RISK ASSESSMENT WIZARD



CAVING

Safety Guide

Outdoor Activity Provider

4	24	15
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Unique Experience

Explore hidden underground worlds and stunning geological formations.

Problem Solving

Navigate complex cave systems requiring spatial awareness and planning.

Physical Fitness

Full-body workout involving climbing, crawling, and traversing.

Team Building

Develops trust, communication, and mutual support in challenging environments.

KEY HAZARDS & CONTROL MEASURES

Flooding

- ✔ Check weather forecast before entry
- ✔ Avoid flood-prone caves in wet weather
- ✔ Know cave flood history and triggers
- ✔ Identify escape routes and refuges

Rock Falls

- ✔ Helmets worn at all times
- ✔ Avoid touching or disturbing formations
- ✔ Assess stability before entering sections
- ✔ Leader knowledge of cave conditions

Getting Lost

- ✔ Experienced leader with cave knowledge
- ✔ Group stays together at all times
- ✔ Route planning and cave surveys
- ✔ Log out/in procedures with surface contact

Hypothermia

- ✔ Appropriate layered clothing
- ✔ Monitor participants for cold symptoms
- ✔ Wetsuits for wet caves
- ✔ Emergency survival bag carried

Lighting Failure

- ✔ Minimum three light sources per person
- ✔ Equipment checked before entry
- ✔ Spare batteries carried
- ✔ Group shares backup lights

Falls

- ✔ Appropriate footwear with grip
- ✔ Careful movement on wet surfaces
- ✔ Rope systems for vertical sections
- ✔ Handlines where needed

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Conditions

- [ ] Weather forecast checked
- [ ] Cave conditions assessed
- [ ] Flood risk evaluated
- [ ] Surface contact established

Equipment

- [ ] Three light sources per person
- [ ] Helmets checked
- [ ] Rope systems prepared
- [ ] First aid kit packed

Team

- [ ] Experience level assessed
- [ ] Medical conditions noted
- [ ] Safety briefing completed
- [ ] Call-out time set

RISK ASSESSMENT WIZARD

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390+

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