



British Caving Association



LCMLA UPDATE VIA LEVEL 2 TRAINING

Holders of current valid Level 1 certificates may update their award by completing Level 2 training as long as they fulfil the prerequisites for a normal update workshop. If you wish to do this please complete this form and send it to the **Trainer/Assessor** who will be running your training course. You do not need to send copies of your log book pages – but must take your log book with you to the training course.

If you have caves and or mines on your certificate or wish to add new ones from an area other than that in which you are going to do your level 2 training, you must contact a Trainer Assessor from the other areas to agree that those sites may remain on your certificate and provide evidence of this when you attend your training course. Contact details for all Trainer Assessors can be found on the BCA website.

| | |
|---|------------------------------|
| Full Name: | |
| Address: | |
| Home Tel No: | Work Tel No: |
| Mobile No: | |
| Email Address: | |
| LCMLA Registration No: | Valid Until Date: |
| Registration Date: | Date of Birth: |
| Training Dates: | Trainer for Training Course: |
| Caving/Mining areas covered by Section 5: | |
| DATES AND PROVIDER OF THE LEVEL 2 TRAINING: | |
| EXPERIENCE RESUMÉ OVER LAST 5 YEARS | |
| <i>PLEASE NOTE YOUR LOGBOOK MUST BE BROUGHT WITH YOU TO THE TRAINING COURSE</i> | |
| THE MINIMUM EXPERIENCE REQUIRED IN ORDER TO UPDATE YOUR AWARD IS AS FOLLOWS: | |
| <ul style="list-style-type: none"> • 30 trips leading groups in caves/mines reflecting a cross section of the difficulty of the caves/mines on the candidates list, and • 10 different personal exploration trips, of which 5 must be quality days. These may be repeats of trips done in the previous 5year period. Some of the personal days may be above the candidate's level of qualification. Criteria for quality days are listed later on this form. | |
| PERSONAL CAVE/MINE DAYS TOTAL: | |
| NUMBER OF DIFFERENT CAVE/MINE REGIONS VISITED: | |
| Summary: | |
| | |

| | | | | | | |
|--|------------------------|---|-------------------------|-------------------------|-------------------------|--|
| LEVEL 1 TRIPS LED TOTAL: | | | | | | |
| VENUES USED | NUMBER OF TRIPS | TYPE OF GROUP (eg Adult, school etc) | | | | |
| | | | | | | |
| <p>At least 5 quality days are required in order for you to update your award. A quality day should satisfy at least 4 of the following criteria: -</p> <ol style="list-style-type: none"> 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 caving/mines knowledge, skills and awareness. 4. Incorporates caving/mines skills above the level of the candidate's qualification. 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 caves with a streamway that responds to rainfall. | | | | | | |
| Quality Days | | | | | | |
| No. | Venue | Criterion Number | Criterion Number | Criterion Number | Criterion Number | |
| 1. | | | | | | |
| 2. | | | | | | |
| 3. | | | | | | |
| 4. | | | | | | |
| 5. | | | | | | |
| 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 Level 2) | | | | | | |
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Please give details of any relevant disabilities or medical conditions:

I consent to the information on this form being used by BCA to provide training scheme services as described in the Privacy Notice at http://british-caving.org.uk/privacy_notice

Signature

Date