



CAVING

Safety Guide

Outdoor Activity Provider

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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
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Conditions

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

Equipment

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

Team

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



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