

PRO-ACTIVE ADVENTURE

HEALTH AND SAFETY PROCEDURE

Activity: Caving

Minimum Instructor Competence:
Site-specific cave leader

Date Reviewed: 20/01/11
Completed by: Clive Richley
Competence: Local Cave Leader
Is the activity acceptably safe if managed as below? YES
Signature: *C. Richley*

Main Risks (numbered) People at risk: Participating staff and clients

1. Impact of objects to head/head on to objects
2. Abrasion objects
3. Twisting/impact injuries to body
4. Hypothermia, including immersion in water
5. Exhaustion
6. Entrapment
7. Falling
8. Weils disease (Leptospirosis)
9. Dislodging equipment/rock onto other cave users
10. Drowning

How to manage/control/reduce these risk safely (corresponding numbers):

All staff operate within the guidelines of the local cave leader award scheme and hold a valid first aid certificate

- 1) Use an individually fitted helmet
- 2) Use a correctly fitting fibre pile caving inner and outer suit
- 3) Use correctly fitting suitable footwear. The leader will point out areas that are slippery or have poor footing
- 4) As in 2), plus the leader will take into account prevailing weather conditions and water temperature
- 5) Trips are planned to take into account the capabilities of the participants, plus the leader will carry emergency/high energy food
- 6) Participants are not allowed to enter parts of the cave that the leader cannot enter
- 7) When operating on steep ground or pitches, the instructor will use the appropriate rope and/or safety technique
- 8) All open cuts must be covered prior to entering a cave with a history of Weils disease. Clients must be advised of the symptoms of the disease and the action which must be taken if these subsequently appear.
- 9) The leader must be aware of, and show consideration to, other cave users
- 10) Deep water is to be avoided at all costs, but in the event of extreme circumstances the participants must be able to swim confidently.

Activity Instructors must ensure that escape details and a full route plan is completed before the activity is undertaken and put in the Adventurous Activity File in the unit office

Summoning Help: A call out person is appointed before the activity takes place. This person is contacted on completion of the activity and if not contacted, will take appropriate action.

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MINIMUM EQUIPMENT TO BE CARRIED

Participants:

- 1) Individually fitted helmet, footwear plus inner and outer caving suit
- 2) Lamp belt, for level II caves a harness should be worn
- 3) Light and battery pack
- 4) Complete change of cloths on exiting
- 5) Towel
- 6) Extra socks for comfortable fit in relevant footwear
- 7) Buoyancy aid and wet-suit when required

Participants are to report all defects or damage of equipment to the activity instructor immediately

Instructor:

- 1) Company first aid kit
- 2) Bivy bag or survival shelter and heat source (candles, carbide lamp etc.)
- 3) Emergency food and hot drink when required
- 4) Map of the cave interior and entrance access/egress when required, plus compass
- 5) Rope, carabiniers and associated safety equipment suitable for the cave
- 6) Extra clothing in a dry bag for emergencies
- 7) High energy/emergency food

Note: The instructor must remove any defective equipment from service, clearly labelling the item with what is wrong and notify the stores person.