

CAMBRIAN CAVING COUNCIL *CYNGOR OGOFEYDD CYMREIG*

Affiliated to the British Caving Association

SRT Course for Cavers

When: - 1st and 2nd Nov 2008

Where:- Llangorse Multiactivity Centre, Gilfach Farm, Llangorse Brecon, Powys,
LD3 7UH

Time Start 10.00am each day

Courses on offer:

Level 1 SRT Beginners –

Basics of going up and down safely and moving across rebelay and deviations

Level 2 Improvers –

How to rig, technique hints

Level 3 Advanced –

Self Rescue and getting out of difficult situations (or, rather, how to prevent yourself getting into them).

Cost £5 /day

SRT kits will available for any cavers new to SRT who have not yet purchased kit.

If you wish to attend please e-mail Sue Mabbett
trainingofficer@cambiancavingcouncil.org.uk

Postal requests to Sue Mabbett at 2, Garth Close, Morganstown, Cardiff, CF15
8LF

Please book places by 24th Oct 2008.

SUPPORTED BY THE SPORTS COUNCIL FOR WALES