



thornbridge outdoors

BCA Local Cave and Mine Leader Award

Level 1 Training

2 Days
Peak District

Course Information





LCMLA Level 1 training

A two day course covering the syllabus set by the BCA. Both days of the course will involve significant periods of time underground and some theory sessions in a room at Thornbridge.

- The programme will include:
- Clothing and personal equipment
 - Weather and flooding
 - Accident procedures
 - Underground first aid and hypothermia
 - Technical skills for “non vertical” systems
 - Knowledge of underground hazards
 - Access and conservation
 - Leadership skills
 - Surface navigation

Dates:

Please see www.thornbridgeoutdoors.co.uk/courses for the latest course dates.

The course is delivered over 2 days.

Cost:

Please see www.thornbridgeoutdoors.co.uk/courses for current course costs.

A non-refundable deposit of £50 or a purchase order is required to secure a place.

All cheques / purchase orders should be made payable to Sheffield City Council

Balance payable at least 30 days before the course begins

Registration:

Ideally before attending a training course you will have registered with the BCA.

Details from: Karen Slatcher
Kirby House
Main Street
Winster
Matlock
Derbyshire
DE4 2DH

T/F: 01629 650261

E: trainadmin@british-caving.org.uk

W: www.british-caving.org.uk



If you haven't registered with the BCA prior to the course you **MUST** register within 30 days of the end of the course.

Booking:

Please send a booking form and deposit to confirm a place. Booking forms are available to download on our website.

Experience:

LCMLA training courses are for cavers who aspire to be leaders, and assume that candidates will have a basic level of competence in caving.

Potential candidates with little or no caving background are advised to gain some caving experience prior to attending a training course.

Arrival:

The course **begins** at **9.00am** on **day 1**.

Finish:

The course will **finish** at **5.00pm** on the last day.

Getting here:

Enclosed are written directions of how to get to Thornbridge.

Instruction:

All instruction will be provided by qualified and experienced Thornbridge Outdoors staff.

Accommodation:

The course is non-residential.

If you require accommodation for the course bed and DIY breakfast or camping may be available at Thornbridge (at an additional charge) – please phone to enquire. If accommodation is not available at Thornbridge we will give you details of alternatives available in the area.

Meals:

Participants need to bring their own packed lunch and snacks for each day of the course.



Equipment:

Please bring your personal caving equipment with you (helmet, lighting, warm clothing, wellies and oversuit).

Caving helmets with mounted lights, belts, wellies and oversuits can be hired from Thornbridge Outdoors if necessary. Please download, complete and send the Equipment Request Form to Thornbridge 30 days prior to the course to arrange this.

Personal first aid kit:

Course participants should have a small personal first aid kit. Additional first aid equipment will be provided by Thornbridge.

Specialist equipment:

All other specialist equipment will be provided.

Health and medical:

Please contact Thornbridge and/or inform your course director if any medical issues arise before the course which may prohibit you from taking part fully, or may jeopardise yourself or others.



Check list

When booking:

- Please return the booking/personal details form
- Pay deposit / full amount / purchase order request to secure your place
- Ensure you have adequate insurance

30 Days before the course begins:

- Pay final balance
- Return equipment request form

In order to attend a LCMLA level 1 training course, you must:

- Have underground experience.
- Be prepared to, or be, registered with the BCA on the LCMLA scheme



Directions to Thornbridge Outdoors

Locate us on <http://maps.google.co.uk> - just type in the postcode DE45 1NY

If approaching from **Matlock or Buxton** on the A6:

Turn off the A6 one mile west of Bakewell onto the A6020 signposted Ashford in the Water and turn immediately left into Ashford. Take the second right signposted Monsal Head on the B6465 and after approx ½ a mile turn right up Longstone Lane. Thornbridge Outdoors is a further ½ mile on the left.

If approaching from **Sheffield**:

Take the A625 to Calver and proceed towards Bakewell on the B6001. At the junction with the A6020 exit right on the roundabout and take the next right to Great Longstone. In Great Longstone turn left after the school onto Station Road – Thornbridge Outdoors is ½ mile on the right.

If approaching from **Chesterfield**:

Take the A619 towards Bakewell. In Baslow take the first exit at the roundabout and turn right after 500m, still on the A619 towards Bakewell. At the top of the hill turn right on the A6020 towards Ashford in the Water – cross directly over the roundabout and take the next right to Great Longstone. In Great Longstone turn left after the school onto Station Road – Thornbridge Outdoors is ½ mile on the right.

If approaching from **Manchester**:

On the A623 and turn right through Wardlow towards Monsal Head on the B6465. At Monsal Head take the left turn to Great Longstone. In Great Longstone turn right after the Crispin Inn onto Station Road – Thornbridge Outdoors is ½ mile on the right.

Thornbridge Outdoors
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