

ROC CAVING PROGRESSION

HORIZONTAL CAVING

Trainee Horizontal Cave Leader

Prerequisites

- Participate in a minimum of 2-3 caving trips with ROC and demonstrate sound judgment and team work skills
- Successfully complete the requirements of the *Horizontal Cave Leader Training*

Trainee 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 Trainee Horizontal Cave Leader (THCL) Assessment Form needs to be filled out for each trip – by the leader preferably with the trainee

Check-off procedure for Horizontal Cave Leader – Intermediate level

- Evidence of successfully leading 3 to 4 caving trips with no concerns
- the *Trainee 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 trained
- Being able to assist a participant who needs assistance

The THCL needs to demonstrate:

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

ROC CAVING PROGRESSION

VERTICAL CAVING

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 and able to follow directions has good team work

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 advanced and sound knowledge, judgement, risk assessment, teamwork skills.
- Has advanced leadership skills and knowledge and excellent people skills
- Has advanced rigging skills
- Has rescue skills
- Is first aid trained
- Demonstrates ethical and minimal impact caving
- Demonstrates ethical and minimal impact caving and adherence to ROC policies and procedures
- Is a Horizontal Cave leader in ROC

To be checked off as SRT Leader must demonstrate strong competency in all areas of the ROC SRT Leader Check- off form

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
- Displays sound judgement and attention to their own and others safety
- Is able to follow directions and work well within a group
- Is first aid trained

SRT Instructor – Advanced Level

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

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