



## **CHECC Information Pack**

### **Southern CHECC 2024, South Wales 23<sup>rd</sup>-25<sup>th</sup> February**

South Wales Caving Club,  
1-10 Powell St, Penwyllt,  
Swansea  
SA9 1GQ

Event Information and updates will be posted via the CHECC Facebook group

<https://www.facebook.com/groups/checc/>

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# Venue

## South Wales Caving Club

1-10 Powell St, Penwyllt,

Swansea,

SA9 1GQ



Map of venue.

## Arrival

Upon arrival at the forum, please send everyone to the CHECC reception (follow signs/ask for directions), where you will be registered and supplied with any other important information. We will not let an individual sign in multiple people.

**Please do not arrive before 6pm as we need time to prepare for the event.**

## Parking

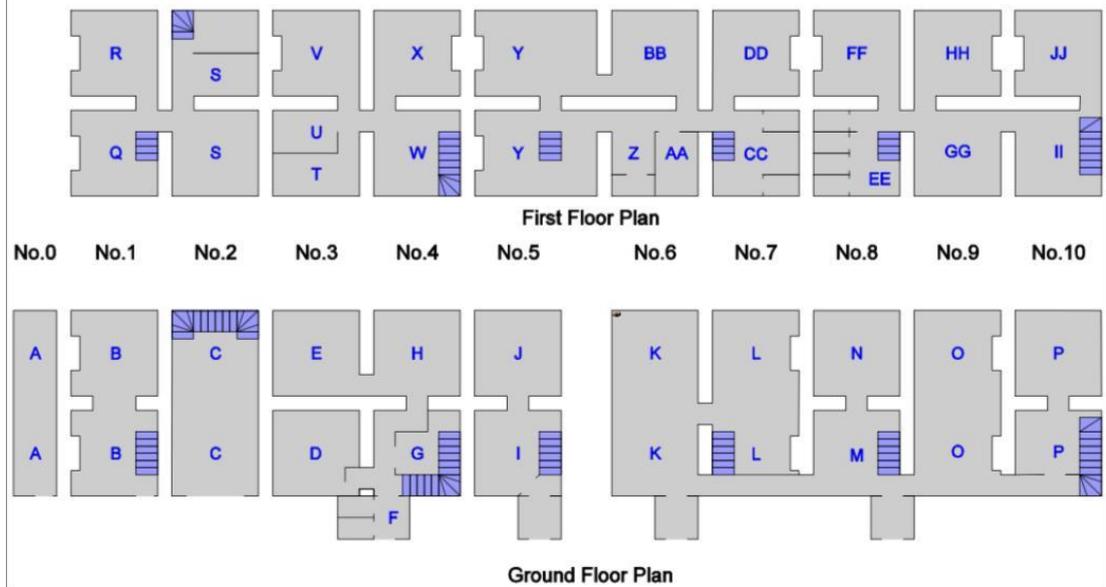
Be aware that there will be limited onsite parking and that some cars will need to double park for us to fit you all in the venue. If possible please share cars on the drive over.

Parking will be at the SWCC quarry. We ask that you **do not** park in the SWCC car park unless specifically requested/required. **Please do not park in front of the cave rescue shed as access is needed at ALL times.** We make no guarantees on the ground conditions - your vehicle may get stuck!

## Sleeping

Below is a map of the buildings from the SWCC website alongside bunk room allocation for each club.

