

Ibex Tracks – navigating the path to walking with Ibex

	Sheep	Follower	Mentee	Early Leader	Experienced Leader
Skills progression	<p>Try not to be here too long – one or two walks to get to know us 😊. Your safety and that of the group may depend on you taking an active interest in where you are and how you got there!</p> <p>See Detail A</p>	<p>Map & Compass see C</p> <p>Grids, <input type="checkbox"/></p> <p>Scale, <input type="checkbox"/></p> <p>Symbols (basic), <input type="checkbox"/></p> <p>Orientate the map to features <input type="checkbox"/></p>	<p>Route Planning See E</p> <p>Which way to go with conditions and group skill / fitness / equipment in mind.</p>	<p>Route Planning</p> <p>Which way to go with conditions and group skill / fitness / equipment in mind. Beware of errors..</p>	<p>Route Planning</p> <p>As Early +</p> <p>Affect of more difficult conditions. <input type="checkbox"/></p> <p>Winter routes – avalanche etc. <input type="checkbox"/></p>
	<p>Equipment See B</p> <p>Essential from the start:</p> <p>Waterproof <input type="checkbox"/></p> <p>Warmth <input type="checkbox"/></p> <p>Footwear. <input type="checkbox"/></p> <p>Energy – food & water <input type="checkbox"/></p> <p>Headtorch <input type="checkbox"/></p> <p>Rucksack <input type="checkbox"/></p> <p>Map as fashion accessory? <input type="checkbox"/></p>	<p>Map & Compass see C</p> <p>As 'Follow' + <input type="checkbox"/></p> <p>More symbols, <input type="checkbox"/></p> <p>Attention to contours <input type="checkbox"/></p> <p>Norths and variations <input type="checkbox"/></p> <p>Bearings, <input type="checkbox"/></p> <p>Orientate map and compass <input type="checkbox"/></p>	<p>Map & Compass</p> <p>As 'Follow' + <input type="checkbox"/></p> <p>More symbols, <input type="checkbox"/></p> <p>Attention to contours <input type="checkbox"/></p> <p>Norths and variations <input type="checkbox"/></p> <p>Bearings, <input type="checkbox"/></p> <p>Orientate map and compass <input type="checkbox"/></p>	<p>Map & Compass</p> <p>As 'Follow' & Mentee + <input type="checkbox"/></p> <p>Transits <input type="checkbox"/></p> <p>Back bearings <input type="checkbox"/></p> <p>Position checking & recovery <input type="checkbox"/></p>	<p>Map & Compass</p> <p>As 'Follow' & Mentee & Early +</p> <p>Precision with contours. <input type="checkbox"/></p> <p>Nav in poor visibility. See Detail I <input type="checkbox"/></p> <p>Different types of maps. <input type="checkbox"/></p> <p>Technical aids. <input type="checkbox"/></p>
Terrain Experience	<p>SE Day Walks - <input type="checkbox"/></p> <p>- 10-14 miles. Civilised.</p> <p>Low hills / coastal. <input type="checkbox"/></p> <p>- relatively civilised.</p> <p>Moor walks <input type="checkbox"/></p> <p>- low/flat,/rough/remote.</p>	<p>Hazards see D</p> <p>Recognizing / assessing /avoiding</p> <p><i>PyB guidance?</i></p>	<p>Equipment</p> <p>As with Sheep <input type="checkbox"/></p> <p>+ Banana guard <input type="checkbox"/></p> <p>+ kit appropriate to more serious conditions <input type="checkbox"/></p> <p>Map & Compass used at last!! <input type="checkbox"/></p>	<p>Walking skills see F</p> <p>Time, <input type="checkbox"/></p> <p>Pace, <input type="checkbox"/></p> <p>Pacing, <input type="checkbox"/></p> <p>Coping with different terrain <input type="checkbox"/></p>	<p>Walking skills</p> <p>As Early +</p> <p>Orienteering-type skills <input type="checkbox"/></p> <p>Low grd scrambling and helping others <input type="checkbox"/></p> <p>Teaching winter tricks and tips <input type="checkbox"/></p>
