

SKILLS IN THE SPOTLIGHT

Identify one UK provider that offers supervised caving sessions

Name one well-known UK region suitable for caving

Explain how warm clothing helps prevent medical conditions during caving

Explain how appropriate footwear reduces the risk of injury during caving

Explain why group communication is important during caving

Describe one essential piece of safety equipment used in caving



Caving

SKILLS IN THE SPOTLIGHT

Outdoor adventure centres

The Yorkshire Dales

Maintains body temperature; reduces risk of hypothermia in cold cave environments

Improves grip on wet surfaces; reduces slipping; supports the ankle on uneven ground

Helps coordinate movement and prevents separation in dark, narrow areas



Helmet with a mounted headlamp

Caving