

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 a towel and two pair of long thick socks and underwear. At certain times of the year a thermal top, hat, gloves and a scarf are also advisable.

Also any personal medication required

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

## DATES of DAYS

	Advanced SRT for up to 4 people.	Date by arrangement	£210.00
03SRTA	Advanced SRT Day	Sunday 19 <sup>th</sup> September 2010	£70.00

All prices inclusive of vat.



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