

# Cave Instructor Certificate



Supporting document for the CIC Scheme

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# Cave Instructor Certificate: Improvised SRT rescues

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# Cave Instructor Certificate: Improvised SRT rescues

## Introduction

### Improvised SRT Rescues

This resource aims to clarify the appropriate scenarios for each SRT rescue outlined in the CIC scheme. It is intended to supplement training by experienced and competent trainers. All SRT rescues are serious and require above ground practice regularly. They should only be attempted underground for real as a last resort and even then, it may not be appropriate to undertake a solo rescue. If in doubt, call cave rescue. For guidance on SRT rescue training protocols see QMCs "Considerations for Coaching SRT" document and for details of sample techniques for each rescue, the videos available on the BCA website in the CIC resources section

### Acknowledgements

Adapted from Phil Baker's CIC training course resources with design assistance from Gethin Thomas 2026. Published May 2026

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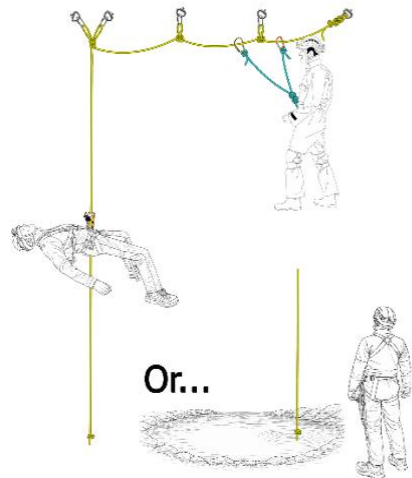
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## Spare Rope Rescues - Scenarios

All assume instructor/rescuer is at pitch head with unconscious casualty and spare rope length of drop to pitch base from Y hang plus a few metres

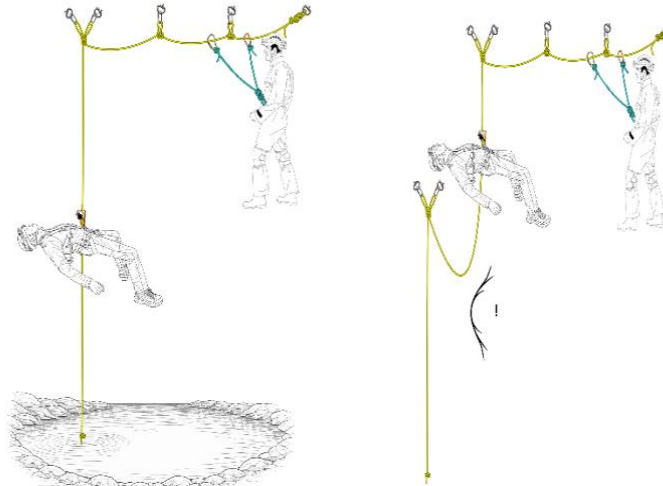
### 1. Cut and Lower

- Simple pitch with no hazards at base (or cover/s available to move casualty away from hazard)



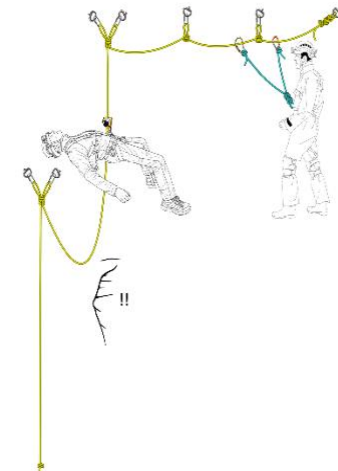
### 2. Snatch Rescue

- Simple pitch with hazard/s at base and no cover/s available to move casualty away from hazard/s **or**
- Rebelay (or deviation/free rope at base) below casualty which avoids relatively benign hazard (eg: rounded rub) which will accept two-person load on static rope (or the rescue rope can be deviated at the rebelay once casualty on rescuer)



### 3. Mid Rope Lower

- Rebelay (or deviation/rope tied off at base) below casualty which avoids more significant hazard (eg: sharp rub) which will only accept single person load on moving rescue rope



