

# Adventure Caving Information and Risk Management Procedures



## **Adventure Caving**

Naracoorte Caves National Park runs an adventure caving program that is both fun and educational. We use two different novice adventure caves, Blackberry Cave and Stick-Tomato Cave. Each of these caves is of horizontal development with little climbing and no rope work involved. Both caves are dry with no running or standing water in them.

When students have completed a novice they can go on to an extended adventure cave, we use Starburst or Fox Cave for this. The objectives of the tours are to allow participants the opportunity to experience an undeveloped cave, where there is no defined path, no infrastructure, no fixed lighting and to gain an appreciation of the cave environment. Some time is spent describing the physical features of the cave, how the cave was formed and how they can be conserved. Participants are given the chance to extend themselves both physically and mentally, with all smaller tunnels and squeezes optional with no pressure to participate in these.

Adventure Caving is however a totally different experience to walking through a fully lit show cave and all care is taken to ensure that participants are aware of the environment that they are in:

- Supervision is provided by experienced staff members who are fully trained and have conducted many of these tours. Comprehensive safety information is given prior to entering and whilst in the cave. This information will explain that participants are entering a dark environment and that they will need to watch where they are placing their feet as the floors may be uneven. Cavers will be required to stay within the group and observe the safety instructions given by the guide at all times. Helmets with lights are provided but participants must ensure that they are wearing appropriate footwear; either runners, walking boots or work boots. NO skate shoes, high heels or open toed shoes. As an extra safety provision, group sizes are limited for each Adventure Caving trip and children must be eight years of age or over.
- All staff must have current first aid certificates and carry first aid kits, spare batteries and supplementary light sources.

- Extensive safety procedures are in place, such as an "exit time" procedure where a group that is overtime will trigger a series of checks, culminating in the notification of emergency personnel if proven necessary.
- The Naracoorte Caves adventure caving program is a great opportunity to gain an underground experience in a safe, challenging and educational environment.
- Adventure Caving is a fantastic "team-building" exercise and fosters the development of a positive and supportive group.

## **Novice caves**

### **Stick Tomato (Wet) Cave**

A great introduction to caving. The Cave can be accessed quite easily with minimal crawling but provides ample opportunities for cavers to try the optional tight squeezes that challenge even the most adventurous cavers.

### **Blackberry**

From the start cavers will need to be comfortable crawling through the low, dark passages of this cave. The cave has a complicated network of passages and requires cavers to crawl for much of its length, there are also one or two optional challenges that really test a person's comfort levels.

## **Advanced caves**

### **Starburst Advanced Adventure**

Squeeze and crawl through passages, then walk through massive chambers with exquisite cave decoration. This is a cave with several fossil deposits.

Allow approx 3-4 hours

### **Fox Cave Fox Cave**

Advanced adventure - is a complex cave exhibiting several stages of cave development, with large dome chambers connected by small crawl-ways and an extensive lower section of phreatic passages. There are some areas of stunning and delicate decoration, and towering cones of sand.

Allow approx 3-4 hours