



## BCA Local Cave Leader Level 1 Training Course

### Overview

Dallam runs a wide range of caving provision both home and abroad to suit all interests. This British Caving Association (BCA) course is the first step on the instructional ladder. Holders of this award have been assessed as competent to lead others in a number of caves using simple ropework, if necessary. The list of caves is personal to each individual and is agreed with the assessor. The training course comprises 2½ days of practical and theoretical input which will be run as far as possible in line with Dallam's strong experiential, student centred ethos. Assessments need to be arranged directly with BCA assessors; this process will be explained during training.

### Date and Cost

Please see the website for the most up-to-date information.

### Venue

The courses are all based at Dallam Outdoors, Heversham.

### Prerequisites:

- You must have registered on the BCA's Local Cave and Mine Leader Scheme in advance of the course. You do not need to join the BCA in order to register. For a form go to the BCA website and click on the link to training.
- You must have at least 12 varied caving trips to your name and attend the course with an up to date BCA logbook, this is included in your registration.

### Facilities

We have large comfortable classrooms which can also be used for the drying of essential gear overnight. Hot drinks will be available at all times and a cooked meal is provided on the middle evening. Showers are available for your use.

### Equipment:

Whilst we anticipate that most trainees will possess much of their own kit, Dallam has excellent equipment for caving which will be available should you need it. Please also bring the following personal equipment:

- Warm clothes and waterproofs
- Wellies (we can provide these but have limited sizes available)
- Lunch, snacks and both hot and cold drinks
- Towel

"make every experience count"



Also experts in the provision of:

- BCU courses
- Cave Leader Levels 1 & 2
- REC First Aid 1, 2 & At Work



# dallam outdoors

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## Suggested Programme:

### Day 1

- 9.00am Welcome and introductions at the classroom in Heversham  
Processes of cave formation  
Relevant geology and geography
- 10.30am Pack and depart for caving trip in Yorkshire Dales  
Personal caving  
The cave environment
- 5.00pm Return to Dallam, put kit away.
- 5.45pm Evening Meal
- 7.00pm Weather  
Personal caving equipment  
Group caving equipment  
The roles and responsibilities of a cave leader

### Day 2

- 9.00am Briefing for the day  
Pack and depart for caving trip  
Scenarios and role play looking at leadership in caves.
- 3.30pm Return to Dallam  
Clean up and pack away equipment  
Debrief including personal development plans.
- 5.00pm Course closure and depart.

If you have any questions or concerns regarding these courses please feel free to contact us. Further information can be found on our website [www.dallamoutdoors.co.uk](http://www.dallamoutdoors.co.uk) and by contacting the BCA. We hope you decide to do your course with us and look forward to meeting you.

**Due to high staff/student ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled we strongly advise you to take out appropriate insurance. Dallam is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled by the centre a full refund will be given.**

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