



Hampshire Scout Caving Club



Spring 2012 Newsletter



The Cupcake in Cupcake Entrance, Leck Fell. By David Chadwick.

In this newsletter:

**First Aid in Caves:
Resuscitation**

Cave Surveying

**April to November 2012
Programme**

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Online Source of Information

HSCC website: hsc.randomstuff.org.uk

UK Caving Forum: ukcaving.com/board/index.php

Caving UK (in association with Descent magazine):

www.caving.uk.com/Resources/Pages/frame.html

CSCC website: csc.org.uk/wiki/doku.php

Mendip Cave Map: www.ukcaves.co.uk/map-mendip

Al Warild's caving book: cavediggers.com/vertical

Caving Shops

Cave Climb – Cheddar – www.caveclimb.com

Hitch n Hike – Bamford - www.hitchnhike.co.uk

Caving Supplies – Buxton - www.caving-supplies.co.uk

Inglesport – Ingleton - www.inglesport.co.uk

Bernies – Ingleton - www.berniescafe.co.uk

Starless River – mobile - www.starlessriver.com

Excellent Stuff – www.excellentstuff.co.uk

JumpSuits www.jumpsuits.randomstuff.org.uk

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HSCC & CAVING NEWS

Ryan, Bryn & Jacob completed the LCMLA 1 training at the end of February.

Amy is off on her travels (with Scott).

Sue Chase's chickens have started laying eggs.

Rhino Rift in Mendip is still unstable.

HSCC Programme 2012

See hsccl.randomstuff.org.uk for up to date programme details.

Date	Time	Activity	Venue	Contact
4 th Apr	19-30	Treasure Hunt	Hockley Viaduct	Sue C.
2 nd May	19-30	Cycle	New Forest	Dave/Ros
5 th – 7 th May		Caving Weekend	Ystradgynlais, South Wales	
26 th -27 th May		Scout Caving Days	MNRS/Mendip	Andy
13 th June		BBQ		Andy
4 th July		Caving Evening	Mendip	
11 th – 12 th Aug +		Caving	Yorkshire	
5 th Sept		Treasure Hunt		
29 th – 30 th Sept		Hidden Earth		
3 rd Oct		First Aid Revision Evening		
20 th – 21 st Oct		Scout Caving Days	MNRS/Mendip	Andy
7 th Nov		HSCC AGM		

Cave Surveying

By Sally White

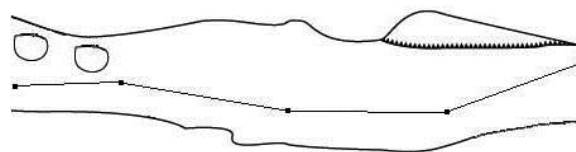
Cave surveying is an important skill for anyone going on expeditions abroad or involved in digging in the UK. The traditional form of surveying involves 3 instruments, a waterproof notebook, pencil and a great deal of patience.

The overall idea is to draw an accurate line through the cave passage and then add the details such as passage walls and features as you go along. The line is created by measuring the distance, compass bearing and steepness between the two chosen points (1 and 2) along the cave passage. To extend the line, another point (3) is chosen further down the passage and the measurements between this point and the previous point (2) are taken. This continues to create a line throughout the cave.

As this line is measured, another person is recording onto the notepad these measurements and an estimate of how far the cave passage walls are from each point on the line. They are then able to sketch the line and add in the cave

passage walls and any features in the cave, such as stalactites, slopes, sumps and streamway.

It sounds relatively simple in theory but in a cave it becomes a lot more awkward, so most people have a go above ground before they attempt it in a cave. Nevertheless, it still takes a long time even if you have had a lot of practice. The speed and the accuracy of this manual method are the reasons why some people have switched to a more modern method of surveying. This too is not without its drawbacks and will be covered in another article.