**1 - 10 POWELL STREET**



- |                            |                               |                             |                                  |
|----------------------------|-------------------------------|-----------------------------|----------------------------------|
| A Digging Stores           | J Family Common Room          | S SMWCRT                    | BB Ladies' Dormitory             |
| B Workshop                 | K Main Kitchen                | T Tackle Store              | CC Ladies' Toilets and Washing   |
| C SMWCRT                   | L Dining Room                 | U Archive Store             | DD Ladies' Dormitories (Members) |
| D Ladies' Changing/Showers | M Lobby Area & DO Cupboard    | V Mixed Dormitory           | EE Mixed Toilets and Washing     |
| E Gents' Showers           | N Small Common Room           | W Locker Room               | FF Gents Dormitory (Members)     |
| F Toilets and Washing      | O Long Common Room            | X Drying Room               | GG Mixed Dormitory               |
| G Boiler Room              | P Library                     | Y Family Dormitory          | HH Gents' Dormitory (Members)    |
| H Gents' Changing          | Q Printing and Document Store | Z Family Toilet and Washing | II Mixed Dormitory               |
| I Family Kitchen           | R Building Stores             | AA Family Dormitory         | JJ Mixed Dormitory (Members)     |

Room	Capacity	Allocation
Y	*	NO CHECC USE PERMITTED! Married quarters are reserved SWCC members (so you may use this ONLY if you have membership!!)
V	3 double 3 single	CHECC committee, Trainers, Alex the Assisstant Chef

DD	6	Succ x5 KUCC x1
AA	4	BSCC x2 Qub x2
BB	9	Volunteers (Tom J, Kai T, Deepesh P, Rosa B, Elin W, Jasper c, Tom S, Daisy PR, Charlotte P)
FF	6	Notts x4 Kucc x2
HH	6	Cardiff x4 volunteers (Polly J, Oliver D)
JJ	6	Reading x6
GG	9	ACCx4 A+Ex1 Brum x3 Qubx1
II	9	UBSS x5 EUSSx3 oxfordX1

**Please be aware that most attendees will be required to camp. Camping is ONLY allowed on the grass opposite the SWCC buildings, directly over the carpark.** When you enter the car park, walk straight until you hit the footpath on the right. This will be a sign posted but if you are unsure then please ask at check in. Please pitch your tent with careful consideration. We've got a lot of tents to fit in.

**Please remember that we are camping in February and in Wales so it will rain.**

**It is vital that you bring appropriate tentage! Everyone should bring at minimum a roll mat and sleeping bag.**

## Food

**\*\*No Nuts of any kind permitted on site - people with severe allergies will be present\*\***

Breakfast will be served from 9.00am until 10.30am on Saturday and from 9:30am till 11:00am on Sunday. Dinner will be served from 7.30pm on Saturday evening. All food served this year will be Vegetarian . To reduce waste, **PLEASE BRING YOUR OWN REUSABLE PLATES AND CUTLERY.**

When collecting your food, please make it clear if you have told us about any allergies or intolerances you may have as there will be something else available for you. Please bring your own extra food with you though as we will not supply any snacks for your trips or late night munchies!

### **Leaving the forum**

Please, please, please help us clean up the venue before you leave. If your club is about to leave, please find one of the committee to make sure they are aware.

Please report any breakages, loss or damage when it occurs and at the end of your stay by informing one of the committee members. This will help us when we have our hand-over with the venue owners. Any damages will be charged appropriately.

All clubs are expected to help in the general cleaning of communal areas, much like any other caving weekend. **Please take at least one bag of rubbish/recycling home with you.**

### **Glass Bottles**

**No glass bottles please!** This is for a few reasons. Firstly, some people choose to get quite drunk at the Forum (shocker!) and might drop their bottle. This is always a pain to clean up and leaves glass shards scattered around. Secondly, the clear-up is much easier with crushable cans rather than hundreds of heavy and non-compressible bottles. If you forget this, please be expected to be asked to decant your drink into a plastic container.

## The Zen Den

If you are feeling overwhelmed by the event, need to clear your head, or just want someone sober to talk to, this is what the space is for.

Due to limited space please only use the Zen Den if you need to. **It is not a social space.** Be prepared to be ushered away from the Zen Den if you are not using it for its purpose.

The Zen Den will be located in the mens changing rooms and will be signposted.

## Around and about the venue

Please also note that music is not allowed to be played from tents or cars whilst on the site. If you need to dance, come to the disco.