	<p>SE Day Walks <input type="checkbox"/></p> <p>Low hills / coastal.. <input type="checkbox"/></p> <p>Moor walks . <input type="checkbox"/></p> <p>Mountain <input type="checkbox"/></p> <p>i.e. high/steep/remote/weather</p> <p>Winter mountain <input type="checkbox"/></p> <p>i.e. serious conditions.</p>	<p>Leadership on the walk see G</p> <p>Organising <input type="checkbox"/></p> <p>Communicating. <input type="checkbox"/></p> <p>Re-planning for changes <input type="checkbox"/></p>	<p>Equipment</p> <p>What's suitable for conditions <input type="checkbox"/></p>	<p>Leadership on the walk see G</p> <p>Organising <input type="checkbox"/></p> <p>Communicating. <input type="checkbox"/></p> <p>Re-planning for changes <input type="checkbox"/></p>	<p>Leadership on the walk</p> <p>As Early +</p> <p>Extra care in extreme conditions <input type="checkbox"/></p>
Courses	<p>Keep fit for walking distances and some slope</p>	<p>Equipment</p> <p>As with Follower +</p> <p>Able to check others are equipped for the conditions and able to use it. <input type="checkbox"/></p> <p>Group welfare kit – e.g. bothy, spares <input type="checkbox"/></p> <p>First aid kit. (plus course!) <input type="checkbox"/></p>	<p>Equipment</p> <p>As with Sheep <input type="checkbox"/></p> <p>+ Banana guard <input type="checkbox"/></p> <p>+ kit appropriate to more serious conditions <input type="checkbox"/></p> <p>Map & Compass used at last!! <input type="checkbox"/></p>	<p>Equipment</p> <p>As with Follower +</p> <p>Able to check others are equipped for the conditions and able to use it. <input type="checkbox"/></p> <p>Group welfare kit – e.g. bothy, spares <input type="checkbox"/></p> <p>First aid kit. (plus course!) <input type="checkbox"/></p>	<p>Equipment</p> <p>As with Early +</p> <p>Able to check others are equipped for more extreme conditions and teach them how to use it. <input type="checkbox"/></p>
		<p>When things go wrong see H</p> <p>Some protocols <input type="checkbox"/></p>	<p>When things go wrong see H</p> <p>Some protocols <input type="checkbox"/></p>	<p>When things go wrong</p> <p>As 'Early' +</p> <p>Rescue/ Survival techniques <input type="checkbox"/></p> <p>Decision making <input type="checkbox"/></p>	
		<p>SE Day Walks <input type="checkbox"/></p> <p>Low hills / coastal.. <input type="checkbox"/></p> <p>Moor walks. <input type="checkbox"/></p> <p>Mountain <input type="checkbox"/></p> <p>Winter mountain. <input type="checkbox"/></p>	<p>Ibex mentee scheme</p> <p>Navigation skills PyB w/ Ibex/BMC subsidy</p>	<p>SE Day Walks <input type="checkbox"/></p> <p>Low hills / coastal.. <input type="checkbox"/></p> <p>Moor walks. <input type="checkbox"/></p> <p>Mountain <input type="checkbox"/></p> <p>Winter mountain. <input type="checkbox"/></p>	<p>Mountain Leader PyB</p> <p>First Aid course</p>
		<p>SE Day Walks <input type="checkbox"/></p> <p>Low hills / coastal.. <input type="checkbox"/></p> <p>Moor walks. <input type="checkbox"/></p> <p>Mountain <input type="checkbox"/></p> <p>Winter mountain. <input type="checkbox"/></p>	<p>Advanced Mountain Leader</p> <p>Winter skills (Scotland)</p>		

