

Hornby Laithe ~ Stainforth ~ Settle ~ North Yorkshire ~ BD24 9PB ~ 01729 824455

Dates for all these courses can be found at the end of this page. You can book and pay online. If you prefer you can email or phone us with the course you require and pay by cheque or card over the telephone. New dates will be added so watch the website for news. If you have a group of 3 or more people wishing to do any of our courses we can arrange a date specifically for you.

SRT CAVING COURSES

Advanced

This indoor techniques course will suit those who want to go beyond the basics and become more self-reliant on their own skills

ONE DAY COURSE: (instructor ratio: Maximum 1:4) **Approximately 7 hours.**

Typical Day

Meet at The Barn. Stainforth. 9.30am or by arrangement

This is a very practical day. Bring a packed lunch with you
 These courses will be run by CIC qualified cavers who are active members of the local cave rescue team and with many years experience.

All kit provided or use your own

Setting up the kit for your own personal preference to make your technique more efficient
 Pitch head approach
 Traversing ~ Deviations ~ Rigging techniques
 Self Rescue – using your normal SRT kit. ~ Hauling techniques.

Looking at hazards and awareness of the effects of the weather on caving including looking at past cave rescue incidents

If you need to borrow the Kit you need to bring two pair of long thick socks. Also any personal medication required

DATES of DAYS

	Advanced SRT for up to 4 people.	Date by arrangement	£230.00
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All prices inclusive of vat.



VAT No: 856 3133 25

Registered to provide activities under the following headings:
 Caving, Hill Walking & Mountaineering, Gorge Scrambling.
 Abseiling & Rock Climbing.
 Registration number L8365/R0337