents can and do happen and it the more of us who know what to do makes this a great course to do.

The cost is £20 per person

Please contact Angie Jaleel [angiejaleel@icloud.com](mailto:angiejaleel@icloud.com) for enquiries

To secure a place on this course email Roger Brearley [rj.rosecottage@gmail.com](mailto:rj.rosecottage@gmail.com) and Send him your £20 preferably to the Club's bank account quoting reference MBK by 31st Jan 2018

All the best

Angie