

CNCC

Caver training workshops

A proposal of suggested training workshops, part subsidised by the CNCC. Organised and run by the “CNCC caver training team” with the aim of:

“Running affordable, accessible, quality caver training workshops covering a wide range of subjects. Run by knowledgeable experienced trainers passing on consistent and sound practices”

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CNCC Training officer*

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CNCC caver training workshops

(Titles / Descriptions)

New to caving: An introduction day

(Suitable for under 18's accompanied by a parent/ guardian)

A day specifically for anyone new to caving, who wishes to experience an underground trip and learn some basic skills. This will be a relaxed informative day with the main focus ensuring people have an enjoyable trip and are left keen to do more caving.

We will meet at a local caving club, where we will spend a couple of hours looking at some topics such as; different types of caves, access to caves, cave conservation, safety, geology, the BCA / CNCC, various equipment and clothing used.

After a bit of lunch, we will get changed (caving kit can be supplied) and then head off (transport required) to a suitable cave. Underground we will look at numerous aspects of caving; moving through various types of passages, cave formations, small climbs, cave conservation, flooding, navigation and keeping ourselves safe.

New to SRT / Skills refresher workshop

Most caves in Yorkshire have a vertical element, the most common way to access these spectacular parts is to use "SRT". This stands for Single Rope Technique, and involves using a harness with various bits of equipment to easily and efficiently descend and climb a single rope.

This one day indoor workshop will give you an introduction to the equipment, and the initial skills required to safely ascend and descend a caving rope. Further skills can be added during the day depending on the individuals desire and progression.

These workshops are run by experienced and patient trainers, each participant will be able to progress at their own pace and you will never be "holding" anyone up.

This workshop is also ideal for someone with some previous SRT knowledge who wants a skills refresher in a friendly, relaxed setting.

SRT underground: Recap, practice.

If you have some SRT experience, but are feeling a bit “rusty” and would like to have an opportunity to refresh your skills in a relaxed and encouraging environment safe in the knowledge that someone experienced is on hand to help you polish up those skills.

After a quick recap on kitting up and some basic protocols we will head to a suitable cave.

You will journey down the cave focusing on consolidating your SRT skills in their natural environment.

The aim will be for you to move independently, however someone will be on hand to keep an eye on you and offer advice and assistance if required.

SRT Improver workshop

This one day indoor workshop is aimed at cavers who have some SRT experience and want to expand their skill set.

After a quick recap on kitting up and basic manoeuvres we will start introducing more technical skills and look to become generally more efficient at SRT.

SRT rescue workshop

This one day indoor workshop is aimed at cavers who are SRT competent and want to expand their skill set and learn how to assist or rescue their fellow cavers whilst using SRT. After looking at personal SRT kits to see how they can be optimised from a rescue point of view, we will then look at various methods and techniques for various situations, ranging from assisting a tired caver up a pitch to rescuing an incapacitated caver stuck mid rope. The aim will be to equip cavers with lots of practical skills which they can hopefully adapt to any given situation.

New to SRT rigging / refresher workshop

A one day indoor workshop aimed at cavers who are SRT competent and want to learn how to rig caves for SRT. A very practical day looking at all aspects of rigging, from packing rope bags, different types of equipment used, various knots and even how to make your rigging user friendly; even for the shorter caver !

Caving Club “Meet Leaders” - Practical skills

A one day indoor workshop aimed at experienced club cavers who take novice club members caving. The aim will be to give the experienced club members some extra knowledge and skills that will help them provide a safe and enjoyable trip when taking less experienced members underground.

An underground geology tour

1 day basic First Aid for cavers

2 day First Aid course for cavers

Cave surveying

Proposed: CNCC caver training workshops (Syllabus/ content)

Title:	New to caving. An introduction day
Suitable for:	Anyone who wants an introduction to caving even if they have never been underground before. Equipment can be provided free of charge.
Format:	Morning indoors and afternoon underground
Topics:	<ul style="list-style-type: none">• What is a cave / different types• Cave access• Cave conservation• Role of BCA / regions• An insight into Surveys and rigging information• Equipment• Clothing• Flooding / safety• Caving clubs• Brief Discussion on SRT and Ladders• Moving through a cave• Geology and formations• Understanding flooding• Managing small climbs (No Pitches)• Navigation
Candidate pre requisite:	Nothing other than enthusiasm
Number of places:	10
Proposed Cost:	£20.00

Title:	New to SRT / Skills refresher workshop
Suitable for:	Anyone who wants to learn the basics of SRT or who wants to refresh their basic skills
Format:	A one day workshop, based indoors.
Topics:	<ul style="list-style-type: none"> • How to put on an SRT kit looking at common variations • Different options of kit (Types of descenders etc) • Simple Traversing • Pitch head “protocols” • Descending • Prussicing • Change overs • Down prussicking • Fall factors • Starters in: • Deviations • Rebelays
Candidate pre requisite:	BCA Member
Number of places:	6
Proposed Cost:	£20.00

Title:	SRT workshop for intermediates (Indoors)
Suitable for:	Cavers with some SRT experience who want to expand and consolidate their skills
Format:	A one day workshop, based indoors
Topics:	<ul style="list-style-type: none"> • Full refresh of current skills • Deviations • Rebelays • Knot passing • Technical aid traverses • Problem solving • Improvisation • Looking at additional kit options
Candidate pre requisite:	BCA member. Some previous SRT experience required (i.e you can safely manage yourself at a pitch head)
Number of places:	8
Proposed Cost:	£25.00

Title:	SRT rescue workshop
Suitable for:	SRT competent cavers who want to learn how to assist or rescue fellow cavers.
Format:	A one day workshop, based indoors
Topics:	<ul style="list-style-type: none"> • Kit for SRT rescues • Prevention strategies • Assisting a tired caver • Hauling • Traverse rescues • Cut and lower rescues • “Snatch” rescues
Candidate pre requisite:	BCA member. SRT competent
Number of places:	6
Proposed Cost:	£25.00

Title: New to SRT rigging / refresher workshop

Suitable for: Cavers who want to learn how to rig or refresh existing skills.