Survey of cave passage with line measured in the cave superimposed on top. By Sally White

Answers to Summer 2011 Foreign Caves quiz

1. Doolin River Cave, County Clare
2. Kilcorney Cave, County Clare
3. Neuf Gorges, Ardeche
4. Doolin River Cave, County Clare
5. Lesine Du Champ Guillobot, Doubs
6. Poulmagollum/Poulelva, County Clare
7. Gouffre des Griffes, Doubs
8. Gouffre du Gros Gadeau, Doubs

HSCC Birthday and Training Weekend: Part 1

By Andy Watson

With 18 of us at MNRC for the training weekend in Mendip on the 21st and 22nd January 2012, there were a lot of potential trips on. During our usual game of 'Whatabout?', somebody mentioned Axbridge Ochre Mine. Ralph picked up on this and suggested that we went.

So on the Saturday morning, Ralph, Graham, Anne and Ray and my wife Sue, set off down through Cheddar Gorge to Cheddar and left off to Axbridge and on to the bypass, turning right up a very narrow road that hangs left up the hill and turns into a track. I had to phone the farm to get permission and then we drove up the rough track. I have to say Ray's car coped very well, albeit it became rather dirty and muddy for which I was blamed for the rest of the weekend.

Once changed we set off up the hill to see if I could remember where to find the large mined rift entrance of the Axbridge Ochre Mine. We found it very quickly and then had to consider the awkward traverse for the first brave member of the party before we could attach a ladder to the high level hanging rope for the others. With some huffing and puffing and scary high-level acrobatics I managed to hook myself onto the rather rough looking rope. This is subsequently attached much higher up to a very heavy chain which was used by the miners many years ago. When you get onto the shelf you can attach an electron ladder (a flexible metal caving ladder) and set up a lifeline system for the others to climb up safely. It is not very easy as a ladder sways around a lot and it's got a rather awkward ladder 'get off' point on to a short ledge some 6 metres up from the rift floor.

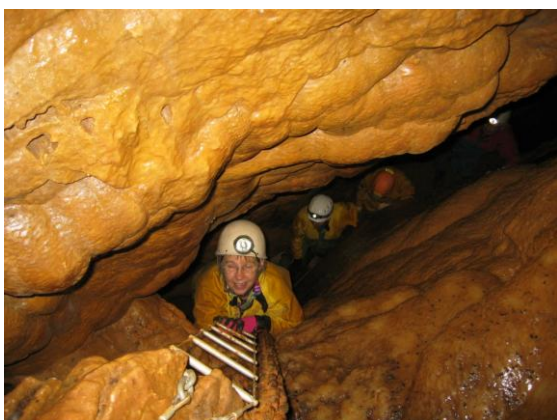


Photo of Axbridge Ochre Mine by Andy Watson

Once we are all queued up on the narrow ledge there is a further climb of some 5 metres. It can be done as a free climb, but it is rather slippery and we decided that we would put a ladder on this as well. I started to climb and promptly forgot the rope and had to hang on to the thick chain, sort of

in mid air, with one foot on a rather slippery foothold until the rope was passed up, looped and hooked onto my other foot. I then climbed up the chain further to another calcited rock shelf and pulled up the ladder and tied this on to the top of the chain for the others to ascend.

Once you're at the top, you are a natural cave passage rather than a mined rift and there are a number of a lovely flowstone formations. We came across one tagged Greater Horseshoe bat sleeping peacefully (a protected species under the Countryside and Wildlife Act). There is a loop round traverse that can be climbed around over the ponding water and if you slip you end up in the water which is about 1 metre deep. Once we had all looked at the pretties and explored everything we descended the wire ladder back to the shelf, queued up and then abseiled down the first pitch. Doubled up for the last person (Ralph), the rope was too short, so we lengthened it slightly with a spare sling to allow him to easily reach the floor of the rift 'as last man down'.



Photos of Axbridge Ochre Mine by Andy Watson

With that adventure over and with our feet safely back on firm ground in the sunshine, we decided that we would like to go and see if we could find the Lost Cave of Axbridge which was discovered and re-opened late in 2011 and was mentioned in a Descent magazine article.

