

OFFICIAL

Leeds University Union Caving Society
University of Leeds Speleological
Association



Caving Without Tears

2022 Edition

An Introduction to the fabled art of
Speleology by the University of Leeds
Speleological Association

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INTRODUCTION

The title of this booklet should explain why it was written. Caving is great fun but must be tackled correctly. 'Caving Without Tears' will not instantly turn you into a great caver, but if you read carefully, you will save yourself a considerable amount of discomfort on your first trips. It might seem that there's an awful lot of 'dos and don'ts' to follow, but these are for your own safety and comfort, and most of them are simply common sense. You will soon find that caving is not a highly disciplined sport and with a bit of initiative you will rapidly find yourself being able to do your own thing rather than blindly following a leader.

We hope you will enjoy your caving. We will do all we can to help (hence this booklet) but the main responsibility is all down to you. It applies to most things, not just caving: you get out of something what you put into it.

Why cave?

While compiling this document, we asked a number of our existing members to note down a few reasons why they cave. We hope that by reading their responses, you'll understand why we do it and why you should do it too...

'Now I would say it's the challenge and the adventure. Pushing my limits, finding new places that no-one has ever stepped foot in and simply being part of an exciting expedition. Back when I was as student? It was the community. Back then I would have said I loved caving, but on reflection it wasn't the same passion I have now. It was actually the ULSA community. The strong friendships that I had never had before. Caving is awesome. The challenges, whether it's heights, constrictions or endurance, will push your limits as far you want to go. But none of this would be as fun without your caving team, who are not just my friends but with whom I trust my life.'

'I love the sense of exploration and really not knowing what will be around the next corner. Being able to genuinely discover somewhere that no-one have ever been before.'

'It's because I constantly seek the darkness.'

'I like challenging myself and feel a sense of achievement after a successful difficult trip.'

'It is this sense of adventure that first made me think caving was something worth pursuing seriously. However, there are other sports that too offer a chance to "step into the unknown": scuba diving and mountaineering are both good examples. The reasons I cave rather than mountaineer or dive are simple: time, money and sociability.'

'Caving is also a very fun, varied and caring community, something I have found hard to come by amongst people who, for example, go cragging at the weekend. Generally, it is accepted that having a good time is the thing we meet up to do, and that generally involves caving but doesn't have to. Also, the fact that caving is, by nature of its location, a sport which holds a certain amount of risk, means that the people you cave with not only become your friends for going to the pub with or whatever but also the people you are able to trust the most'

'Caving also keeps you very physically fit: in most caves, you'll use at least 70% of the muscles in your body without having to pointlessly piss about in a gym trying to tone them. Caving, and cavers, are also quite open to cross- discipline approaches: what you learn and do caving will help you when you're climbing, cycling, running, walking, whatever, and vice versa. Most cavers I know do a lot of other types of exercise and adventuring, making them more rounded people and also a lot fitter generally. '

'I cave because I like the idea of seeing beautiful things that nobody else gets to see, I like the thrill of the adventure and I like the fact that you can crawl through a horrible passage and then see something that takes your breath away. Also I enjoy being part of the club, everyone is friendly which makes caving with them lots of fun.'

A DAY IN (OR UNDER) THE DALES

Attempting to describe a typical day of caving is not an easy thing to do. There is no such thing as a 'typical' day, as you can probably imagine - it often depends upon which cave you're going to and who you have in attendance. Take this as a general guide.

On caving trips we tend to use a combination of minibuses and cars to take us to the Dales. Everyone meets at 9:00am (ish!) at 'The Chapel'. You will hear people mention The Chapel quite a lot - this is where we (as well as a few other outdoor clubs) store our gear and equipment. It's situated just over the road from The Edge sports centre, in an old church building.

Once the gear and people are loaded into the vehicles, we'll be on our way! Although vehicles are supposed to leave promptly, delays have been known to occur due to problems with gear, weather, Leeds' traffic system or drivers that are still hungover. This means that we could be anything up to 45 minutes late. Nevertheless, ruthless efficiency has been known to happen, so turn up at the Chapel on time or you might find that everyone has left without you!

Assuming we do manage to escape from Leeds, we'll be heading to the Dales via Otley and up the A65. We normally end up in Ingleton, which is about 50 miles from Leeds, and is the centre for most of the Dales caving, though Settle, Kettlewell and Pateley Bridge are the centres for the caves of Ribblesdale, Wharfedale and Nidderdale respectively. Here, a café will be visited. A good breakfast is an essential part of the day's activities; as caving is a strenuous sport, the more you can ingest the better.

