



## ADVENTURE CAVING SAFETY RULES

Adventure caving is physically and mentally demanding, we want you to enjoy it. Part of the enjoyment is to push yourself a little. Underfoot it is uneven and slippery, you must move cautiously. You will need to negotiate very enclosed spaces. There are fixed ladders to climb up and down, along with a crawl on an exposed ledge with a drop to one side and over the bottomless pit. You will of course be clipped on. The only lights to be found in the depths of our cave are the ones on your safety helmet. You will get a bit muddy, but that is all part of the fun!

**YOU ARE ABOUT TO TAKE PART IN A HIGH RISK ACTIVITY. BY FOLLOWING THE SAFETY RULES, YOU WILL MINIMISE THIS RISK. IF YOU DO NOT FOLLOW THESE SAFETY RULES, YOU COULD HAVE A SERIOUS ACCIDENT.**

### BEFORE YOU START

- All participants must be at least 13 years old. Under 16 year olds must be accompanied by a familiar adult (Over 18 years of age) who will assume responsibility for the supervision of the child(ren). If this person is not the parent or guardian, they must have the authority of the parent or guardian to assume responsibility for, and sign the risk acknowledgement disclaimer and safety briefing for said child(ren).
- Maximum waist size 1.0m / 40". Maximum weight 130kg.
- Minimum head size 48cm/19inch Maximum head size 61cm/24inch.
- We advise all participants to hold their own personal accident cover.
- Participants must not be pregnant, have any type of heart condition or heart-related issues, have any type of spinal injury or weak spine condition or have a weak physical constitution or poor physical condition.
- Please consult your doctor regarding any medical condition before the trip, for example but not limited to, previous injuries or surgery, epilepsy, asthma, diabetes, high blood pressure, fibromyalgia, chronic fatigue syndrome and multiple sclerosis.
- Please let your instructor know of any medical conditions or special requirements you have.
- All participants must have a reasonable understanding of the English language as failure to follow instructions in the cave could have serious consequences.
- Please remove all jewellery including rings, body piercings, big belt buckles and items from your pockets.
- Tie up long hair.
- Please remove chewing gum as it is a choking hazard.
- A valuables locker will be available.
- Participants must not be under the adverse influence of drugs or alcohol.

It is at the discretion of the leader to refuse to take anyone if, in their opinion that individual is for example unruly and unwilling to take instruction or physically not suitable to complete the trip.

If a leader does not deem a customer suitable to complete the trip, as it will put themselves or the customer at risk or prejudice the safety and the enjoyment of the other participants, the customer will be offered a full refund.

### YOUR EQUIPMENT

You are advised to wear a single layer of loose fitting clothes that won't restrict your movement and that you don't mind getting a little dirty (this should wash out). You will be provided with a boiler suit, wellington boots, a helmet, a light, a belt and a carabiner along with instructions on how to use, fit and adjust all the equipment. A RockSport Instructor will check your harness and helmet, subsequently do not adjust your equipment as your personal safety could be affected.

### WHILE CAVING

- Please keep your helmet and light on at all times unless instructed otherwise.
- You must follow all instruction relating to the use of equipment and our safety procedures.
- Only follow the route outlined by your instructor. Do not venture off on your own path.
- The cave is 250,000 years old, any damage to it will be permanent. Please avoid touching the fragile formations in the cave. Damaging the formations or the rock is unacceptable. Please do not throw rocks, mud or make models out of the mud. Please take nothing but memories and leave the cave as you find it for others to enjoy for years to come.
- Swearing and abusive language will not be tolerated.
- Cameras and phones must not be taken into the cave.
- Cheddar Gorge and Caves can take no responsibility for lost or damage to any personal effects.

**PLEASE FOLLOW THE INSTRUCTIONS OF YOUR ROCKSPORT LEADER AT ALL TIMES. FAILURE TO DO SO HAS THE POTENTIAL TO PUT YOURSELF AND OTHERS AT RISK. CHEDDAR GORGE & CAVES RESERVES THE RIGHT TO REFUSE PARTICIPATION IN THIS ACTIVITY TO GROUPS OR INDIVIDUALS WHO THROUGH THEIR ACTIONS OR BEHAVIOUR PUT THEMSELVES OR OTHERS AT RISK.**