Earlier, I had asked Dave King at MNRC for the rough location and he told me to continue up the track above where we had parked the cars and keep going upwards. So we ended up near the top the hill without finding it and then doubled back on ourselves and found a slightly lower track on the hill. Sure enough we found a number of the old ochre pits, which were called 'paint pots' in the old days. I knew that the excavation had needed a large JCB digger to see if they could find this cave from an old description from a very old Axbridge resident. When they found it they had put a gate on it and fitted a Council of Southern Caving Clubs padlock. Once you've found the fenced

depression, it is easy to spot the entrance, which we duly opened.



Photo of Lost Cave of Axbridge entrance by Andy Watson

hole that had some large bones in it, which we left in place. Then we walked, tired but happy, back down the hill to the cars after having an interesting day.



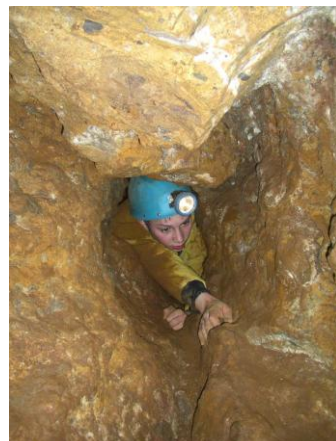
Photo of Lost Cave of Axbridge by Andy Watson

We proceeded in rather gingerly onto a loose mud and rock slope down to the floor of quite a large chamber and there were a number of small passages off it, as can be seen in the pictures. We explored each part of the Main Chamber and then proceeded out. We also found one other ochre pit

Mini Mendip Quiz

By Ros White

Which Mendip caves are these photos taken in? Answers to appear in the next issue.



HSCC Birthday and Training Weekend: Part 2

By Andy Watson

A training session in Goatchurch Cavern in the Mendips on Sunday, 22 January 2012. With lots of trips on this weekend, Sue wanted to practice rigging rope on the Coal Chute climb and Anne wanted to look at the letterbox type squeeze between Water Chamber and Boulder Chamber and I suggested it would be good to show them some parts of the Goatchurch system that they had not seen including, the bit behind 'bloody tight', the high level chamber off above the Main Chamber, the chamber at the end of the Maze and Anne suggested looking at Orange Peel passage and Sue also rigged a hand line on the famous Coffin Lid. Mean while Philip and Sue gave Ryan and Dan a good training session around the same cave including climbing back up the rift, just to keep it sporting you understand! Sue, Ray, Anne and I slid down the Tradesman's Entrance on a set up hand line and then Sue set up the rope as an assisted hand line on the Coal Chute and secondly with an Italian hitch backup and I played falling off as an adult Scout Leader and was lowered back to the bottom of the climb and firm ground. I then sent Anne and Ray to see the flow stone formation behind the 'bloody tight', which I suspect they will never visit again. Later, we progressed down into Boulder Chamber to have a look at both of the 'squeezes' down to Water Chamber and then proceeded to Water Chamber via Sue's now roped Coffin Lid to look at these squeezes from below and Anne thinks if the upper one is cleared out of rocks to a reasonable depth, she might still be able to still get through it (she did many years ago), another weekend perhaps? On our way back up through the cave we popped into Orange Peel passage which is at

the bottom the Giant's staircase and to our surprise it had been cleared of boulders and there was even a taped pretty bit at the far end and clearly somebody has been 'maintaining' the cave here. After wriggling out, we went up Giant's staircase and finally Sue and Anne and myself climbed up to the small triangular chamber above the main entrance passage which has a rather awkward exposed climb up and then a very tight squeeze into it, not a place to take Scouts.



Photo by Andy Watson

Notts 2: Daylight Aven Exploration

By Andy Chapman

Sally, myself, Dave Ramsey and Ruth McDonald met Richard Bendall up on Leck Fell on Sunday 23rd October. After spending half an hour chatting to various cavers attending a radio location trip down Boxhead Pot, we started to get ready. Richard, realising he had forgot his helmet, had to drive to Ingleton to hire a new one, whilst we headed off underground.

The objective of our trip was to check out Dave and Richard's new lead at the top of Daylight Aven in Notts 2. With the various phrases 'guaranteed new passage' and 'wide open passage', we climbed down Committee Pot and rushed upstream to the up ropes leading to the aven.

