

British Caving Association

How to book onto a course

Register for a course

Update Workshops must be booked directly through the Qualification Management System.

Book onto a course through the Qualification Management System

- Log onto the QMS: <https://britishcaving.justgo.com/>
- Find a course
 - Click on Events & Courses
 - Click on "LCMLA Update Workshops"
 - Select a Region or Online
 - Select a course and click "Add to cart"
 - **Follow the payment method**

Experience Summary

Having booked onto a course forward a summary of your logbook experience to the lead Trainer/Assessor together with any medical or other considerations. A summary form is provided at the end of this document. A Word version is available to download from the BCA website by [clicking here](#)

Online LCMLA Update Workshop

Update workshops ensure that award holders remain active and current both as leaders and as explorers, and to encourage progress within the scheme. It is also possible to add sites by attending an update workshop.

Given the COVID-19 pandemic many update workshops will be delivered on-line. The pre-requisite experience has been reduced reflecting the limitation set on cave and mine explorers during the pandemic, however there is still the expectation that candidates have satisfactory recent experience of the venues on their site list.

Pre-requisites

Workshops are aimed at current award holders. Attendance is required every 5 years for an award to stay valid. Candidates can book onto a course up to a year in advance of their award expiring but the valid until date will be 5 years from the date of the update workshop.

Candidates are expected to evidence their continued cave/mine exploration experience with the following minimum level of experience to maintain their award, these requirements have been reduced in light of COVID-19 restrictions:

- 24 trips leading groups in caves/mines reflecting a cross section of the difficulty of the caves/mines on the candidate's list
- 8 different personal exploration trips, of which 4 must be quality days. These may be repeats of trips done in the previous 5 year period. Some of the personal trips may be above the candidate's level of qualification.

Award holders may present for an update workshop with less than the suggested experience however, should be prepared to have sites which they've little, or no logged experience of using over the last 5 years removed from their list. Vertical Cave/Mine leaders may have their qualification downgraded to Cave/Mine leader or have complex vertical sites (or pitches) removed from their qualification.

A **quality trip** should satisfy at least 4 of the following criteria

1. Exploration of a new route or cave/mine (new to the candidate that is),
2. Incorporates at least 4 to 5 hours of underground exploration.
3. An experience that develops an individual's cave/mine exploration knowledge, skills and awareness.
4. Incorporates cave/mine exploration skills above the level of the remit of the award.
5. Of the candidates own making i.e. the candidate is to lead the trip, or it is one done with peers and not led by an external source.
6. Involves the application of vertical skills, digging or exploration.
7. Exploration of cave/mine systems with a streamway that responds to rainfall.

Candidates should summarise their experience on the attached form and provide it to the workshop provider, together with a copy of their logbook, and most current certificate prior to attending the workshop.

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Out of area sites & Additional sites

If a candidate wishes to add or update caves/mines from an area other than that in which the Trainer/Assessor delivering the workshop is a panel member, they must contact a Trainer/Assessor from their area to agree that sites may be included on the new certificate. The workshop provider will ask to see evidence that this has been done.

Course Overview

- 7hrs of course content delivered on-line
- This course may be delivered over one day, through pre-prepared online sessions, or a combination of both
- Candidates will need a reliable internet connection and computer or tablet to participate in these courses (phones are not ideal)
- Places are limited to 7 candidates per Trainer/Assessor
- Candidates are expected to take a full and active part in the day and may be required to prepare a short presentation to share, on the day.

Syllabus

Update workshops are 'bespoke' and the programme will include both candidate requests as well as topics which reflect:

- Developments of the award scheme
- Technical update
- Incident review
- Local issues

Your next steps

Award holders should continue to log both personal and group experience. Trainer/Assessors can advise on the route to further BCA awards.

Alternative ways to update/reset the clock

For Cave/Mine Leaders:

- Attendance on a Vertical Cave/Mine Leader Training Course NB If a candidate wishes to add more sites at this stage they should notify the Trainer/Assessor before confirming the course place
- Complete a Vertical Cave/Mine Group Day Assessment
- Complete a Cave to Mine/Mine to Cave Transfer Assessment

For Vertical Cave/Mine Leaders:

- Attendance on a CIC Training Course
- Complete CIC modules 1 and 2 Assessments
- Complete a Cave to Mine/Mine to Cave Transfer Assessment

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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).

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 4 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					

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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:

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