



BATS

Post Office Box 7784

Fredericksburg, VA 22404-7784

Orientation Program Outline

*The Battlefield Area Troglodyte Society (Bats) has a goal to present a safe environment for expanding knowledge and skills concerning caving and to promote cave conservation and safe caving. To further this goal members of Bats have volunteered to share some caving experience and knowledge to guests and other members through an Orientation Program. This program is not intended to be a training course, and attendees should not consider this as sufficient exposure to render them sufficiently knowledgeable, or skilled, to cave safely. A significant portion of such knowledge and skill is available in the book, *Caving Basics, A Comprehensive Guide to Beginning Cavers*. This book is available for loan by Bats. By participating in an Orientation Program, attendees warrant that they have, or will read *Caving Basics*. Each attendee shall be solely responsible for assuming the risk of injury or death by using the techniques, practices, equipment, experience or knowledge gained from participation in an Orientation Program.*

The above information has been read and explained to me, on _____, _____.
(date) (name)

A. Bats goals and expectations

1. *Policies and Waivers.
2. *Three R's: Responsibility, Reliance and Respect.
3. *Respect personal limitations.
4. *NSS explanation.
5. *Rescue requires tremendous resources.

B. Conservation

1. *Cavers Motto.
2. *You are a representative of the caving community.
3. *Maps and cave locations.
4. *Bat protection.
5. *Dump/urine and trash.
6. *Land Owner relations and etiquette. Nudity while changing clothes or voiding.

C. Clothing

1. *Soft soled, ankle supporting boots. No hard rubber boots.
2. *Helmet with strap. 4 or 6 point suspension if possible. Construction hard hat.
3. Layered clothing 54 degree temperature, 100 % relative humidity.
4. Gloves and knee pads.
5. Glasses and hair.
6. Change of clothes
7. Trash bags for transporting home.

D. Caving dangers

1. Falling or drowning.
2. *Falling objects. "Rock!" and other recognized warnings
3. Hypothermia.
4. Exhaustion.
5. Becoming lost.

E. Equipment and supplies (available at K-Mart, Walmart, Outdoor Adventures, Service Merchandise, Target. See list.)

1. **Redundancy** is the key concept.
2. Cave pack: Gas mask, canvas, easy and tight closing. Adjustable straps.
3. Food: Water, high energy food, carbohydrates, sugar, fats.
4. Toilet facilities.
5. Safety gear: Whistle, paper and pencil, band aids, knife, compass. First Aid kit in group.
6. *Lighting
 - a. Minimum 3 sources of light. 2 helmet mounted. Exit when down to 1 helmet light.
 - b. Power source to last minimum 8 hours, with 4 hours backup. Total 12 hours minimum.
 - c. Hand held light. (Minimag).

F. Caving Techniques

1. Team Movement:
 - a. *Keep track of the one behind you.
 - b. *Keep up with the team and break when the team breaks.
 - c. *Belay any team member which is uncomfortable, without question.
 - d. *Minimum of 4 cavers per team.
2. Personal Movement:
 - a. This is not a hike in the woods.
 - b. Three points of contact.
 - c. *No jumping.
 - d. Look behind to be able to return.
 - e. *Alert others to any proposed movements that feel scary, or beyond your capability.
 - f. Conserve energy.
3. Actions considered Bad Form:
 - a. *Climbing or moving beyond your capabilities.
 - b. *Horsing around.
 - c. *Moving or abusing the cave, cave formations or artifacts.
 - d. *Asking others to carry your gear.
 - e. *Relying on others equipment, except in case of emergency.
 - f. *Shining light into others eyes.
 - g. *Slowing team movement unnecessarily.

G. Maintenance

1. *Waste outside the cave.
2. Eat and drink small quantities often.
3. *If a bowel movement or urination is required, it must be done into a container and carried out. Should this ever be impossible, only void into flowing water. Voiding without a container is totally unacceptable.
4. Avoid overheating and over sweating by shedding layers.

H. Handouts

1. Caving Basics available for loan
2. NSS Guide to Responsible Caving
3. Equipment list

Items with an asterisk, are not to be skipped during orientation with an experienced caver.

6/20/2001

Boots, layers, helmet, lights Food, batteries

belay devices, safety devices, emergency kit

NSS News, Bats News, Region Record

Use of Outline:

(Notes to Presenters... not for hand out)

1. To be qualified to lead an Orientation, the lead presenter must be a member in good standing, not be a minor, follow the official BATS written Orientation Program Outline and have assisted in presenting at least two previous Orientation Sessions.
2. Orientations should include multiple presenters if at all possible. Encourage new members to participate. This allows them to participate in grotto activities, become better aquatinted with caving, understand the reasons for grotto policies and prepares them to lead future Orientations.
3. It is desirable to have sessions which contain experienced and inexperienced attendees together. This allows the more experienced to share their knowledge and experiences and avoids the “we are lecturing to you syndrome.”
4. Encourage participants to hold off purchasing equipment until after they have seen the equipment members use, and then understand the purpose of its selection.
5. The Outline should be generally followed in its entirety. The asterisked sections indicate those items which the grotto has agreed are critical and should not be left out, regardless of the experience of the attendees. If the only attendees are very experienced cavers, the un-asterisked items may be omitted, if it is clear that they clearly understand the issue. It is better to be more thorough than less.
6. The italicized paragraph at the top of the Orientation Program Outline, must be read to the attendees. It is important that they hear and agree to the concept that this is not a training session, that BATS intends not to be liable or responsible, and that participation in an Orientation does not render them capable of caving.
7. The Trip Equipment List is not a grotto list, because of concern that it would initiate grotto liability. Instead it is a sample list used by a member.
8. Have multiple copies of the Outline so that one can be signed and retained in the BATS files, and the attendees can keep a copy. Have multiple copies of the Guest and Member waivers and the BATS policies stated on their reverse side for hand out.
9. Make notes on how this procedure may be improved.

end