

## CAVING PARTICIPANT INFORMATION

As you can probably imagine Caves and Mines can be hostile environments, with an average temperature of 10<sup>0</sup>c all year and often wet and draughty. To protect ourselves from this and help us enjoy the experience underground each person will need to provide themselves with the following minimal personal clothing, to be worn underneath the specialist caving equipment:

- **One or two thick fleece tops**
- **Fleece trousers (synthetic track suit bottoms with thermals will suffice)**
- **Thermal undergarments**
- **Thick warm socks (If you have Neoprene wet socks please bring them)**
- **Warm hat.**

Please do not wear cotton tops or bottoms as the material stays cold and heavy when wet. Don't forget you'll also need a change of clothes and possibly a towel after the session and if you have kneepads bring these as well. **Remember dress warm.**

Watch this useful Youtube video of what to wear : <https://youtu.be/hkrSSZBTco8>

Bring a spare set of clothes for afterwards to change into.

All safety equipment required for the trip and general technical gear, such as emergency kits, safety ropes, ladders, anchors etc. is supplied.

As caving is a physically demanding activity it is advisable that everybody eat a hearty breakfast before and provide themselves with **food for the underground** trip i.e. chocolate or flapjack, and small energy drink. Sandwiches and crisps etc. do not travel well underground. You may wish to bring a hot flask and nibbles for afterwards too.

Each person will need to read and sign the “**Individual Details and Consent to Participation**” and the “**Disclosure Of Risk**” paper work before the event. Please bring with you any medication you may require.

If you have any medical condition please contact me direct to discuss its possible implications with caving. Most conditions are manageable and some are not. Please contact me to be advised.

**Although I do hold professional Liability and Indemnity Insurance, no personal insurance is provided.**

**I'm are more than happy to answer individual questions directly  
Feel free to contact me at the details given below  
Look forward to caving with you**

*Adam*

**INDIVIDUAL DETAILS AND CONSENT TO CAVING PARTICIPATION**

Name				
<b>Foot size UK</b>	<b>Height (Ft/inches)</b>	<b>Waist (Inches)</b>	<b>Chest (Inches)</b>	<b>Hips (Inches)</b>
N/A	N/A	N/A	N/A	N/A
<b>Chosen Activities</b>	<b>Dates</b>	<b>Course cost</b>	<b>Local Base</b>	<b>Other information:</b>
		N/A	N/A	
Home Address				
<b>Day time Tel:</b>			<b>Evening Tel:</b>	
<b>Mobile:</b>			<b>Email:</b>	
<b>Emergency Contact:</b>			<b>Family Doctor:</b>	
Name, address Tel:			Name, address Tel:	
<b>In the last twelve months, have you suffered any injury or illness which has required hospitalisation or which could prevent you taking part in any of the activities?</b>			<b>Do you suffer from any condition that requires medication or medical treatment? (E.g. asthma, hay fever, diabetes etc.) If yes please give details:</b>	
<p>By signing, I accept the booking conditions of Adam Evans and confirm I am over 18. I understand and accept that the risks inherent in adventure activities such as hill walking, climbing, caving, mountaineering and the like, cannot be completely eliminated, and even if reduced to a seemingly acceptable level, there will remain the chance of unpredictable occurrences resulting in injury or death. I authorise Adam Evans to deliver approved medical treatment as deemed necessary in an emergency and/or in accordance with the recommendations of a qualified medical practitioner. The British Mountaineering Council 'Participation Statement' states: <i>'The BMC recognises that climbing; hill walking and mountaineering are activities with a danger of injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement'</i></p>				
<b>Signature:</b>			<b>Date:</b>	

## Disclosure Of Risk

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Sex: \_\_\_\_\_ Home Tel. No. \_\_\_\_\_

Home Address and Postcode: \_\_\_\_\_

**Please read the following carefully and sign in the appropriate places**

Rugged underground terrain- Caves and Mines can be hazardous places. They are dark, contain loose rock, and unstable slopes made slippery by water, mud or ice. They also contain vertical drops & deep running water. Rescue from caves and mines, is notoriously difficult.

Rugged Mountain Terrain- Reaching the Cave may require walking in a rugged up land area. Hazards include steep ascents on un-even ground, bad weather and riverbeds that may be subject to flooding.

**I have read and understood the above, and I am aware of the risks in the DISCLOSURE OF RISK section.**

\_\_\_\_\_ **SIGN HERE.**

**Acknowledgement**

- 1) I am aware caving has, in addition to the usual dangers and risks inherent to mountain environments, certain additional dangers and risks to those listed above.
- 2) I acknowledge that the strenuous nature of the activities involved in caving may aggravate any medical condition I may have. And in undertaking this activity I take full responsibility for my health.
- 3) I accept all of the dangers and risks of caving and the possibility of damage and loss of my property, and of personal injury up to and including death.
- 4) I acknowledge that the enjoyment and excitement of adventure caving is derived in part from the undeveloped, wild nature of caves, and the physically demanding and possibly unstable nature of mines. The inherent risks of adventure caving contribute to such enjoyment and excitement.

**I have read and understood the above and am aware of the risks in the ACKNOWLEDGEMENT section.**

\_\_\_\_\_ **SIGN HERE.**

**Personal Indemnity**

- 6) I am over the age of 18 years, and I know that there are serious risks involved in entering caves and mines. I accept these risks.
- 7) I agree that I will fully and effectually compensate for any damage that I may cause within the Cave or Mine System I may enter or on the adjoining land.
- 8) The leader of the party, land owner, cave owner, mine owner, nor owner of mineral rites will not be under any liability whatsoever to me, my dependants, or my personal representatives for any injury (including death or the effects of radon gas), inconvenience, damage or loss that I may suffer in the visited Cave or Mine System or whilst on adjoining land how ever caused.
- 9) While I am taking part in the Cave or Mine exploration, I will obey immediately and without question any instruction I may receive from the leader of the party or accompanying designated assistant.
- 10) If instructed to leave the Cave or Mine System or adjoining land, I will leave by the route and in the manner directed.
- 11) I confirm that I am over 18 years old and have read and understood the whole document before signing it. The above terms I accept are reasonable, given the serious risks, particularly of personal injury to myself. I have voluntarily chosen to enter the Cave System or Mine system under the guidance of the instructors from **Adam Evans** and his designated assistants.

Dated this \_\_\_\_\_ (day) \_\_\_\_\_ (month) \_\_\_\_\_ (year)

Signature

Signature of Witness

Name (Block Letters)

Name of witness (Block Letters)

Address (Block Letters)

Address of witness (Block Letters)

This does not affect your statutory legal rights

**Adam Evans**

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