

Spelunking/Caving: Safety Activity Checkpoint

HIGH-ADVENTURE ACTIVITY: [Trip or High-Adventure Approval Form Required](#)

Council Approval: Required

Activity Permitted For: J C S A

Not Allowed For: Daisies and Brownies



About Spelunking

Spelunking, or caving, is an exciting, hands-on way to learn about speleology, the study of caves, as well as paleontology, which is the study of life from past geologic periods by examining plant and animal fossils. As a sport, caving is similar to rock climbing and often involves using ropes to crawl and climb through cavern nooks and crannies. These checkpoints do not apply to groups

taking trips to tourist or commercial caves, which often include safety features such as paths, electric lights, and stairways. ***Caving is not permitted for Daisies and Brownies.***

Never go into a cave alone. Never go caving with fewer than four people in your group. Appoint a reliable, experienced caver as the “trail guide” or “sweeper” whose job it is to keep the group together. When climbing in a cave, always use three points of contact: hands, feet, knees, and, possibly, the seat of your pants (the cave scoot).

Learn More:

- U.S. caving clubs: [National Speleological Society](#)
- White-nose syndrome in bat populations: [White Nose Syndrome](#)
- [National Caves Association](#)

Include Girls with Disabilities

Communicate with girls of all abilities and/or their caregivers to assess any needs and accommodations. Check with public, governmental, and tourist caves about their accessibility provisions. Learn about the resources and information that [Disabled Sports USA](#) provides people with disabilities.

Safety Activity Checkpoints

Verify instructor knowledge and experience. A guide with documented experience in cave exploration should accompany the group into the cave. A guide can also help decide which caves are suitable. An adult with documented experience should give pre-trip instructions according to your GSNorCal’s guidelines.

Select a safe site. Obtain guidance from a local chapter of the National Speleological Society to select a cave to explore. Never explore a cave without a guide and without written permission from the site owner/operator. Check [GSNorCal's Approved Vendor List](#).

Compile key contacts. See [Introduction to Safety Activity Checkpoints 2018-2019](#) for information.

Educate in advance. Girls should learn about basic caving guidelines before planning a caving trip and they must understand safety procedures and know how to handle equipment. Caves are fragile and sensitive environments, and they need to recognize and use resistant surfaces for travel. If no latrine is available, pack out all human waste, solids, and fluids. The smallest food crumbs can affect cave environments, so choose less crumbly foods such as nuts and chewy energy bars.

Dress appropriately for the activity. Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment.

Prepare for emergencies. Ensure the presence of a waterproof first-aid kit and a first-aider with a current certificate in first aid, including adult and child CPR or CPR/AED, who is prepared to handle cases of soft tissue and bone injury and hypothermia. If any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with wilderness first aid. See [Volunteer Essentials](#) for information about first-aid standards and training.

Get a weather report. See [Introduction to Safety Activity Checkpoints 2018-2019](#). Also, in wet weather, avoid caves with stream passages, as some caves can flood.

Safety Gear

- Properly fitting safety helmet with a strong chin strap. For horizontal caves, bump helmets may be used; for vertical caves, use safety helmets carrying the Union of International Alpine Association (UIAA) seal, which is located on the inside of the helmet. It is recommended that a disposable liner, such as a shower cap or surgical cap, be worn underneath the helmet to protect against the spread of head lice.
- Sturdy boots with ankle protection (hiking boots for dry areas; rubber boots or wellies for wet caves)
- Warm, rubber gloves (to keep hands warm and protect against cuts and abrasions)
- Long pants and shirt with long sleeves
- Extra set of clothes
- Non-perishable, high-energy foods, such as fruits and nuts
- Water
- Knee and elbow pads
- Water-resistant “wet socks” (for wet caves)
- Belt and harness
- Compass
- Three sources of light: the main light should be electric and mounted on the safety helmet, while the other two light sources may be flashlights
- Spare bulbs and batteries
- A trash bag (use as a poncho or for covering dirty equipment after the caving activity; cavers keep an empty trash bag in their safety helmets)