

ROC Caving Progression

HORIZONTAL CAVING

Probationary Horizontal Cave Leader

Prerequisites

- Participate in 2-3 caving trips with ROC
- Successfully complete the requirements of the *Horizontal Cave Leader Training Course*

Probationary Horizontal Cave Leader – Beginner level

Under the guidance of a cave leader lead on 3 or 4 trips (different caves):

- able to rig a ladder and safety and belay participants
- demonstrate the leadership, technical, risk assessment and safety skills required to be a horizontal cave leader

Please note: The Probationary Horizontal Cave Leader (PHCL) Assessment Form needs to be filled out for each trip – by both the leader and the Probationary HCL (PHCL)

Check-off procedure for Horizontal Cave Leader – Intermediate level

- Evidence of successfully leading 3 to 4 caving trips with no major concerns
- the *Probationary Horizontal Cave Leader Assessment Form* completed for each trip
- Check off process requires running and leading a caving trip- assessment by two SRT cave leaders on trip
- First aid certificate
- Being able to assist a participant who needs assistance

The PHCL needs to demonstrate:

- Sound judgement and attention to their own and others safety
- solid pre- trip planning skills, ratio of beginners and experienced cavers etc.
- able to rig a ladder and safety and belay participants
- competence in all leadership, technical, risk assessment and safety skills required to be a horizontal cave leader

ROC CAVING PROGRESSION VERTICAL CAVING

SRT - Pre-Beginner

- Has successfully completed the *SRT Beginner Training Course* or has fulfilled all the requirements of this course at ropes sessions
- has the *ROC CAVING - SRT Basic Training & Check-off* paperwork completed

SRT Beginner - Trainee - above ground

Has successfully completed the SRT Beginner Training Course and has fulfilled all the requirements of this course at ropes sessions.

Is proficient in:

- Rebelays, redirects, changeovers.
- Displays sound judgment and attention to their own and others safety
- Has a good working knowledge of knots, ropes and SRT gear
- At least 2 sessions have been recorded on the ROC Caving- SRT Basic Training & Check-off form
- Demonstrates attention to their own and others safety

SRT Beginner - Checked Off - for going underground -Beginner Level

Has been checked off for SRT in a cave.

- Able to safely progress unassisted through a beginner vertical cave.
- Is proficient in rebelays, redirects, changeovers.
- Displays sound judgement and attention to their own and others safety.
- Has a good working knowledge of knots, ropes and SRT gear.
- Is able to follow directions and work well with a group

SRT Non-Rigging – Intermediate Level

- Has SRT experience in a number of different caves that require rebelays and redirects (intermediate as well as beginner caves) and
- Demonstrates good judgement.
- Displays sound judgement and attention to their own and others safety
- Is able to follow directions and work well within a group

SRT Rigging with Supervision– Intermediate Level

Has successfully completed a cave rigging course to intermediate level and has demonstrated knowledge, skills and competency in rigging.

- Is also able to assist in training beginners in SRT with close supervision.
- Demonstrates attention to their own and others safety; sound knowledge; judgement; risk assessment knowledge and skills; and leadership skills.
- Is able to follow directions and work well within a group

SRT Leader – Advanced Level

Able to rig for SRT and teach others SRT. Can check off SRT beginners and Intermediate levels.

- Demonstrates sound knowledge, judgement, risk assessment knowledge and leadership skills
- Has advanced rigging skills
- Has rescue skills
- Has first aid certificate

Beginner SRT Training and Rope Training

SRT Leader and above can train beginners in SRT and can organise and run ropes training

To be checked off as SRT Leader –

- Demonstrate a strong competency in all areas of the ROC SRT Leader Check off list
- Is checked off by 2 SRT Leaders

SRT Instructor – Advanced Level

Able to train/check off SRT leaders and teach advanced rigging. Also incorporating all skills below this level.

Please note: to advance to the next level requires two SRT Leaders and the approval of the Caving Convenor- this applies to all levels