

CSCA Technical Training News Sheet

No 5

AUTUMN 2001

JSP 419 issue 5 NOW PUBLISHED

All qualified cavers are advised to look at section 3, particularly the Safety Ratios.

At long last JSP 419, which lists all Joint Service Adventurous Training qualifications and courses, has been amended. It has been brought into line with both the Joint Service Caving Handbook and the caving Course Training Plans (CTPs). JSP 419 covers the following information:

- **Pre-Course Standards.**
- **Civilian Equivalent.**
- **Qualification Limitations**
- **Progression.**
- **Safety Ratios.**

JSP 419 is now the master document and where there is any difference between it and the Caving Handbook, JSP 419 should be followed. Some minor amendments to the Caving Handbook will be made at a later date.

CAVING HARNESS SAFETY

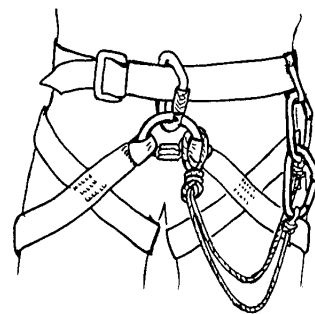
Using a caving seat harness without a suitable chest harness is dangerous

A caving SRT seat harness is designed to be used in conjunction with a suitable chest harness. The seat harness has a very low connection point and does not fasten above the hips. If a chest harness is not fitted an inverted caver could easily slip out of the harness. If additional equipment or tackle bags are suspended from the harness it could also cause the harness to slip down.

There is a tendency for some cavers not to bother with a chest harness when abseiling or traversing and only connecting a chest harness prior to ascent.. **This is an unsafe practice.**

It is appreciated that wearing a chest harness all the time can restrict upper-body movement, however, most harnesses are designed so that they can be slacked off when not climbing.

The use of a caving harness without a proper chest harness is only safe when it is connected to a suitable load bearing belt, fastened above the hips, using either a screw gate karabiner or maillon as shown below.



However, consider the problems when faced with having to rethread a chest harness mid pitch, whilst trying to convert from descent to ascent, and if involved in an SRT rescue. The delay could be fatal. Therefore:

Cavers must wear a proper chest harness connected to their chest jammer all the time whilst descending or ascending ropes..

Techniques using bungee rubber to hold up the chest jammer or the use of a sling and small carbine hook which is clipped into the jammer prior to ascent are only to be used by caving instructors who know the full limitations imposed by using such techniques.

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