

# 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

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## 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 Beginner - Checked Off - for going underground - Beginner Level**

Has been checked off for SRT in a cave- this occurs as part of the SRT beginner training if all previous steps have been successfully passed and the paperwork has been completed of each step

- 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
- 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 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 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*