

CAVEBUS .CO.UK



A guide to our
simulated caves

Introduction

Welcome to Cavebus, the UK's largest mobile cave activity provider.

We are a family run company, founded in 2010, specialising in building and operating adventure activities and facilities. Our simulated caves are built in former service buses, we believe these to be the longest mobile cave activities in the world.

You can use one of our cavebuses at your location anywhere across the UK or one of our partners fixed locations.



We are always updating our cave systems, agreeing new partner locations and building new activities, keep informed by following us on facebook:

www.facebook.com/cavebus or twitter: @CavebusUK

In 2020 we launched our new product: Holiday Bus, so you can now also stay with us. We have converted a bus into a 17-bed accommodation block, the first holiday

bus is at Polyapes Scout Camp, Surrey. With other locations coming soon!

See: <https://www.facebook.com/holidayonthebus>

Thanks for using cavebus.

Mark.



CavebusUK

Locations

We can provide a Cavebus to support your events at any location across the UK (and most of Europe). Or you can use a cavebus at one of these sites:

Rough Close, Coventry

Linnet Clough, Stockport

Eaton Vale, Norwich

Raywell Park, Hull

Forest Camp, Chester

Ashworth Valley, Rochdale

Lower Grange Farm, Maidstone

Tatton Park, Knutsford

Overstone, Northampton

Hesley Wood, Sheffield

Bibbys Farm, Chorley

Skreens Park, Essex

Butchers Coppice, Bournemouth

Moorhouse, Durham

Bradley Wood, West Yorkshire

Challenge 4 Change LTD, Trafford

Fox Covert, Leicestershire



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Instructions for participants

Five Golden Rules:

- If you are not able to complete the cave, do not enter
- Always go head first
- Remove loose items
 - *Rings, gloves, scarves, ear rings, watches etc.*
- NEVER remove your helmet inside the cave
- Do not panic you are in a bus, not a cave

The best way to negotiate most of the cave system is to use the army crawl technique.

If you feel yourself becoming wedged, stop and retreat if possible, if it is not possible to retreat, call your instructor for assistance.

Test your light and helmet before you enter the cave.

All parts of the cave are within 10m of an emergency door.

The caves are designed for young people, but some adults can get through the systems with extreme care (and maybe a bit of help) if you decide to go through the cave be careful. Stop and ask for help if you are unsure on anything.

**If you do not feel able to complete the cave,
stop and exit the activity.**



Instructions for Activity Leaders

The cavebus MUST be supervised by a competent person.

The final decision if the instructor feels competent to run the session is down to the instructor. If you are unhappy or feel uncomfortable, stop or do not run the session.

The instructor must:

- Ensure all doors are unlocked (including the fire door).
- Ensure that the central passageway is not blocked.
- Familiarise themselves with the route of the cave and all the emergency doors.
- Familiarise themselves with the risk assessments (at the end of this booklet).
- Brief participants and check that everyone understands what to do / how to exit in an emergency.
- Be prepared to operate emergency doors as and when required.
- Contact Cavebus or the site if any problems occur.
- Evacuate the cavebus in case of emergency.
- Read and understand the risk assessment at the end of this booklet.

Ensure that all participants are aware of what the activity involves by reading them the Instructions for Participants section of this booklet.

Check that all participants are happy that they know what they are about to do, are comfortable and able to complete the activity. Also check that all participants are able to switch their helmet light on and off.



Cave Games and Education

Hide and seek

Hide a coin or similar in the cave and send participants into the cave to find and retrieve.

Note: Do not hide foods or liquids in the cave and remember to retrieve the item if the participants do not find the item.

Learning outcomes:

1. **Communication.** Participants will have to communicate with each other to find the item.
2. **Identification skills.** The item could be camouflaged, or awkward to identify (a worn 50p would blend in with the grey woodwork of the cave). Alternatively a range of items could be placed in the cave and participants asked to identify and bring a particular item or piece of a puzzle back. Different ranges of items could be used with different ability groups.

Puzzle games

Hide several pieces of a puzzle around the cave. Send the participants in with instructions to bring back the clues or pieces then assemble the pieces outside the cave. Hint: laminating these puzzles means that you could use them again.

Learning outcomes:

1. **Problem solving.** The participants bring the puzzle outside the cave, to complete and solve the problem. (Different puzzles for different abilities).
2. **Team work.** One participant could be searching for puzzle pieces, while others are putting the recovered pieces together.



Crack the code

Leave letters, on paper, inside the cave, then send participants through the cave with a pencil and paper, ask them to crack the code or unscramble the word from the letters that they have found on their way through the cave.

