



**REGISTRATION FORM: Over 18s**  
**Unsupervised Single Rope Technique and Ladder & Lifeline at the YSS Hostel, Helwith Bridge**



**Participation Statement**

“The British Caving Association recognises that caving, cave diving and mine exploration are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

**Personal Details** Please complete the form in **BLOCK CAPITALS**.

First Name  Surname

Address

Date of Birth

**Conditions of Registration**

If you are under 18 years of age **DO NOT** fill in this form! You need a different one and your parent/guardian will need to complete it for you.

Once you have read the **Conditions of Use** and **Rules** on the back of this form, you must answer the following questions by writing either “**YES**” or “**NO**” in the box provided then sign the declaration at the bottom of the form. If you are able to answer YES to each one, you are allowed to use the YSS facility.

Are you over 18 years of age? .....

Have you read and understood the **Conditions of Use** and **Rules** of the SRT Facility? .....

Are you competent in the techniques you intend to practise **OR** will you always be supervised by a suitably competent person or persons? .....

Do you understand that failure to exercise due care could result in your injury or death? .....

Will you wear a helmet at all times? .....

Are you confident that your personal equipment is fit for purpose and correctly fitting? .....

Do you know how to check bolts (and, if you're using them, fixed ropes and connectors) before use **OR** will some competent be checking them on your behalf? .

Do you have the necessary experience and equipment in your group to rescue each other in a timely fashion if stranded mid-rope? .....

Will you make sure there are no more than 6 people on the ropes at any one time? .....

Do you know what to do in the event of finding a defect anywhere in the facility? .....

Do you agree to abide by the all Rules of the SRT Facility? .....

**Declaration of fitness**

**I certify that to the best of my knowledge, I do not suffer from a medical condition which might have the effect of making it more likely that I be involved in an accident which could result in injury to myself or others.**

**Declaration of fact**

**I also confirm that the above information is correct and if any information changes I will notify the YSS or stop using the facilities:**

Signature  Date

## CONDITIONS OF USE OF THE YSS SRT FACILITY, HELWITH BRIDGE

**Risks** - “The British Caving Association recognises that caving, cave diving and mine exploration are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

Although the SRT facility is an artificial environment the risks involved are **no less serious than when underground** in a cave or abandoned mine.

The soft flooring is designed to provide a more comfortable landing for users. **IT DOES NOT MAKE THE ROPEWORK ANY SAFER.** Broken and sprained limbs are common on this type of flooring and **uncontrolled falls are likely to result in injuries to yourself or others.**

Going **beyond your capabilities** above or below ground could well result in an **accident**. Any accident may result in an **injury** despite the safety systems in place to avoid it. You must make your **own assessment of the risks.**

**Our Duty of Care** - The rules of the SRT Facility set out below **are not** intended to limit your enjoyment of the facilities. They **are** part of the **duty of care** that we, the Club, owe to you, the caver, by law. As such they are **not negotiable** and if you are not prepared to abide by them, then we cannot allow you to use our facilities.

**Your Duty of Care** - You also have a **duty of care** to act responsibly towards the other users. Statements of ‘Good Practice’ are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use and how you are expected to behave towards others.

**Unsupervised SRT** - When you are underground, you and your party are self-sufficient and need to be able to deal with any situation as it arises. This is exactly the same in this facility. We, therefore, expect that you are competent in whatever techniques you are practising, or that you have in your party sufficient numbers of competent people to watch you. When registering, you are required to agree to this, to confirm that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

Anyone who has not registered is must not use this facility.

Unsupervised SRT is just that! **If you are not confident in the use of any equipment or technique then do not attempt to use it without the close supervision of someone who is competent to do so.**

**Under 18s** – All under 18s must be directly supervised by a suitably-competent adult at all times.

## RULES

### General Safety

- All users must complete a self-certifying registration form which will be kept on file by the YSS.
- You must exercise care, common sense and self preservation at all times.
- Report any problems with the wall, equipment or other users’ behaviour to the YSS immediately via the telephone numbers displayed at the facility. Label anything you consider dangerous at the same time using the labels at the facility.
- Be aware of the other people around you and how your actions will affect them.
- Do not distract people.
- Wear a helmet at all times, secure footwear and avoid carrying loose objects. Never stand directly under someone on a rope.
- Check around you generally before moving and specifically below you before beginning to, and while abseiling.

### PRE-USE CHECKS

- Ensure your own equipment is fit for purpose and fitted correctly.
- Ensure the floor areas are clear.
- Ensure that there are no loose items, either on surfaces or on you, which could fall.
- Before loading each anchor, ensure it is visually sound and the blockwork or steel surrounding it is free from obvious defects.
- If you choose to use our fixed ropes, then before loading each maillon or karabiner, ensure it is correctly positioned and done up. Also inspect the rope for any obvious damage.
- Ensure that, between you, you have the equipment and experience to rescue someone stranded mid-rope in a timely fashion from whatever situation they may find themselves.

- Ensure that people standing in the floor area are kept to a minimum. If it is necessary for other people to enter the facility (e.g. trainer) then they must wear suitable protective equipment (i.e. helmets) at all times.
- Do not exceed 6 people on the ropes at any one time.
- Ensure that any novices are closely supervised by competent people.

### ACCEPTABLE TECHNIQUES

- Only use standard, modern rigging and techniques.
- Cowstails should be used for protection at all pitch heads and during all SRT manoeuvres.
- Electron ladders are not items of PPE must only be used in conjunction with a lifeline. Traditional “body” belaying must never be used. Two bottom anchors are available and it is recommended these are used.
- The low-level traverse line anchors are designed to practise rigging and progression along pitch heads from the safety of the ground. Because of the substrate they are installed in, these anchors have not been designed to BSEN12572-1:2007 and must, therefore, not be used for anything other than ground-based practice. These anchors are clearly marked in red.