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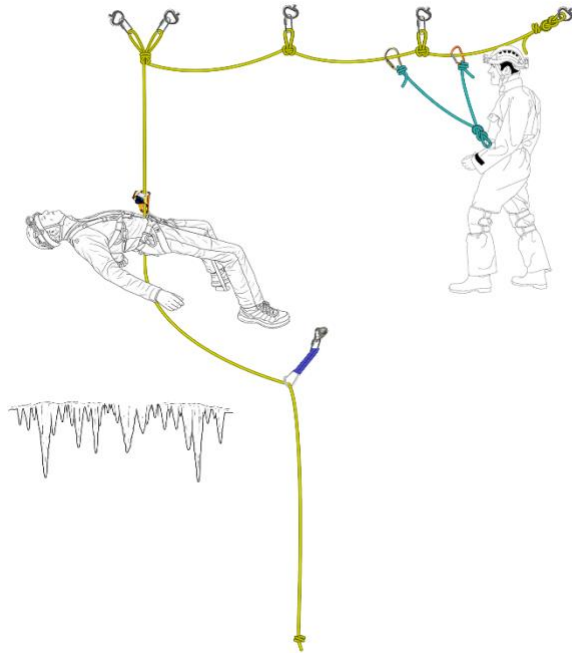
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## No Spare Rope Rescues- Scenarios

All assume instructor/rescuer is at pitch head with unconscious casualty

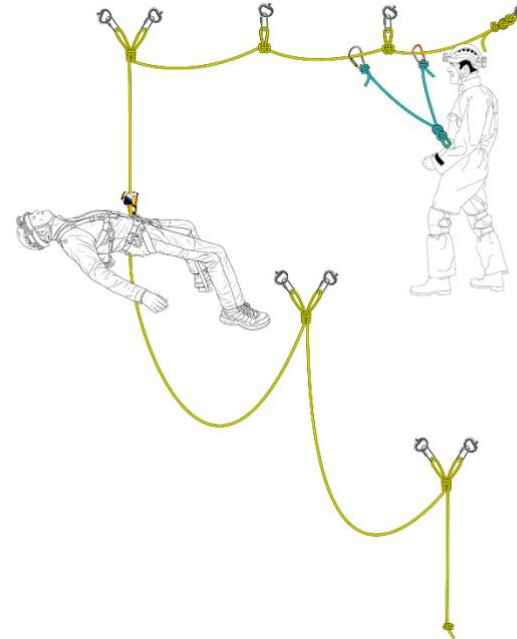
### 4. Pitch Head Hoist

- Simple pitch with rope free to base (or can be freed)



### 5. MAO lift (or alternative) of casualty and conversion to descent

- Reelay/s below casualty



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The following pages take the illustrations above formatted in portrait as teaching resources.

