

TECHNIQUES, TRAINING & GEAR REVIEWS.

Chris Curtis. SSS Training Officer (training@sss.org.au).

A B C's of SRT.

This is probably the single most important piece of training everyone should have when it comes to SRT. It is the basic checklist one must do before transferring your weight from ground to rope.

A quick check can make the difference between life and death.

Whether you are a beginner or experienced caver, nothing should be overlooked.

Most rope work incidents occur because of human error, not device failure.

Anyone in a professional group, whether it be Scat, Police, Cave Rescue, Scouts, etc., have a similar system for checking their setup, but they all check the same things.

Also get someone to check your personal setup.

If you are unsure of anything, get someone else to check it for you.

A = Anchors

Check all anchors for stability whether it is a tree, a bolt or a rock.

Anchors must be strong enough to take all the weight required for safe use.

B = Belts & Buckles

Check all belts and buckles on your harness.

This includes fitment as per the manufacturer's instructions.

Check there is no damage to straps/belts. If unsure, replace!

C = Carabiners & Knots

Check all carabiners are free of damage, locked (a quick squeeze test) and are orientated correctly.

The locks must be screwed down. "Screw down so you don't screw up".

Check all knots are tied correctly with adequate tails.

D = Devices

Check your descender or ascenders are attached to your harness correctly, that the rope is installed correctly and that the device works as per the manufactures specifications.

Make sure you have any devices you may need to change from ascend to descend or descend to ascend while on rope. They should be on your harness ready to use and not in your pack or with someone else.

E = Helmets & Everything else

Check your helmet is fitted correctly with the chin strap snug, but not tight.

Check everything else! This means checking lights, long hair is tied back, loose clothing should be removed or tightened so as to eliminate the chance of them getting caught in a device.

Haul packs must be adequately tied to your harness or correctly fitted on your back.

JSSS

2014 SSS TRAINING DAYS AND SSS BARBEQUES.

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The dates for the SSS Training Days and SSS Barbeques have been confirmed and these will work well, as per 2013. I am happy to run the training days on the same days as Tom's BBQ's. A map showing the new location is printed below, so that people will know how to get there. I will have coloured tape marking the way as well, with SSS written on it. I am trialing this new location, as I want to mix things up a bit. This new spot works well, as it's closer to Tom's place, has great views, and if needed, people can catch a train.

So the new details for the two training days for 2014 will be:

TRAINING DAY

Date: 31 May

Time: From 9am to 5pm.

Location: Lapstone (see map).

TRAINING DAY

Date: 6 December

Time: From 9am to 5pm.

Location: Lapstone (see map).

Map: Location map of new venue for SSS Training Days in 2014, showing how to get there.

Map: Chris Curtis.