Detail

What is the Ibex Track

- Ibex members can use the Outline to guide their improvement in navigation and leadership skills on the hills. It is not a formal curriculum because Ibex is a sociable walking club, not a training association. Other bodies offer the formal training, but we can borrow their systems.
- The Outline presents an idea of progression, but the order of items is not meant to be a rigid system. It's not a strict categorisation either. Some boxes can be moved around under other headings. But you can use the elements presented as check points, or to set goals.
- *We are not setting a minimum standard by any means. But we are aiming for as many Ibex folk as possible to be confident in their navigation and lead people in poor visibility in the British hills.*

Detail A: A Leader in Sheep's Clothing: Why are we encouraging members to increase their skills?

- You will be safer yourself if you have more skill on the mountain
- Getting yourself from A to B and back again safely by using those skills is very satisfying – treat yourself to a drink at the end
- Leading others from A to B and back again safely is very satisfying – they treat you to the drink.
- If a group has to split off the main Ibex group for whatever reason, we will all be happier about it if we know there are skilled navigators and walk leaders in all the walking groups as they develop during the day.
- And the more Ibex members there are that have had some of our training and got some experience in different conditions, the more likely we have all groups on the mountain covered.
- The more 'Early Leaders' with growing experience we have, the more the regular cohort of leaders can aim for something more challenging to develop their own experience.

Detail B: Equipment

Layers and spares
Nutrition
What's suitable for what type of walk – heat as well as cold.
Winter equipment – crampons, ice axe.
Bad weather packing
Prep for heat..
Wild camping kit and packing.
What is too much kit?

Detail C: Maps (OS) and Compass

Grids, and grid references.
Scale.
Symbols.
Features.
Contours.
Compass
The compass – parts.
Norths.
Bearings, headings, course.
Declination and deviation.
Orientate map
Brace Position
Attack Points
Handrails
Collecting and catching features.
Thumbing the map.
Measuring distance on map.
Pacing and timing
Taking bearing/back bearing/resections/transit lines.
Bearings from map to compass..
Drift.
Baseline
Different types of maps.
Measuring slope – degree and aspect.
Contour only practice.
Aiming off
Boxing.
Triangulation for distance.
Dead reckoning
Celestial Navigation using the sun; the moon and stars.
Radial arms
Environmental nav
Specialist equipment
Altimeter
GPS
Judging distance
Contouring
Bearings on the move: running, double, warning

Detail D: Hazards

PyB can help

Details E: Route Planning

Factors to consider – conditions of the day, conditions of the terrain, conditions of the group.
Weather forecasts.
Choosing routes.
Estimating time.
Flexibility
Care with possible errors (especially parallel errors.
Escape routes.
Route cards.
Avalanche warnings.

Detail F: Walking skills

Time,
pace,
pacing,
terrain,
conditions underfoot

Detail G: Leadership

Psychology of walk
Leading a group

Detail H: When it goes wrong

Relocations techniques.
Ibex protocols
Search techniques - wheel, spiral, line(sweep).

Detail I: Bad visibility

Shorter nav legs
Dead reckoning.
Object markers.
Leapfrogging
Boxing
Outriggers

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 -
 -
 -
 -
- Tick boxes to be applied when list is ready**

Extras

(this list to be edited – some of it is included in Ibex Tracks, like first aid. But these are things to be looked at in more detail

Practice elements from courses or experience

Learning from and sharing experiences

Coaching others

Survival

First Aid

Search & Rescue

Nutrition

Other environments
dessert, jungle, glaciers, high altitude

Orienteering

Scrambling

Climbing

Expeditions / wild camping

Fun: map making, lost drops

Different maps

River crossings

Professional courses / Official qualifications

Munro Bagging

What else...?

Let us know

Log

(could codify more for space / ease of entry)

Date, Region	Your status F = Following; M = Mentee; L= Leader; AsL =Assistant Leader; S = Solo	Number in group	Group status Experience/Ability/Fitness mix; 'togetherness'	Length & Remoteness Furthest part of walk from communication (without use of your mobile).	Route outline short description	Conditions. Take note of e.g. Temperature Wind Precipitation / Fog Underfoot	Notable events. e.g. first aid needed, wild camping, river crossings, anything else significant	Lessons Learned Tip to remember, Mistake to avoid.
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Date:	April 2016	Region:	Snowdonia	Your Status:	L	No. in Group:	14	Group Status:	Mostly experienced. One new to walking but fit. Kept together well.
Length:	16 miles	Route Outline:	Steep through woods (good path). Short but boggy crossing, ridge ascent and descent. Road back to start			Conditions:	Cool, dry day but very wet bog. Very windy on top - difficult to stay upright		
Remoteness:	3 hours from main road			Lessons Learned:	Think about earlier but shorter stop before worst of wind on top, and then another short stop after worst of the wind rather than longer lunch break because half way. Even at start keep good focus on pace / time. Spotted error because of unexpected bend in path. Even one pole for stream crossing is really useful.				
Notable Events:	David really felt the cold in the wind so used the 2 man bothy at lunch stop. Stream crossing on way back was tricky - lots of water. One nav error quickly spotted - went up first path in wood, 200m short of correct path.								
Date:		Region:		Your Status:		No. in Group:		Group Status:	
Length:		Route Outline:				Conditions:			
Remoteness:				Lessons Learned:					
Notable Events:									

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