



IMPORTANT CHANGES TO THE CIC HANDBOOK



4/6/20 CIC Module Checklists

CIC module 1 – Extended Caving Day

Date:

Name:

Assessor:

1. Fail: A poor performance
2. Defer: Unsatisfactory – below required level but should be able to remedy
3. Developing: At the standard in most elements but areas can improve
4. Good: Mature client centred approach
5. Excellent: Exceptional performance – aspirational

Skill/technique	Score	Comments
Written paper		
Pre-trip checks and knowledge Weather and flood risk Access Conservation issues Surface navigation Destination notes/Call out procedure Personal/Group equipment Emergency equipment		
Risk Assessment and underground hazards Loose, slippery rocks Holes Boulder chokes/ Unstable areas Water – Moving water, deep water, flooding, ducks and sumps Pollution/Weil's disease/ Radon Fixed aids/Digs/Shoring		
Underground Navigation Guide book and survey interpretation Route finding		

<p>Speleogenesis and Cave environment Limestone development – bedding, joints, etc. Passage development - phreatic, vadose, breakdown Cave deposits and sediments Flora/Fauna Temperatures/Draughts</p>		
<p>Technical Skills Unprotected climbs/Spotting Hand-lines/Position of leader Anchors/Knots Assisted hand-lines Direct and Indirect belaying Improvised harness/Hoists</p>		
<p>Leadership/Advanced guiding skills</p>		
<p>Emergency procedures Incident management/ judgement Call out procedures Hypothermia awareness/ action plan</p>		
<p>Other Comments:</p>		

CIC module 2 - Vertical skills – Underground

Date:

Name:

Assessor:

1. **Fail: A poor performance**
2. **Defer: Unsatisfactory – below required level but should be able to remedy**
3. **Developing: At the standard in most elements but areas can improve**
4. **Good: Mature client centred approach**
5. **Excellent: Exceptional performance – aspirational**

Skill/technique	Score	Comments
Surface Navigation		
Access and Conservation		
Weather and Flooding		
Underground Navigation		
Underground Rigging Rigger protection Traverse lines Choice of anchors – natural, resin and spits Choice of hangers Choice of knots Sharing anchors/ Alignment of forces Rigging for novices and peers Rebelays – single and double bolts Deviations		
Personal SRT skills		
Pull through: Set up Group management Rope retrieval		
Incident management Scenario based – with and without spare rope		

Other Comments:

CIC module 2 - Vertical skills – Surface Check

Date:

Name:

Assessor:

1. **Fail: A poor performance**
2. **Defer: Unsatisfactory – below required level but should be able to remedy**
3. **Developing: At the standard in most elements but areas can improve**
4. **Good: Mature client centred approach**
5. **Excellent: Exceptional performance – aspirational.**

Skill/technique	Score	Comments
Written paper		
Personal SRT kit		
Knots: Figure 8 – loop/on the bight Overhand Figure 9 Bowline Bowline on the bight Alpine/caver's butterfly Double fisherman's Capuchin Clove hitch Tape knot Italian Hitch Prusik knots		
Belaying ladder pitches (only to be assessed where candidates have been given LCMLA level 2 exemption) Demonstrate various belay methods Release each under load Convert to haul Incident management		
Personal SRT skills Ascending Descending – vary friction Reverse prussik Mid rope changeover – up/down Deviations Rebelays Pass knot – up/down Negotiate aid traverse		
Improvised SRT: Failed hand jammer Failed chest jammer Improvised abseil		
Pull through: Set up Group management Rope retrieval		
SRT rescue: (Scenario based)		

Haul systems – used to assist casualty		
Pitch Head lower – spare rope		
Snatch rescue – with and without spare rope		
Ability to abseil past rebelay		
Mid rope lower		
Mid rope rescue		
Pitch head hoist		
Traverse evacuation		
Other Comments:		

CIC Module Three – Caver Coaching

Name :
Assessor :

Date :

1. **Fail: A poor performance**
2. **Defer: Unsatisfactory – below required level but should be able to remedy**
3. **Developing: At the standard in most elements but areas can improve**
4. **Good: Mature client centred approach**
5. **Excellent: Exceptional performance – aspirational**

Skill/technique	score	comments
Logbook experience in coaching		
Clothing and equipment instructor and group		
Clothing for the surface		
Suitability of group clothing		
Suitability of vertical equipment		
Appropriate emergency equipment		
Ropes and rigging gear check		
Advanced knowledge of caving techniques and equipment		
Theory input/delivery (including education re: cave environment, conservation, access., weather etc)		
Effectiveness of coaching in theory areas		
Planning		
Access/Regional councils/landowners		
Country code/navigation		
Weather forecasts/current conditions/local knowledge/run off		
Destination/call out/cave rescue knowledge		
Guidebook/survey/topo interpretation		
Paperwork: programme, insurance, risk information, equipment needs, arrangements		
Prior assessment of clients		
Pre course questioning/ logged evidence?		
During sessions		
Quality of Coaching		
Effectiveness of coaching styles/use of a variety of styles		
Appropriateness of skills coached and training progression		
Suitability of venues		
Suitability of programme		

Analytical Ability		
Surface checks		
Underground sessions		
Feedback to clients		
Use of feedback from clients		
Appropriate feedback to clients		
Reviewing		
A review and action plan		
Group and individual safety and management		
Style/rapport/sensitivity		
Group management/supervision/control and safety		
Use of assistant		
Conservation and vulnerability assessment/guidance to achieve exemplary standards		
other		
Other comments:		