Format: A one day workshop based indoors

Topics:

- Rope packing
- Different types of rope
- Connectors
- Knot choices
- Traverses
- Y Hangs
- Rebelays
- Deviations
- Spits and hangers
- Rigger protection
- Best Practice

Candidate pre requisite: BCA member. SRT competent

Number of places: 8

Cost: £25.00

Title:	SRT underground trip to refresh and practice
Suitable for:	Cavers with some SRT experience who want to refresh and practice skills underground with a trainer on hand to help and encourage as required.
Format:	A full day underground, in a mainly vertical cave
Topics:	Refresh all SRT skills.
Candidate pre requisite:	BCA member. Some previous SRT experience required
Number of places:	6
Proposed Cost:	£20.00

Title:	Caving Club “Meet leaders” – Practical skills
Suitable for:	Experienced club members who take novice club members underground
Format:	A one day workshop, based indoors.
Topics:	<ul style="list-style-type: none"> • Planning trips; duty of care • kit choices • Rigging and using ladders with novices • Supervising SRT with novices • Rope work for protecting small “free climbs”
Candidate pre requisite:	BCA member. SRT competent, SRT rigging competent
Number of places:	8
Proposed Cost:	£15.00

Title: An underground geology tour

Suitable for: Any caver who wants to broaden their geology knowledge

Format: Morning on the surface. Afternoon underground (No pitches)

Topics: TBC

Candidate pre requisite: BCA member, Competent horizontal caver

Number of places: 8

Cost: £25.00

Title: First Aid for cavers

Suitable for: Any caver who wants to learn first aid with a focus on the cave environment

Format:

Topics:

**Candidate
pre requisite:** BCA member

**Number
of places:**

Cost:

Title: Cave surveying

Suitable for:

Format:

Topics:

**Candidate
pre requisite:** BCA member

**Number
of places:**

Cost:

CNCC caver training workshops

(Costings)

Proposed costings are set out on the following pages.

Notes:

- The CNCC caver training fund would subsidise the workshops. If the workshops were full then the required subsidy would be very small. (This minimum figure is noted) Obviously this amount would increase with less participants, however the benefit of having a fund to “underwrite” the workshops, allows them to be run with less than full numbers which means that we do not have to let people down and we can build a reputation that the workshops will run and not be cancelled at the last minute.
- Trainers would need to be “booked” in advance and venues booked and a deposit paid. In the unlikely event that no one books onto a workshop, then we would have to forfeit our deposit for the venue and I propose to pay the trainer half their fee. I would hope that this would be a very rare occurrence but it is something we need to do to get the commitment from venues and trainers.

New to caving: An introduction day

Maximum No. of participants: 10
Trainer fee: £145.00
Venue fee: £30.00
Equipment hire: £90.00
Total workshop cost: £265.00
Proposed Participant cost: £20.00
Minimum CNCC Subsidy: £65.00

New to SRT / Skills refresher workshop

Maximum No. of participants:6
Trainer fee: £145.00
Venue fee: £60.00
Equipment hire: £0.00
Total workshop cost: £205.00
Proposed Participant cost: £20.00
Minimum CNCC Subsidy: £85.00

SRT workshop for intermediates

Maximum No. of participants:8
Trainer fee: £145.00
Venue fee: £80.00
Equipment hire: £0.00
Total workshop cost: £225.00
Proposed Participant cost: £25.00
Minimum CNCC Subsidy: £25.00

SRT rescue workshop

Maximum No. of participants:6
Trainer fee: £145.00
Venue fee: £60.00
Equipment hire: £0.00
Total workshop cost: £205.00
Proposed Participant cost: £25.00
Minimum CNCC Subsidy: £55.00

New to SRT rigging / refresher workshop

Maximum No. of participants:8
Trainer fee: £145
Venue fee: £80.00
Equipment hire: £0.00
Total workshop cost: £225.00
Proposed Participant cost: £25.00
Minimum CNCC Subsidy: £25.00

SRT underground: Recap, practice.

Maximum No. of participants:6
Trainer fee: £145.00
Venue fee: £0.00
Equipment hire: £0.00
Total workshop cost: £145.00
Proposed Participant cost: £20.00
Minimum CNCC Subsidy: £25.00

Caving Club “Meet Leaders” – Practical Skills

Maximum No. of participants:8
Trainer fee: £145.00
Venue fee: £80.00
Equipment hire: £0.00
Total workshop cost: £225.00
Proposed Participant cost: £15.00
Minimum CNCC Subsidy: £105.00

An underground geology tour

Maximum No. of participants:8
Trainer fee: £145.00
Venue fee: £40.00
Equipment hire: £0.00
Total workshop cost: £185.00
Proposed Participant cost: £25.00
Minimum CNCC Subsidy: (-£15.00)

First Aid for cavers

Maximum No. of participants:
Trainer fee: £
Venue fee: £
Equipment hire: £
Total workshop cost: £
Proposed Participant cost: £
Minimum CNCC Subsidy: £

Cave surveying

Maximum No. of participants:

Trainer fee: £

Venue fee: £

Equipment hire: £

Total workshop cost: £

Proposed Participant cost: £

Minimum CNCC Subsidy: £