Learning outcome:

1. **Problem solving.** The participants bring the puzzle outside the cave, to complete and solve the problem. (Different puzzles for different abilities).
2. **Literacy and Numeracy:** Use a word or mathematical equation as the basis for the code; participants have to find the letters and figure out the word or number.

Chinese whispers

Ask participants to find positions in the cave ready to relay a message. Speak a sentence to the person at the entrance to the cave, ask them to pass it to the next person.

Go to the exit and listen to the sentence that is spoken to you from the person at the exit from the cave.

Learning outcome:

1. **Communication:** This activity could be used to demonstrate the importance of communication to participants.

Remember: when playing games ensure that all participants are comfortable with the caving environment, wear helmets and follow all safety precautions. Do not encourage participants to race around the cave, and stop any participants that are going around the cave in a fast or dangerous manner.



Method Statement

Before use

Check the cave system and report any defects or faults to the cavebus company (cavebus@gmail.com). If you are unsure on anything contact cavebus or the partner site to confirm. All helmets and lights to be checked before use.

Running a session

Ensure all participants are aware of, and understand the briefing in this booklet. Light failures: Guide the participant to the nearest exit and change helmet or give a torch.

Note: Where helmets have headtorches fastened to them do not change the light unit as these are permanently matched with the helmets. Report any defective light units to Cavebus staff, or the partner site these will be changed as soon as practically possible.

Entrapment

If a participant becomes trapped in a space in the cave, stop the session, ask all other participants to make their way outside.

Reassure the trapped participant and assist them to reverse the pattern of movements that they took to get into the position.

Get as much light into the passageway as possible (without dazzling the participant). Open (or ask someone else to open) all access doors to the cave, regardless of where the entrapment is. Opening doors will cool the cave down and encourage circulation of clean air.

Finishing a session

Check all participants are out of the cave and lock the bus doors to stop entry to the cave while unsupervised.



Risk Assessments

This is the generic risk assessment for running cavebus sessions. All other Cavebus company risk assessments (vehicle Movements, Covid etc.) can be found at:

<https://drive.google.com/file/d/1C8utT0qRyW3wEmSEC-tJep6XfUtlLpCp/view?usp=sharing>

Or through www.cavebus.co.uk

Name of activity, event, and location	1. Running a standard cavebus session <i>(See additional Covid secure risk assessment for using / working on cavebuses during the pandemic)</i>	Date of risk assessment	2 nd March 2020	Name of person doing this risk assessment	Mark Hoyle

Hazards	Who is at risk? (Level of risk)	How are the risks already controlled? What extra controls are needed? (Controls)	Risk (after control measures put in place)	Further controls.
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<p>Bodily injuries. (Bumps, Scrapes, Falls).</p>	<p>Participants, Instructors, Maintenance Staff.</p> <p>(Low risk)</p>	<p>All participants must wear a helmet when inside the cavebus (including entering and exiting the cavebus). Participants and instructors must wear appropriate clothing (covering all limbs).</p> <p>Participants will stay at least two metres away from each other in the cavebus at all times. Participants to be briefed to leave space between each other on entry.</p> <p>Instructors familiar with the cavebus layout (including the emergency exits and emergency passageway).</p> <p>Instructors aware of first aid facilities (may not always be onboard, but may be provided by the organising event/location).</p> <p>All emergency exit doors fastened from the outside to stop them failing. Design of the doors makes them failsafe, so that it is not possible to drop an emergency door into the cave system.</p>	<p>Low</p>	<p>Read the short risk assessment to the participants and ask them questions to check understanding.</p> <p>Cavebus staff to undergo regular retraining.</p> <p>Event staff to only be left with the activity when they feel competent.</p> <p>Where maintenance staff are lone working, site to be aware of their presence in the cavebus and check in at 30 minute intervals. Lone working to be avoided where possible.</p>
<p>Safety equipment</p>	<p>Participants, Instructors, Maintenance Staff.</p> <p>(Low risk)</p>	<p>Instructors only to allow access to participants who have: correctly fitted helmets, Have suitable clothing that does not restrict movement, do not have jewellery on (rings, ear rings, watches).</p> <p>Instructors refuse access to the activity if the participant refuses to wear a helmet or</p>	<p>Low</p>	<p>Instructor or competent adult to check helmets and clothing for appropriate fit.</p> <p>Instructors are to visually check that nothing restricts participants movement or could</p>