The team (minus Richard) climbed to the top and took a little time to enlarge the squeeze giving access to the new extensions, with a lump hammer. We then traversed round the top of the pitch head into the new passage. The new passage consisted of an enlargement of the top of a rift, so we wriggled our way down the rift on our backsides, trying desperately not to drop the bags down the rift as it would be a nightmare to retrieve them (hence the passage name, 'the Bagtrap'). After this, we stepped around a long straw, which didn't look like it would survive too many trips and into a small chamber.

Once Richard had caught up, we assigned the

tasks. Dave and Ruth would explore the ongoing passage, which was wide and open, but heading upwards and requiring bolting. Sally, Richard and myself would survey the passage. Climbing up and down the rift onto large boulders wedged in the tight rift did not make surveying enjoyable. Eventually, we arrived back at the pitch after surveying approximately 100 metres of passage. Dave was still drilling on the pitch (we could tell as we could hear occasional moans about how tight and awkward the climb was). We decided to

connect the survey back to the start of Daylight Aven and head out.

Back on the surface, Dave reported that he had reached the top of the climb and could see a way on so five happy (but muddy) cavers left the fell.

Postscript. Dave and Richard continued exploration the following week and after bolting a traverse along the rift, found the way on choked up with little prospect of getting through.

First Aid Training: Resuscitation

By Stephen White, St John Ambulance

Below is a summary of the resuscitation protocol changes, as discussed at the yearly First Aid update and revision session. The next newsletter will contain a refresher on spinal injuries.

The resuscitation council normally update their guidelines every 5 years; the last update took place at the end of 2010. For many people October's meeting was their first training since this time, so we briefly looked at the changes that had been introduced. I'm pleased to be able to say that the changes are minimal, they can basically be summarized as "CPR should be done a bit harder and faster". The rate of chest compressions has been increased, you should aim for a rate of 120 compressions a minute (2 per second), and the depth you're aiming for is now 5 to 6cm.

The basic sequence is still remembered using the mnemonic: DRSABC.

Danger - Check for danger before approaching. Make sure that the victim, bystanders and you are all safe. We don't want to increase the number of casualties!

Response - Ask a question, such as "Are you alright?" loudly and purposefully. If you don't get a response try tapping the patient on the shoulders and giving them a command, for example "Open your eyes". If the patient responds then try and find out what is wrong with them and treat as appropriate. If they do not respond then they are unconscious and we continue the sequence.

Shout for help

Airway - Open the airway using a head tilt and chin lift.

Breathing - Keeping the airway open, listen for normal breathing for 10 seconds. If the patient is breathing normally they should be put into the

recovery position. If the patient is not breathing normally (they may make infrequent, noisy "agonal" gasps, this is not counted as breathing normally) then send for an ambulance or appropriate rescue organisation and continue with the final element of the sequence.

CPR - If the patient is not breathing normally then CPR should be given. CPR should commence with 30 chest compressions, then give 2 rescue breaths, then return to give a further 30 compressions. Keep giving CPR using this 30:2 ratio uninterrupted for as long as possible or until help arrives. If you're unable or unwilling to give the rescue breaths then you should give the chest compressions only, continuously.

Those of you with a long memory may remember C being used for "Circulation". It was found that attempts to check for a pulse in an unconscious casualty were unreliable and time-consuming. In 2000 the pulse check was replaced with a check for "signs of life" and explicit checking of the circulation removed completely in the 2005 changes. It is deemed faster and less error prone to rely on the breathing check to determine the course of treatment.

Opening the airway may be difficult if the patient is lying on their back and has a caving helmet on, especially if it has a battery pack on the rear. This may make it necessary to remove the helmet, which is something we practised on the evening. With one person holding the head as another undoes the helmet and removes it, while rocking it slightly backwards and forwards to slide the back out from under the patient's head. Remember that a helmet that has taken a hit shouldn't be used again, so don't worry if you need to cut the chin strap or similar.

References and further information online:
<http://www.resus.org.uk/pages/bls.pdf>