THERE IS A TOTAL NO SMOKING POLICY IN ANY OF THE BUILDINGS. Please also try to dispose of cigarette butts properly so we don't have to pick them up for you on Sunday evening!

# Event Overview

<b>TIME</b>	<b>ACTIVITY</b>	<b>LOCATION</b>
<b>Friday</b>		
18:00 onwards	Registration Opens	Follow signs (see map)
21:00 onwards	Stomp begins	Main Room
<b>Saturday</b>		
09:00-10.30	Breakfast	Kitchen
10.0 in	Workshop Sessions: SRT Rescue Survey/Nav Geology	Various: see training section
19.30	Dinner is served	Kitchen
20:30	Talk 1: Matienzo presentation	Main Room
21:00	Competitions	Main Room
22:00	Stomp Begins	Main Room
<b>Sunday</b>		
09:30-11:00	Breakfast	Kitchen
10:00	Workshop Sessions	meet on site
11.30	Delegates Meeting	Main Room

# Caving

## Call-Outs

**IMPORTANT: Please note - ALL call outs should be arranged through CHECC!**

**Little Si** is in charge of managing all of your call-outs. You **MUST** leave them with him. He should be around reception. If you cannot find Si, please ask another committee member who will point you in the right direction. Call-outs are **not** to be arranged within your club or anyone else (eg. family members). Similarly, if members of your club have not returned before their call-out, please seek a committee member and inform them immediately. The CHECC Committee will then arrange for emergency assistance. It is **not** your responsibility to do so.

**\*\*No Callouts past 4pm on Sunday\*\***

## Caves & Access

**CLUBS: You need to request your own OFD permits. If you have not done this DO IT NOW!!**

We have made a number of access arrangements for CHECC this year. **Keys for OFD can be obtained from Little Si for clubs with valid permits. Please note due to limited keys available we will do our best to spread them to clubs evenly.**

**Several clubs DO NOT hold an annual permit for OFD (you know who you are). Upon requesting a key you will be asked to sign a document to accept the OFD access guidelines.**

**Clubs will also be required to sign a waiver. Any lost keys will incur a £50 charge.**

CHECC has permits/keys for the following caves/entrances:

- OFD I
- OFD II
- Cwm Dwr
- Pant Mawr Pot

If you want a hand organising trips, talk to a committee member and they can point you in the right direction.

It can be difficult to party on through a whole weekend, but thankfully there are plenty of caves around to break it up with. **Remember to check the weather forecast.** There is wet weather on the forecast for the weekend and in the week preceding.

We have compiled a short list of some great trips. This list is not here to replace any guides and is just to give you an idea. You must read a guide book.

You can buy surveys from SWCC for £2 per sheet. Please find a SWCC member or a committee member who can point you in the right direction.

**\*requires settled weather**

#### Novice/Fresher

- OFD II: Trident/Judge
- OFD II: Edward's shortcut
- OFD I: Round with bolt traverse (cow's tails needed) \*
- OFD II: Timo's Table
- Cwm Dwr: To the Smithy
- Cwm Dwr: To the confluence and round by piccadilly
- Pant Mawr Pot (SRT)(1Hr walk away)

#### Intermediate

- OFD I: Round with airy fairy (more exposed bolt traverse) (cow's tails needed) \*
- OFD II: The Nave (SRT)
- OFD II: Skyhook and upper oxbow (SRT)
- Cwm Dwr: To the pom pom (ladder) \*
- Any through trip from any entrance (nav tricky in places) \*
- Pwll Dwfn: (requires a short drive). SRT in south wales if you're missing the North
- Little Neath River Cave \*

- Bridge Cave \*

### Hard(er) / Longer

- OFD II: Northern Lights (5hrs ish) (weather dependent)
- OFD II: To the pom pom (sketchy traversing)
- OFD III (even sketchier traversing)

## Training

To sign up for any of the below training please email Mealy [training@checc.org](mailto:training@checc.org), make sure to include your name, club and exactly what training you are signing up for.

