

Introduction to Caving

Goals

Provide a safe and fun introduction to the world of caving while ensuring that all participants:

- Become familiar with all caving equipment
- Experience rappelling and rope ascension
- Learn about cave systems and how they form
- Practice safe navigation through cave systems

Sessions

The day will be broken up into several sessions:

Preview and Introduction (15 minutes)

- Learn each others names, outline day, set goals and expectations

Equipment and Safety (30 minutes)

- Become familiar with safety procedures and caving equipment

Practice Rappel and Ascension (60 minutes)

- Become competent in rappelling and ascending ropes

Rappel into Cave System (60 minutes)

- Rappel to the bottom of Anxiety State Crisis Cave utilizing rappelling techniques learned in previous session

Lunch (30-45 minutes)

- Refuel, hydrate, rest, develop relationships with other people in the course, and discuss cave features and formations

Explore the Cave (45-60 minutes)

- Headlights on, walk through cave passages to discover features and cave critters

Ascend out of Cave System (60-90 minutes)

- Ascend the same rope used for rappelling, utilizing techniques learning in the morning

Review and Conclusion (15 minutes)

- Go over the skills learned throughout the day and discuss next steps to continue progressing as a caver