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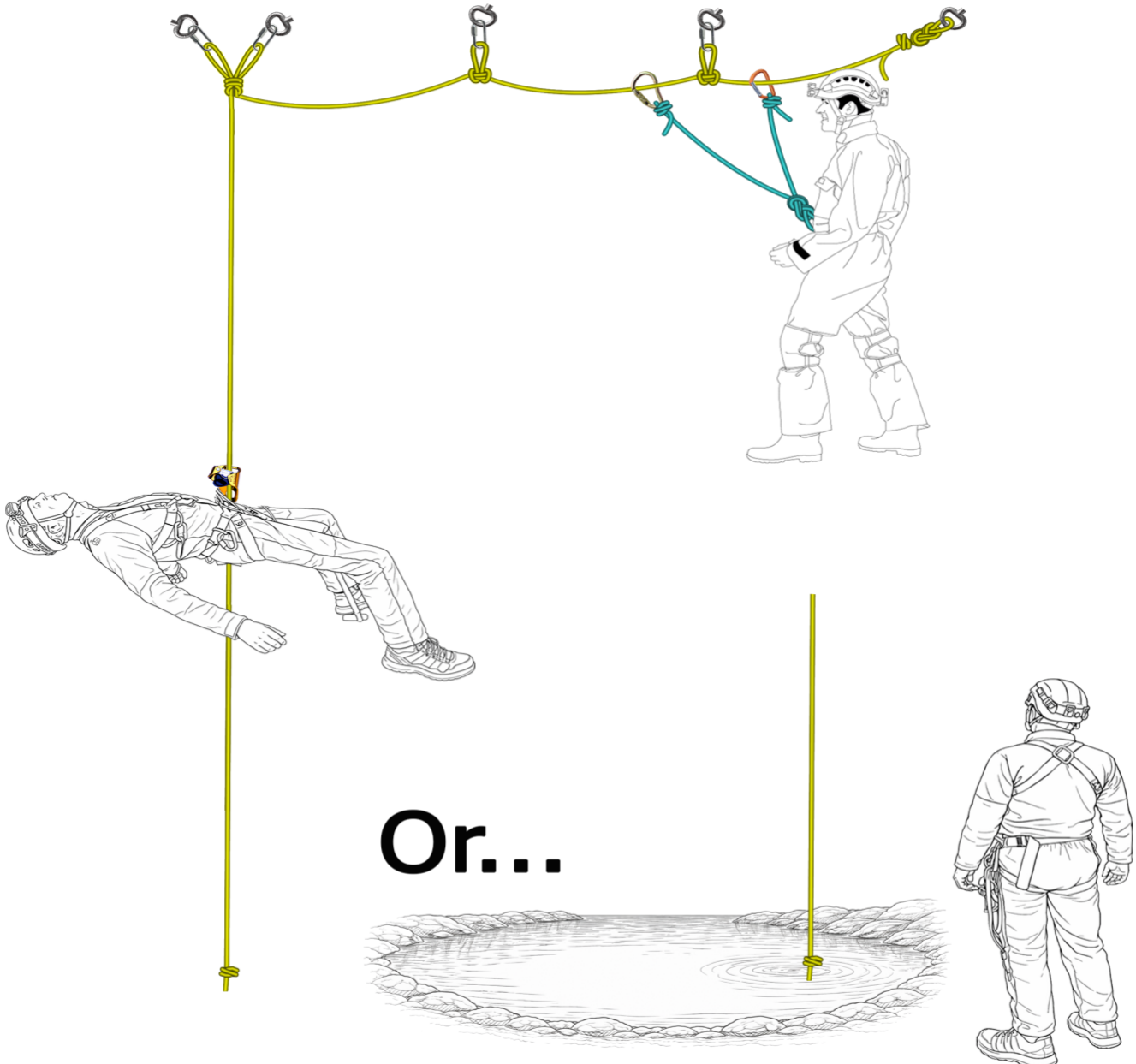
## Spare Rope Rescues

(all assume instructor/rescuer is at pitch head)

### 1. Cut and Lower

#### Scenario:

- Simple pitch with no hazards at base (or caver/s available to move casualty away from hazard)
- Spare rope length of drop to pitch base from Y hang plus a few metres



Or...