If you forget what you've signed up for or are simply nosey, there will be an information sheet put up in the reception area with a list of who has signed up for what.

If you have signed up for either SRT or rescue remember these are OUTSIDE. The quarry in particular is a cold place so please bring extra layers and wear a coat!

### **RESCUE WORKSHOP**

- This will be kindly run by SMWCRT, headed up by Jules Carter
- Where? SWCC meet outside the SWCC look for the people in red coats
- Start time: 10:00am Saturday expecting it to be a full day with a break in the middle
- This cover a range of topics:
  - o Cavelink - The primary cave/surface communication equipment
  - o Digital Control - Keeping track of absolutely everything during a rescue
  - o Stretchers & Stretcher packaging
  - o Search strategies
- Space for 20 attendees.
- Dress warm because some of this is going to be outside.

### **SRT WORKSHOPS**

- These are kindly being run by Jonty, Kieran, Emma and Christopher
- Where? The Quarry near the SWCC. If raining we will move to Powell's cave. Meet by reception & we'll tell whether its quarry or cave.

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- Start time: 10:00am Saturday and Sunday
- Bring any SRT kit you or your club have for you to use & a helmet/light
- There are 10 spaces on this workshop per day.
- Dress warm you will be outside for most of the day.

### **SURVEY AND NAVIGATION WORKSHOP**

- This workshop will kindly be run by Rostam Namaghi and Jess Eades
- Where? Meet in the dining room.
- Start time: 10am Saturday
- The session will include the basics of cave surveying and cover survey reading/navigation, through a task/challenge/game (? depending on your perspective) set by Rostam.
- There are spaces for 10 people on this workshop.
- You are encouraged to bring your own survey kit or borrow from your club. CHECC will have limited survey equipment to lend out for the workshop.
- You need your full caving kit (no SRT)

### **GEOLOGY WORKSHOP**

- This is kindly being run by Andy and Antonia Freem
- Where? Meet in the SMALL COMMON room.
- Start time 10am
- Day is going to start with a small talk, where more are welcome to join, even if not on the workshop. Followed by a trip to OFD
- This workshop will be great chance to learn about cave geology from Andy who knows lots!
- We've not run this kind of workshop before at a CHECC event before. For it to work we need a couple of leaders confident with OFD nav to sign up. So when you email about this one please state whether you can lead or not.
- Space for 12 (two groups of 6).
- You need your full caving kit (no SRT)

## **Talks**

**Matienzo presentation; by Issac Neale, Olivia Hookings, Ben Marks, Ioan Roberts, and Elin West.**

**Saturday 24th at 20:30 in the Long Common Room**

## Games & Competitions

**Bed nights up for grabs.** Cool now I've got your attention. There are a few comps running this year, and they are a slightly different format to the previous regionals. I'm hoping that this time I've finally worked out all the teething issues with comps at regionals. Each of the comps has its own prize attached to it, **if a club enters all of them then they'll be in the running for some bed nights at the TSG!** (x2 lots of 2 nights for 8 people)

❖ **Best MS Paint** 

Draw an MS paint image recreating a notable moment from your club that happened in the past year! Submissions on the UKC thread please :). Prize: One of Warmbacs very kindly donated pouch tackle sacks, and *It's Only a Game* by Jim Eyre, equally kindly donated by Wild Places Publishing

❖ **Knot tying** 

Ran throughout Saturday. Come to the committee desk and your attempt time will be recorded. Not 100% sure yet how annoying we are going to make it (blindfolded, upside down, behind your back etc), but it is going to require tying an end of rope knot, a mid-rope knot and some form of bunny ears. Prize: Another one of Warmbacs very kindly donated pouch tackle sacks

❖ **Squeeze machine** 

Same deal as knot tying. drunken attempts at 2 am may or may not be recorded on the discretion of any committee present, so if you feel you might be in with a shot of winning, maybe attempt it earlier in the day lol. Prize: One of Warmbacs very kindly donated pouch tackle sacks

