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## **Introduction to Single Rope Technique (SRT) 3 days**

Single Rope Technique or SRT is the most efficient method of reaching the depths of our caves. Using a Stop it is possible to abseil into the depths of a cave and with two 'jammers' it is possible to re-ascend the ropes.

### **IS it for me?**

In order to get the most out of this course it is preferable to have some caving experience. This does not need to be of a vertical nature, but to travel underground using SRT for your first caving experience may be very intimidating.

Though all Ascent Training courses develop at the pace of the candidates due to the nature of SRT it is preferable to have a reasonable level of fitness.

### **What we cover**

We will spend the first day either at a climbing wall or purpose built SRT platform learning and developing the skills needed for going underground. On the second day we will use these skills to undertake a simple vertical cave system. Later in the day we will learn some additional skills needed for the next day. The staff to client ratio on the third day will not exceed 1:2 and we will develop upon all skills learnt and explore a more challenging vertical cave system.

As with all Ascent Training courses we will move at the pace and aims of our clients.

During the three days we aim to cover:

- Clothing and equipment requirements
- Use of cowstails
- How to abseil with a Stop
- How to ascend using SRT methods
- Passing rebelays
- Passing deviations
- Solving simple problems
- Efficient movement underground
- Looking after fellow cavers
- Simple cave navigation: use of surveys
- Weather and how this affects the cave environment
- Risk assessments underground

### **Staffing**

Paul Platt and all instructors Ascent Training employ are dedicated cavers and have a great depth of knowledge of the caves you will visit. They all hold the CIC qualification and are experienced in teaching caving at all levels from beginners to more advanced cavers, and will be keen to pass on their knowledge to you.



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### **Accommodation**

Ascent Training courses do not include accommodation but for possibilities of places to stay please follow the links on our website (contact Ascent Training before booking accommodation so we can advise you on the best location).

### **What will I need?**

The following list is a suggestion of what you should bring. All technical equipment will be supplied by Ascent Training and items marked with an \* can be hired either for free or at a small charge.

Please do not go out and buy equipment, you will be far more knowledgeable and know what you require at the end of the two days. Our links page lists a couple of recommended shops to buy from when you do decide to shop!

### **Kit List**

Fleece or trousers tracksuit	Camera (waterproof)
Thermal top	Small amount of cash
Two fleece jumpers	Lunch (Sandwiches for before and after, snacks underground)
Long thick socks	Towel
Repeat of above for second cave	Clothes for the café
Hat (all times of the year)	<b>If you have already:</b>
Gloves or mitts	Caving oversuit *
Any personal first aid/medication required	Wellington boots *
Vacuum flask	Helmet with lamp connector *
Waterproof jacket (useful on approach)	Belt *
Warm fleece (useful on approach)	Lamp and battery. *
	SRT kit *

### *Useful Reading*

- *Alpine Caving Techniques* by Marbach, Georges and Tourte, Bernard
- *The Complete Caving Manual* by Andy Sparrow