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## 2. Snatch Rescue

### Scenario:

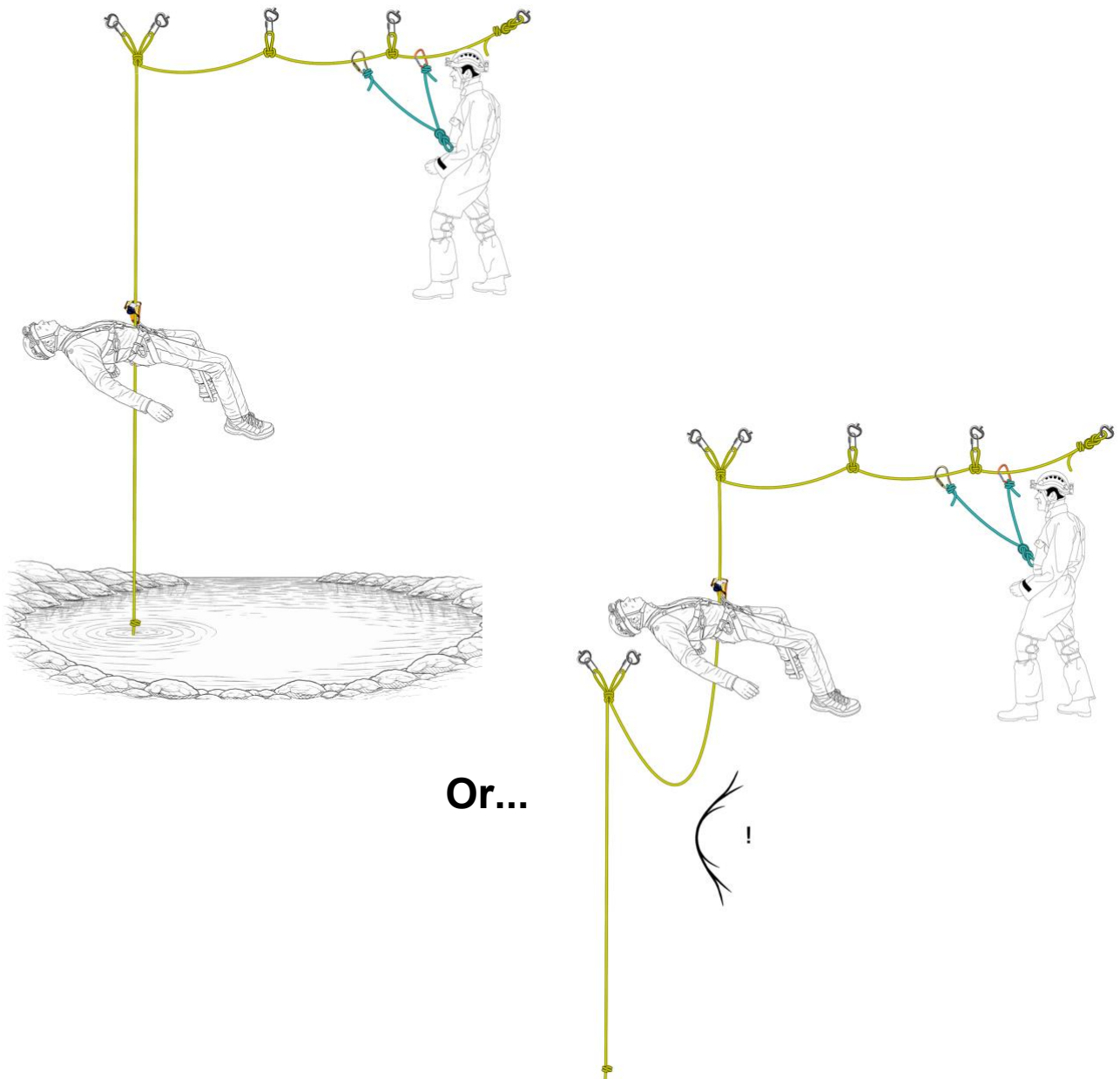
- Simple pitch with hazard/s at base and no caver/s available to move casualty away from hazard/s

or

- Rebelay (or deviation/ free rope at base) below casualty which avoids relatively benign hazard (e.g. rounded rub) which will accept two-person load on static rope (or the rescue rope can be deviated at the rebelay once casualty on rescuer)