		appropriate fitting helmet is not available.		catch/snag/cause entrapment in the cave.
Earrings and jewellery	Participants, Instructors, Maintenance Staff. (Low risk)	Ask participants to remove piercings, watches and jewellery if possible, offer adhesive tape to participants so they can tape down "belly button" jewellery. Instructor and participants to be aware of the location of the site first aider and first aid kit. Instructor to brief participants that jewellery should be removed before entering the cavebus.	Low	Cavebus staff are NOT to look after jewellery / phones / money for participants. Event organisers to make provision for the storage of these items (i.e. scout leaders/teachers to be responsible for saving items of participants).
Headlamp failure	Participants, Instructors, Maintenance Staff. (Low risk)	Brief participants not to worry if their lights fail; and have a spare torch handy to pass to participants. Inform participants that if they are worried, shout for help and an instructor will open the access door to assist. Instructors familiar with cave system layout, comfortable about being in confined space and have undergone site specific training.	Low	Open emergency exit doors to allow light into passage to calm any panicking participant.

<p>Panic / Claustrophobia</p>	<p>Participants, Instructors, Maintenance Staff.</p> <p>(Low risk)</p>	<p>Brief participants not to panic, to ask for help and describe where in the cave they are. No part of the cave is more than 5m from an emergency exit.</p> <p>Instructor to open the nearest emergency hatches and assist participants to exit the cave. Instructors familiar with layout, comfortable about being in confined space and have undergone site specific training.</p>	<p>Low</p>	<p>Show nervous participants the cave from an emergency exit so that they can make an informed choice about using the activity.</p> <p>Do not pressure any participant and stop any peer pressuring immediately.</p>
<p>Entrapment / Evacuation</p>	<p>Participants, Instructors, Maintenance Staff.</p> <p>(Low risk)</p>	<p>Instructor to immediately open all hatches (allowing as much air and light in as possible). Use an available helmet/ light to light up the passage and allow the trapped participant to see around them.</p> <p>Assist and talk participants into freeing themselves by reversing their manoeuvres. In extreme circumstances assist in freeing the participant through pushing or pulling (where appropriate).</p> <p>Second instructor/supporter to assist all other participants to exit the cave where appropriate.</p> <p>All participants to be informed about exit doors and exiting the cave system safely. Ask all removed participants to wait at a designated point.</p>	<p>Low</p>	<p>Ask participant to turn 45 degrees to the floor of the cave passageway in standard cave passageways. Standard passages are 18 inch squared, by taking the 45 degree angle in this passageway you are increasing available space to 25.4 inch.</p> <p>Ensure that persons waiting to go into the cavebus/waiting for friends in the cavebus must wait a safe distance from the bus at all times to avoid crowding if an evacuation has to take place.</p>

<p>Contraband</p>	<p>Participants, Instructors, Maintenance Staff.</p> <p>(Low risk)</p>	<p>Instructor to brief participants not to take the following inside the cave: Mobile phones, batteries, food, drinks, lighters matches or anything sharp.</p> <p>Instructors familiar with layout, comfortable about being in confined space and have undergone site specific training.</p>	<p>Low</p>	<p>Instructors to remove anyone from the cave system who breaks contraband rules. Instructors not to allow this person back on the activity.</p>
<p>Head injuries</p>	<p>Participants, Instructors, Maintenance Staff.</p> <p>(Low risk, when wearing helmets)</p>	<p>High level of probability of a head strike inside the cave or exiting through an emergency exit. All participants are to wear helmets to minimise the effect of any bumps.</p>	<p>Low</p>	<p>Instructor or competent adult to ensure that helmets are fitted correctly.</p>
<p>Heat / temperature</p>	<p>Participants, Instructors, Maintenance Staff.</p> <p>(Low risk)</p>	<p>Instructors to be aware of the temperature in the cavebus and be prepared to stop the activity if the temperature gets too warm.</p> <p>Cages fitted in top areas of all cavebuses to allow cool air to enter the system.</p> <p>Open bus fire exit to allow cool air in. On coach versions ensure the safety chains or panels are in place across fire doors. Open emergency doors labelled "Emergency door and vent" when in use to cool the cave down.</p>	<p>Low</p>	<p>Open all emergency doors when the cave is not in use to allow air into the system and allow the system to cool down.</p> <p>Do not leave doors marked "Emergency exit only" open when participants are in the cave.</p>

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www.cavebus.co.uk

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www.facebook.com/cavebus

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Stay with us:

Holiday Bus



Available at: Polyapes Scout Camp, Stoke D'Aberon, Surrey.

01372 842880 <https://www.polyapesscoutcamp.org.uk/>



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