

# British Caving Association

## LCMLA Update Via Vertical Leader Training

### Experience Summary

Cave and/or Mine Leaders may update their current qualifications if attending a Vertical Leader Training course provided the appropriate pre-requisites are met and evidenced prior to the course.

#### Pre-requisites

Candidates are expected to evidence their continued cave/mine exploration experience with the following minimum level of experience to maintain their award:

- 30 trips leading groups in caves/mines reflecting a cross section of the difficulty of the caves/mines on the candidate's list
- 10 different personal exploration trips, of which 5 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.

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 candidate's 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.

**Out of area sites:** If a candidate wishes to add or update caves/mines from an area other than that in which they are attending the training course, they must contact a Trainer/Assessor from that area to agree that those sites may be included on the new certificate. The Trainer/Assessor delivering the Vertical Leader training will require evidence that this has been done.

Candidates should forward the following information to the Trainer/Assessor delivering the Vertical Leader Training at least **2 weeks prior** to the course taking place.

- Experience summary sheet (below)
- Copies of current valid award certificates
- Support from regional Trainer/Assessor for out of region sites (if applicable)

Candidates must bring their logbooks to their training course so Trainer/Assessors can confirm all pre-requisites can be checked. On completion of the training course candidates must manually add the **LCMLA Update Via Vertical Leader** credential to their profile to update their qualification with a copy of this form as evidence. This will be cross checked by the BCAs training administrator before authorising.

# British Caving Association

## LCMLA Update Via Vertical Leader Training Experience Summary

This form must be completed and forwarded to the Trainer/Assessor delivering your update course **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 course.**

**Name:**

**ME Number:**

**Qualification to update:**

## 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					

Upload a copy of this form to support the **LCMLA Update Via Vertical Leader** credential following your course.

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