and

- Spare rope length of drop to pitch base from Y hang plus a few metres



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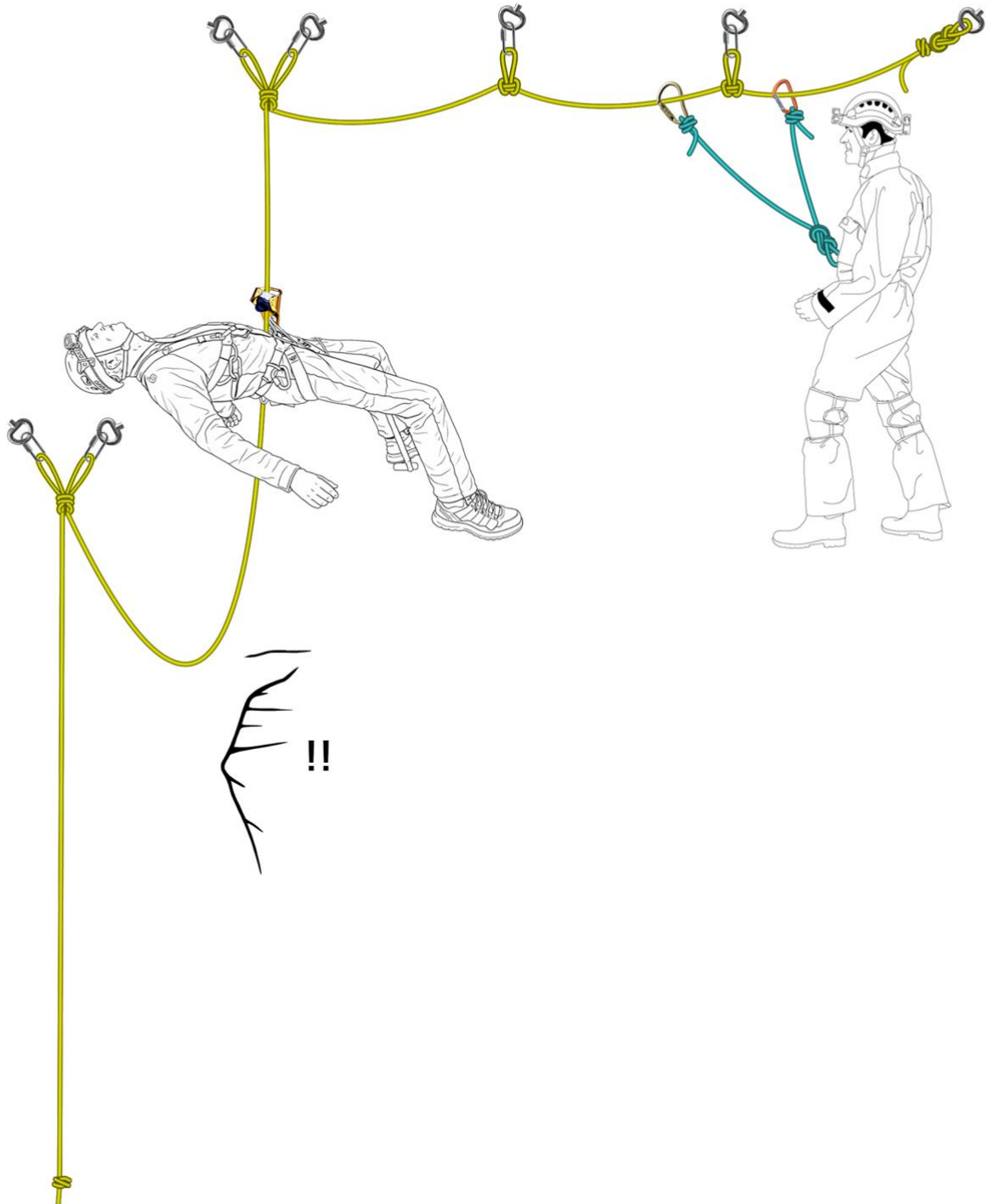
## 3. Mid Rope Lower

