

Barrel Sykes ~ Langcliffe ~ Settle ~ North Yorkshire ~ BD24 9LP ~ 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.

INTRODUCTORY SRT COURSE: (instructor ratio: Maximum 1:4)

This indoor course is for people with little or no experience of using SRT (Single Rope Technique).

Approximately 7 hours.

Typical Day

Meet at The Barn Stainforth.

9.30am or by arrangement

All kit provided

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.

Introduction to SRT

Familiarisation with the kit

Learning Good Habits

Basic Techniques using the low and high platforms, traversing bar and rigging bar

Abseiling

Prusiking

Change Over's

Deviations

Basic rigging techniques

Traversing

DATES of DAYS

	Introductory SRT Day for up to 4 people.	Date by arrangement	£210.00
03SRT	Introductory SRT Day	Saturday 13 th February 2010	£70.00
04SRT	Introductory SRT Day	Saturday 6 th March 2010	£70.00
05SRT	Introductory SRT Day	Saturday 2 nd May 2010	£70.00

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