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## **SRT rigging - 2 days**

This course is designed for cavers who are proficient in SRT but would like to learn the skills needed to rig and de-rig a cave system.

### **Is it for me?**

It is essential that you can travel underground using SRT without supervision and you are proficient at passing rebelay and deviations. Though our instructors will hone any SRT skills as necessary the aim of the two days is to teach candidates the skills needed to rig and de-rig a cave.

This course follows on from the intermediate SRT course and if you feel your personal SRT skills need some attention or you would like to undertake some instruction in how to de-rig prior to learning to rig then the full four days may be appropriate.

### **What we cover**

At the beginning of day one we will ascertain each candidate's aims and objectives. From there your instructor will match the course to meet yours and other course members' aims. On the first day a specific SRT teaching venue will first be used to develop the skills for you to rig a simple vertical cave; this may be Alum Pot via the Dolly Tubs. On day two a venue appropriate to the candidate's abilities will be used for you to rig and de-rig. The aim being that at the end of the two days all skills are covered for you to rig caves in your own time.

The following is a list of things that could be covered:

- Surface skills rigging training
- rigging deviations and rebelay
- De-rigging skills
- Surface and underground navigation
- Weather and how this affects the cave environment
- Risk assessments underground
- Solving simple problems
- Pull through skills

### **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