### Scenario:

- Reelay (or deviation/rope tied off at base) below casualty which avoids more significant hazard (e.g.: sharp rub) which will only accept single person load on moving rescue rope

and

- Spare rope length of drop to pitch base from Y hang plus a few metres



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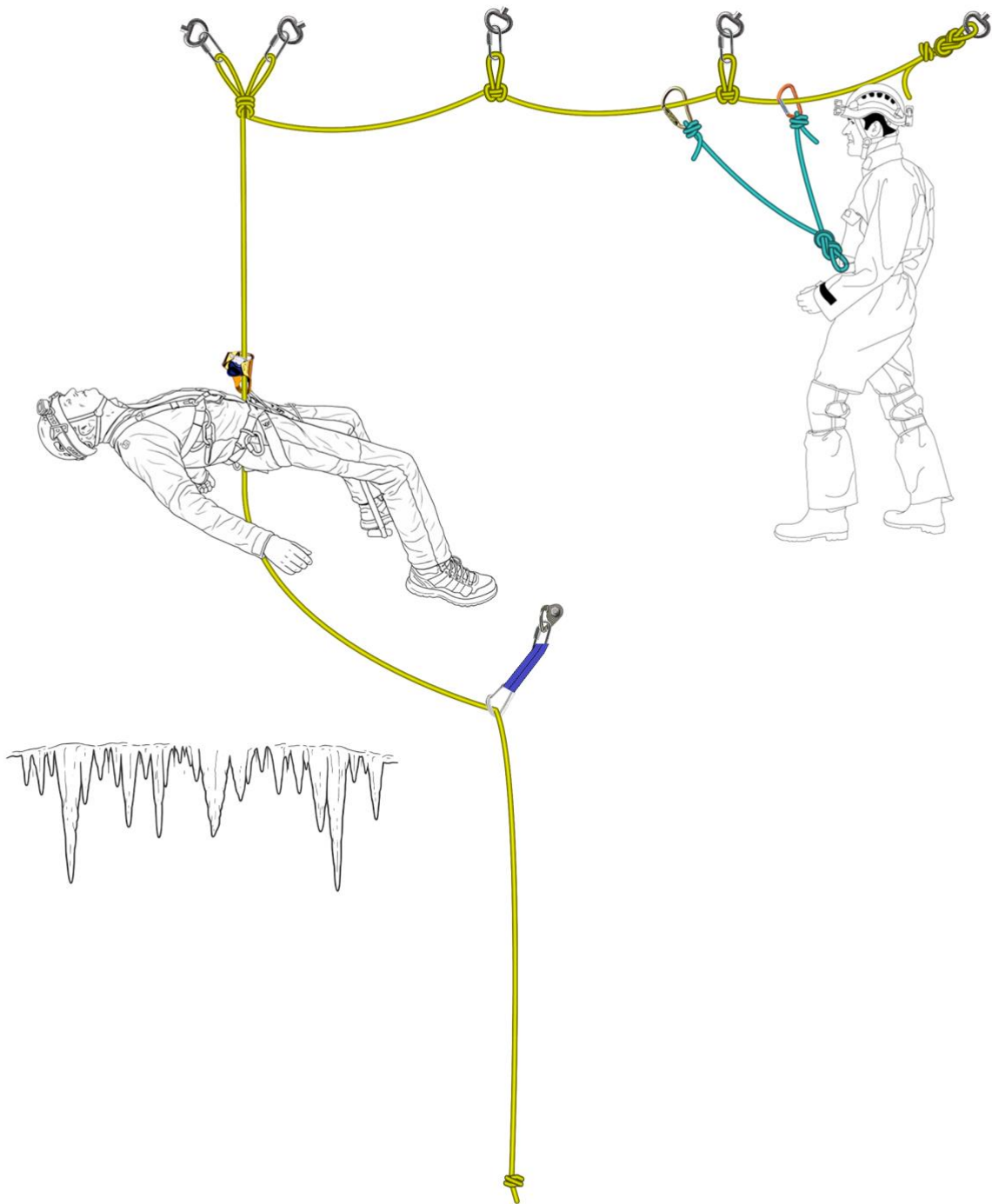
## No Spare Rope Rescues

(all assume instructor/rescuer is at pitch head/ unconscious casualty)

### 4. Pitch Head Hoist

#### Scenario:

- Simple pitch with rope free to base (or can be freed)



