

## TRAINING OFFICER REPORT

Well, what can I say. Nothing gives me greater pleasure than to know that every cover in the club knows all their knots, how to rig and all the various manoeuvres involved in S.R.T.

I know this must be true because in the last year not one single person has requested anything from me (except of course Andy with his usual homosexual advances).

Well done and keep it up (as Nial once said to me as we shared a tender moment).

Therefore, finding my current position to be redundant maybe a change of tack is in order. I have noticed on a few occasions whilst underground various staks tinkling to the floor after being caught by a careless helmet or trailing boot (I include myself in causing such damage) and this got me thinking about conservation, a subjects rarely touched upon.

May I say I do not mean to obtrude but it's something well worth thinking about and so I have taken the liberty of asking the secretary to forward to all members one or two pieces of literature on the subject for your deliberation.

Anyway, that's enough of my literary but I feel I would be neglecting my duties if I didn't serve up some pointers for safe caving so I have prepared a schedule of ten do's and do not's to be perused at your leisure.

Lots of love

Janice

x

10 THINGS TO DO AND 10 THINGS TO DO NOT WHILST CAVING FROM THE TRAINING ) SAFETY OFFICER .

### DO NOT :-

- 1) CARRY FOOD UNDERGROUND AS IT WILL BECOME SQUASHED AND MESS UP YOUR NICE T.S.A. OVERSUIT
- 2) HAVE A SPARE LIGHT ON YOUR HELMET AS MARK MY WORDS YOU WILL GET STUCK IN TIGHT RIFTS
- 3) CARRY AN EXPOSURE BAG AS THIS WOULD MEAN YOU COULD NOT JUST SNUGGLE UP TO YOUR FELLOW MAN IF TRAPPED UNDERGROUND ( A GREAT LOSS! )
- 4) EAT A GOOD HEARTY BREAKFAST AS ITS GUARANTEED TO MAKE YOU FEEL SICK ONCE UNDERGROUND
- 5) CHECK YOUR EQUIPMENT AS THIS WASTES VALUABLE DRINKING TIME AFTER THE TRIP
- 6) TIE A KNOT IN THE END OF THE ROPE BECAUSE AS WE ALL KNOW ITS A PAIN UP THE ARSE CHANGING OVER MID ROPE
- 7) TELL ANYONE WHERE YOU'RE GOING AS THIS WOULD DEPRIVE THE C.R.O. OF ENDLESS HOURS OF FUN TRYING TO FIND YOUR WHEREABOUTS
- 8) COMMUNICATE AT ALL AT PITCHES AS THIS SPOILS THE FUN OF GETTING AT LEAST THREE CAVERS ON ROPE AT THE SAME TIME
- 9) TAKE ON BOARD ANY LIQUIDS WHILST UNDERGROUND AS THIS ALWAYS LEADS TO THE PROBLEM OF HAVING TO REMOVE YOUR S.R.T. KIT MIDTRIP .
- 10) CHECK DAMS AT CAVE ENTERANCES AS ITS A TOP THRILL TO BE MET BY A LARGE WALL OF WATER PART WAY DOWN

- DO :-
- 1) RIG FROM ONE HANG POINT, PREFERABLY A THIN STAL, SO AS NOT TO STRESS ALL THOSE NICE NEW P HANGERS THAT LITTER CAVES NOWADAYS
  - 2) ENSURE THAT THE ROPE CATCHES A PARTICULARLY SHARP EDGE NEAR THE PITCH HEAD, AS YOU GET THAT LOVELY SENSATION OF THE HAIRS STANDIND UP ON THE BACK OF YOUR NECK AS YOU PROUSSIR BACK UP
  - 3) HAVE A GOOD SKIN FULL OF ALE THE PREVIOUS NIGHT AS ITS PROVEN TO PREVENT THE ONSET OF HYPOTHERMIA
  - 4) GO CAVING WHEN WATER LEVELS ARE UNBELIEVABLY HIGH AS THIS ADDS THAT CERTAIN ELEMENT OF SPORT SO OFTEN MISSING ON THE MORE MUNDAIN TRIPS (IE HAMMER, MEREGILL ETC.)
  - 5) PLAY WITH THE KEYSTONE AT THE BOTTOM OF A HUGE BOULDER SLOPE OR RUCKLE AS ITS A GREAT WAY OF TESTING YOUR SPRINTING SPEED ( AND YOUR SHITTING SPEED AS WELL)
  - 6) CAVE WITH THE CRAPPIEST LIGHT YOU CAN FIND AS WHO NEEDS TO SEE ANYWAY
  - 7) USE VERY FUZZY OLD ROPES AS THIS GIVES RISE TO EASY CONTROL OF YOUR RATE OF DESCENT
  - 8) TRY AND GIVE YOUR FELLOW CAVER(S) A GOOD SOAKING BY HOLDING THEM UNDER A WATERFALL AT THE BASE OF A PITCH WHILST THEY ARE DESCENDING ( ESPECIALLY ENCOURAGED IF AT THE START OF A VERY ARDUOUS TRIP)
  - 9) TRY AND USE AS FEW BARS ON YOUR RACK AS POSSIBLE BECAUSE THE QUICKER YOU'RE DOWN A PITCH THE LESS CHANCE YOU'VE GOT OF BEING HIT BY ROCKS ( OR MAYBE EVEN A NICE GOLDEN SHOWER FROM THE BOYS ABOVE, LOVELY!)