

# British Caving Association

## LCMLA Update Workshop Experience Summary

This form must be completed and forwarded to the Trainer/Assessor delivering your update workshop **at least 2 weeks prior to the course**. Please include a recent download of your qualification certificate(s). **Don't forget to take your logbook to your workshop**

**Name:**

**ME Number:**

**Qualification to update\*:**

\* Candidates should note the qualification they wish to update here, candidates may choose to downgrade their qualification if they feel their experience isn't sufficient.

### Experience resumé over last 5 years

**Personal cave/mine days total:**

**Number of different cave/mine regions visited:**

#### Personal Exploration Summary:

### Leadership Experience Summary

Venues Used	Number of Trips	Group Type (e.g. adult/school group)	Type of trip (e.g. vertical/advanced)

#### Quality Trips

Please use the table above (page 2) to define 5 trips within the last 5 years that qualify as a quality trip

No	Venue	Criteria No.	Criteria No.	Criteria No.	Criteria No.
1					
2					
3					
4					
5					

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**Any other supporting evidence (e.g. involvement in Cave Rescue, Cave Research)**

**Please describe any aspirations you have within the scheme (e.g. moving on to Vertical Leader)**

**Please describe any special topics that you wish to be included in the workshop to update/ extend your skills or knowledge:**

**Please give details of any relevant disabilities or medical conditions:**

**Any other information you feel appropriate to pass onto your Trainer/Assessor:**

A Word version is available to download from the BCA website by [clicking here](#)