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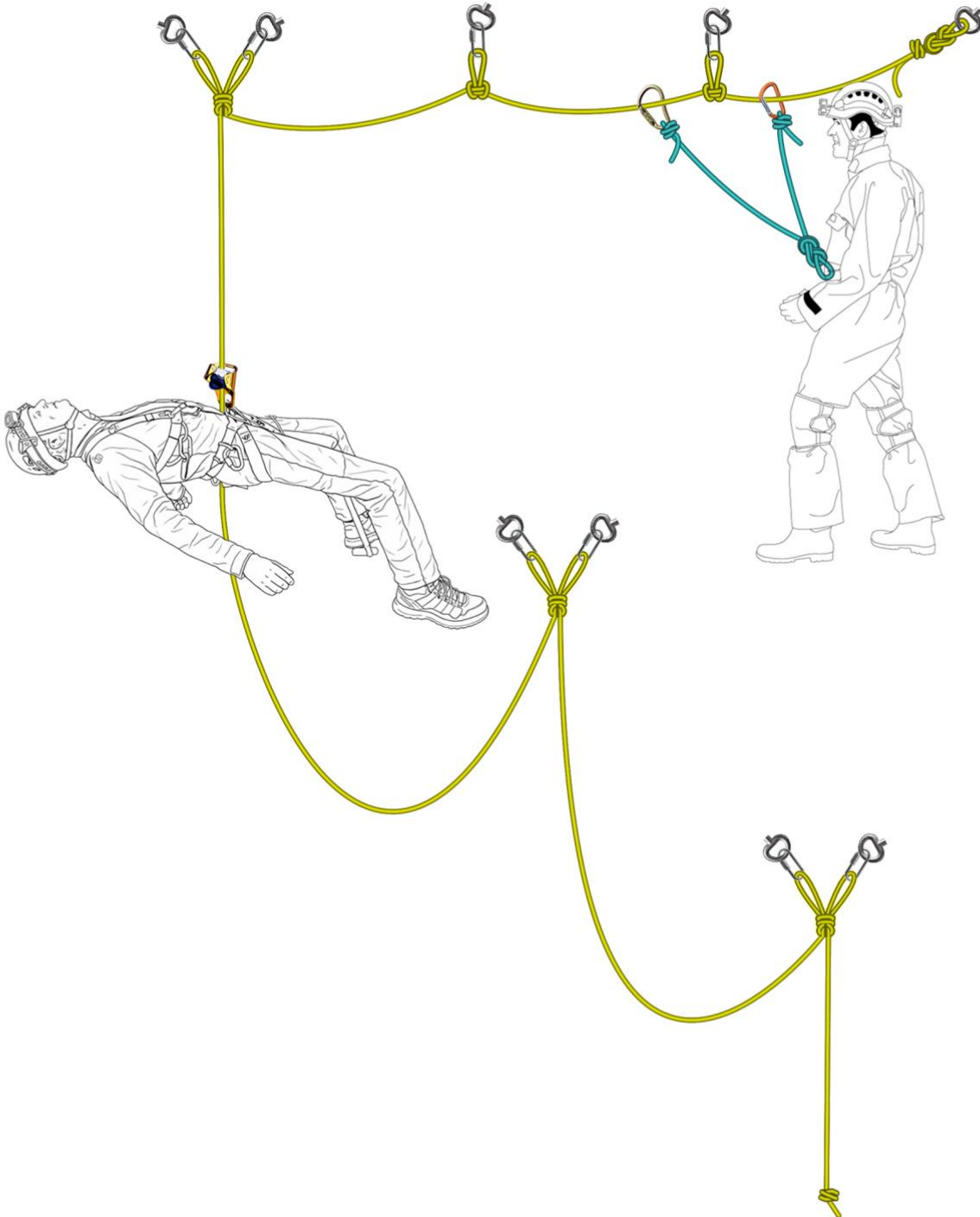
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## 5. MAO lift (or alternative) of casualty and conversion to descent

### Scenario:

- Reelay/s below casualty



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