

To all Cub Leaders CUB CAVING 2011

We will be running caving sessions for small groups of 6 Cubs starting 9.30 Saturday 16th July and at 10.00, 12.00 12.30 14.30 15.00 On Sunday 17th we will start at 10.00 10.30 12.30 13.00 We appreciate it may not be possible for Leaders to accompany their Cubs to different caving sessions. Therefore, we will provide enough trained Leaders and Helpers both Male and Female, so that Parents or Helpers, who do not wish to cave, may be used for transport. **Those who do wish to cave however will be more than welcome.** Please book along with your Cubs so we can provide the necessary safety equipment (this will not reduce the number of cubs caving).

Caving is great fun but it is very dark so we provide each person with a light. It is cool underground and a bit wet, so we provide over suits cave temperature varies little, it remains constantly cool, water in the caves used is rarely above knee deep. Some people may think they are claustrophobic, we find you only think you are, once you are inside with all your friends most are too interested and excited to be frightened. No one will be forced to go where they are frightened, there are alternative routes or we will turn round and go back.

You will need to bring with you.

- 1 Packed lunch and hot drink (**you will be hungry**)
- 2 A complete change of clothes including underclothes (you **will get wet**) no jeans underground
- 3 **Towel**
- 4 Wellington boots are best or stout boots **no trainers** (also change of footwear)
- 5 £10.00 to cover costs + transport costs (see your Cub Leader) £5.00 per Adult
- 6 The other part of this letter signed by your parent **NO FORM NO CAVING!**
- 7 A bin liner to put your dirty gear in

We will provide all caver's with a caving oversuit, lights, belts & helmets we have suits from junior small to adult XXL

How to get there:

Follow the A650/A65 to the signpost to Settle follow through the town centre look for signpost to right to Horton in Ribblesdale still on the B6479. Go through Horton in Ribblesdale past the railway station and follow the road on to a village called Selside, carry on this road to a T junction. Turn left and immediately right on a loose stone track, if you past the Station Inn you have gone too far, look for a black Century Homes/ Hard York Quarry van and a Europe Plant Services van. If you arrive ½ hour earlier than your allotted time there will be Natural England on site holding talks about caving, flora and fauna the first groups in the morning arrive on time and have your talk after caving

Contact Jeff Keeton ADC Activities

0113 2553904 0781 356 2449 jeffrey.keeton@ntlworld.com

To Book this activity we will require payment by cheque (made out to CYSC) places will be strictly limited

Post to J. Keeton 7 Springbank Close Farsley LS28 5TP