

# PRO-ACTIVE ADVENTURE

## HEALTH AND SAFETY PROCEDURE

### Activity: Mine Exploration

Minimum Instructor Competence:  
Mine Leader

Date Reviewed: 18/03/11  
Completed by:  
Competence: Mine Leader  
Is the activity acceptably safe if managed as below? YES  
Signature: .....

#### **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
11. Radon
12. Noxious Gases

#### **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 mine 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 mine 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 mine users
- 10) If entering deep water, the participants must be able to swim confidently. No trips involving prolonged swimming.
- 11) Awareness of affected mines, and close monitoring of any apparatus.
- 12) Awareness of affected mines and close monitoring of the group by leaders.

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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## ACTIVITY: Mine Exploration

### MINIMUM EQUIPMENT TO BE CARRIED

#### **Participants:**

- 1) Individually fitted helmet, footwear plus inner and outer caving suit
- 2) Lamp belt, for level II mines 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

**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 mine interior and entrance access/egress when required, plus compass
- 5) Rope, carabiniers and associated safety equipment suitable for the mine
- 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.**