



Module 1 Cave Core Skills syllabus

As copied direct from the LCMLA Handbook Edition 5 2010

PRE-TRIP CHECKS

Weather Forecast & Sources
 Water Levels and Fluctuations – recent rainfall / catchment areas
 Effects of Bad Weather – surface
 Access Procedures
 Conservation Awareness – surface
 Destination Notes
 Cave Rescue Call Out Procedure
 Guidebook / Survey Information
 Navigation – surface
 Clothing – suitability for wet / dry venues
 Helmet / Belt / Boots – suitability
 Lighting – suitability / duration / maintenance etc
 Technical Gear – suitability / limitations / maintenance of rope / krabs / sling etc

UNDERGROUND EMERGENCY

GEAR

Spare Lighting – suitability / duration
 First Aid Kit
 Emergency Food
 Survival – shelter / warmth
 Knife
 Writing Material
UNDERGROUND HAZARDS
 Pollution
 Weil's disease
 Radon Gas
 Loose / Slippery Rocks
 Holes
 Deep / Fast Water (See also 6.4 NAVIGATING DEEP WATER IN CAVES).
 Awareness of Flooding – speed of / likely effects
 Evidence of cave's reaction to Flooding
 Difficulty of Rescue
 Statistics / Common Rescue Incidents

CONSERVATION & ACCESS

Site Specific
 General
 Public Relations

CAVE ENVIRONMENT

Basic Surface Geology / Topography / Karst features
 Cave Development / Bedding & Joints / Passage Shapes
 Cave Deposits
 Temperatures / Draughts
 Flora & Fauna
 Fossils
 Formations (speleothems)

TECHNICAL SKILLS

Surface navigation in Poor Visibility / Darkness
 Underground movement skills – over a variety of passage types
 Underground navigation / Survey interpretation / Timing
 Suitable Knots
 Selection and use of suitable Belay Points (natural and artificial including bolts)
 Lifelining rope only
 Lifeline using Italian Hitch / Slings / Krabs etc.
 Assisted Handline / Hoist
 Traverse
 Improvised Harness – rope only / other
 Handlines – limitations / position of leader
 Unprotected Climbs – position of leader
 Use of Fixed Aids – chains / ladders / ropes
 Communications / Group Management
 Leadership / Judgement

ACCIDENT & EMERGENCY PROCEDURES

Incident Management
 Assessment / First Aid Treatment / Plan of Action
 Rescue Call Out
 Hypothermia – Awareness / Treatment / Action
 Light Failure
 Cancellation of Destination Note
 Overdue Problems
 Access to Dry Clothing