



# Caving

learnlink™

## About the activity

Caving is available only at our Ardèche centre, Domaine de Segries, and is a complete contrast to many of the other activities your pupils will be experiencing during their stay in the area. Your pupils will have the chance to discover the wonder of the underground world, explore wide caverns, narrow passageways and discover a completely new environment. Caving is a magical experience not to be missed!

## Activity aims

### The aim of this activity is to:

- Introduce the concept of exploration, overcoming fears underground and the use of necessary equipment.
- Allow each participant to experience caving.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Improve the quality and consistency of their caving technique.
- Take the initiative in evaluating their performance and that of the group.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated the caving techniques required to explore underground, through larger and narrow areas, safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- An understanding of associated hazards and be able to assess risks and understand how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

|                                       |  |
|---------------------------------------|--|
| <b>Words relevant to safety</b>       | e.g. hazard, personal protective equipment, risk assessment.   |
| <b>Words relevant to equipment</b>    | e.g. helmet, head light, safety rope.  |
| <b>Words relevant to the activity</b> | e.g. underground, explore, challenging, discovery, caving.   |
| <b>Words relevant to teamwork</b>     | e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust. |