❖ **Swap clothes with a partner as fast as possible** 

Self explanatory, another one of the saturday comps. A bonus second is taken away from teams with a comical size difference. Prize: A Pair of Warmtex knee pads kindly donated by Starless River

Separately to these comps (e.g not included in the requirement for being eligible for the bed nights)

**Show cave family ticket raffle**

Dan-Yr-Ogof show cave has kindly donated a family ticket to CHECC. If you'd like to be in the running to receive it (if you want to take your friends or family to a show cave or something) let me know and I'll add your name to the hat. Strictly speaking your mum doesn't have to call me to be entered, but if she does i'll put your name in twice ;)

### **General extra credit prize** ✓

Descent have very kindly once again donated some lovely back issues to us! There's no solid criteria for being awarded one of these and will be given out over the weekend based on a 'yeah we think that's worthy of a prize' basis. This could include anything from hurriedly herding a bunch of freshers to be sick outside, to showing a lot of determination in attempting the squeeze machine.

## **Delegates meeting**

The delegates meeting will be held in the Main room on Sunday morning from around 11:30am. We really appreciate as many of you attending as possible as this means that CHECC can maintain its student input.

Please ensure your club delegate attends as they will have the opportunity to represent your club and any feedback/issues you are having in a smaller group.

## **Safety Information**

CHECC does not condone the use of drugs. Drug enforcement laws are as applicable onsite as anywhere else in the UK and it is, therefore, illegal to buy, sell or possess drugs.

**Inappropriate behaviour where anyone is made to feel unsafe will not be tolerated.** You may face a lifetime ban from CHECC. If anyone has any concerns, please speak to a committee member as soon as possible - we want CHECC to be a safe space.

## Fire Safety

Should the fire alarm in any building sound, all the buildings must be evacuated immediately. Please follow exit signs to the nearest evacuation point. For this event **TOM** is the Fire Safety Officer who will check whether anyone is not accounted for.

## Cave Safety

As previously stated, all call-outs are to be submitted to Little Si. If any group exceeds their call out, this will be dealt with by the committee, who will deal with any necessary emergency assistance.

## First Aid

If you need First Aid, these people are First Aiders who will be at SCHECC:

- Rostam (Actual Doctor)
- Big Tom (CHECC Chair)
- Mealy (CHECC Training & Safety Officer)
- Isaac (CHECC Sponsorship Officer)
- Teddy NG (SUCC)
- Rosa Brew (CUCCC)
- Jonty Pine (BSCC)
- Keiran A
- Olivia Hookings (ACC)
- James Hallihan (UBSS)
- Ben Edwards (Brum)
- Polly Judd (ACC)

- Tom Jackson (CUCC)
- Dylan Wase (CUCC)
- Andrew McLeod (EUSS/SWCC)
- Josh Han (Southampton)
- Deepesh Patel (CUCC)
- Thama Paidi Karagkiozh (George) (ACC)
- Ellie Davies (MUSC)
- Teddy Ng (Southampton)
- Tony Seddon (Starless River) (\*only to helpfully apply pressure when directed by an in date first aider)

This year at CHECC we also have a **mental health first aider**. If you need any support and don't feel like you can talk to your club please find Mealy (CHECC Training & Safety Officer) who will be able to help out.

If there is a serious incident please inform a member of CHECC Committee as these need to be recorded.

## **And Finally...**

This weekend is all about student cavers. So cave together, party together, look after each other and the event. If you have any issues / questions / ideas now or throughout the weekend, email us, or come and find one of the committee!

# Committee at SCHECC

		
<p>Tom phillips CHECC Chair</p> 	<p>Olivia Hookings CHECC Welfare Officer</p> 	<p>Mealy CHECC Training officer</p>  
<p>07826016568</p>	<p>07455928416</p>	<p>07532160856</p>

CHECC  
Sponsorship  
Officer



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