



Lesson Plan

Course: BCA anchor installers course	Topic: Anchor installation
Date: TBA	Time: 09:00 – 17:00
Location: TBA	No. of Students: 3
Tutors: BCA accredited anchor instructor	

Compliance: Installation Procedure, Training and Documentation Guidelines (ITPD)- British Caving Association (BCA)

Aim: To ensure that cavers have a good understanding and understand the operating principles of the document ‘Installation Procedure, Training and Documentation Guidelines’.

To ensure that cavers are trained in the correct principles and procedures to be used when installing anchors on behalf of the BCA.

Objectives: *Learners will be able to:*

- **Utilise and understand the Installation Procedure, Training and Documentation Guidelines**
- **Have a thorough knowledge of rigging techniques and single rope techniques**
- **Adopt the correct procedures**
- **Adopt and use Safe systems of work**
- **Correctly install an anchor while working from a rigged rope**

Time	Tutor Activity	Learner activity	Teaching method	Resources	Assessment
09:00 To 10:00	BCA anchor replacement scheme Recording anchor placements. Anchor documentation. Anchor placements. PPE requirements.	Observe and understand	Verbal Intro, with emphasis on recording, documentation and correct use of PPE.	IPTD, sample record sheets, sample topos.	Q and A
10:30 To 12:00	Angles of loading. Anchor position and orientation. Pitch head constraints and other hazards. Anchor configuration for pull through trips, ladder and life line techniques.	Observe and understand	Verbal and coaching	IPTD, published caving manuals etc.	Q and A

Time	Tutor Activity	Learner Activity	Teaching Method	Resources	Assessment
12:00 To 13:00	Lunch break	N/A	N/A	N/A	N/A
13:00 To 14:00	Selecting a suitable substrate for anchor installation in a safe location. Constraints imposed by substrates. Correct use of PPE. Anchor installation.	Observe, interact, and understand.	Verbal, demonstration and coaching	Drill, anchors, resin/nozzles, brushes, water, absorbent cloths. Safety glasses, latex gloves. Ropes, karabiners and safety equipment.	Practical Demo's by instructor
Time	Attendee Activity	Assessment Criteria	Teaching Method	Resources	Assessment
14:00 To 16:00	Rigging a safe route to installation site. Pre-use inspection of installed anchors. Anchor location selection and installation. Attendees to work as an anchor installation team in an exposed location using SRT techniques.	Demonstrate SRT skills and rigging techniques. Demonstrate skills acquired during previous session.	Visual observation. Safety and PPE.	Drill, anchors, resin/nozzles, brushes, water, absorbent cloths. Safety glasses, latex gloves. Ropes, karabiners and safety equipment.	Visual, Q and A's
16:00 To 16:30	De-rig training area. Clean and check all equipment for damage.	Observe, interact.	Verbal, demonstration and coaching	Wire brush, lubricant,	Q and A's
16:30 To 17:00	End of course debrief	N/A	Group discussion	Note pad and pen for comments.	N/A