

# Good Practice Notice

## General Use

- Wear a **helmet** at all time, **secure footwear** and never carry **loose items**.
- **Don't sit or stand below people** using the facility.
- Keep the **floor** and **platform free** of objects and obstructions.
- **No more than 6 people** on the ropes at any one time.
- Be aware that there may be **others around you** and take any necessary action to avoid accidents. In particular always **check below** you before abseiling.
- If you use **our ropes**, please **inspect** them **carefully** before use and **never alter them** in any way other than to tighten any maillons or knots which may have worked loose.
- **Report any defects** such as loose anchors or damaged ropes to the phone number(s) listed in the porch area. Write a note on the whiteboard and, if safe to do so, tag the start and end of the rope with a "**Danger**" tag available from the porch area.
- Only practise techniques you are **competent** in, or ensure someone who is competent is there to supervise you. If you need instruction, there are plenty of Cave Instructors who will be pleased to help.
- Only use **standard, modern techniques** and **rigging** methods.



## Ladder & Lifeline

- Electron ladders **must** be used in conjunction with a lifeline. Body belaying must not be used. Bottom anchors are available.

## Low-Level Traverse Anchors

- Those anchors marked with **warning tags** are not designed to EN12572-1:2007. Only use them **while standing on the ground**.