The breakfast stop lasts for about an hour (keep an eye on what everyone else is doing - minibuses have an annoying habit of driving off into the proverbial sunset). Then following a short drive to the caving area, everyone will be dropped off with their gear as close to the cave entrances as possible.

A caving trip will normally last about four hours; it may be more, may be less, depending on the nature of the cave itself. In any case we normally get underground by around 1:00pm and out in time for the pub. Once back on the surface, everyone changes into their DRY CLOTHES (this is very important), and when we have all returned, we will depart for the local chippy (or public house, if the trip has taken its toll). It is possible that there will be a bit of a wait here as different caving parties return (or not), and you may get a bit hungry. Sandwiches are quite useful at this point though you will have to fight off the ravenous scavengers who failed to bring any of their own.

We generally aim to be back in Leeds by about 10pm, where we'll then sometimes head to the pub. However, we've been known to return any time between 8pm and 2am so bear in mind that if you need to be back in Leeds by a certain time, we can't guarantee it. Drop offs can be made along Otley Road as we drive back through Leeds, though help unloading the gear from the van is always appreciated. Drop offs are purely at the driver's convenience but seeing as he/she is one of us there should be no problems getting home safely.

A WEEKEND INTO THE BEYOND

Much like trying to describe a day trip, trying to describe a weekend spent caving is no easy thing to do. The club spends weekends away in a few different caving locations across the UK - the Dales, the Peaks, Mendip, and South Wales. The plan for the weekend generally depends on where we're going.

Weekend trips usually run from the Friday evening to the Sunday evening. Everyone will gather at The Chapel at approximately(!) 6pm, where much like a day trip, everyone and their gear will be squashed into a combination of minibuses and cars. Refreshments for the journey are encouraged (except for the driver).

The Friday night is typically a fun one – we don't usually provide dinner on the Friday night so make sure you've eaten beforehand (or bring food with you). Much drinking and games are enjoyed, and later regretted on the Saturday morning. We provide a solid and filling breakfast on the Saturday and Sunday mornings, as well as a very welcome dinner on the Saturday night.

Subject to the weather (and the number of 'under the weather' cavers), we'll be caving on both the Saturday and Sunday. The type of caving we do will depend on where we're going, and our weekend trips are a brilliant way of experiencing caves that you wouldn't get to if you only come on our Dales day trips.

When you come on a weekend trip with us, there are a few things you'll need to bring with you, in addition to the items you'd take on a day trip. The most important is a **sleeping bag**. We usually stay in caving huts that are owned and operated by caving clubs based all over the country and while they all have beds (of sorts), you'll need a sleeping bag if you want to stay warm. If you don't already have one then sleeping bags can be picked up quite cheaply – just ask someone if you need some shopping advice.

You'll also want to bring a few other essentials – alcohol, some cash, snack food, and any medication you might need.

PAYING FOR TRIPS & MEMBERSHIP

For most of our trips, we operate an online ticket purchasing system. In the week (or two) prior to a trip (day or weekend), tickets will be available to buy from the club's LUU webpage. You simply need to log in using your student ID number and password and then add the tickets to your basket. This is the same place you buy membership, and for insurance reasons you have to buy membership prior to coming on trips (the exceptions being Give-It-A-Go and day trips that are advertised as not requiring membership). There will always be a limit to the number of spaces available on any one trip so although we will try to accommodate everyone. Make sure to get in quickly if you're keen!

As of September 2022:

Annual LUUCaS membership	£18
Day trip	£10
Weekend trip	£30
GIAG	£30

Costs may vary from trip to trip. This will be advertised in the accompanying Facebook post.

PERSONAL EQUIPMENT

As one progresses through caving there is ample opportunity to spend a great deal of money on equipment. On the other hand, caving is not afflicted in quite the same way as other outdoor pursuits I could mention, and colour co-ordinated, high-fashion, designer labels are not necessary. Seeing as us subterranean types are not in the public eye as it were, the emphasis is on practicality rather than posing (although individual needs I'm sure can be catered for).

Clothing

The first point worthy of emphasis is if your clothing is inadequate, then your clothing is unsafe, and we can't take you caving. Secondly, it is very important that you bring A COMPLETE CHANGE OF CLOTHING to change into after caving, as your caving clothes will be too wet to wear afterwards.

It's recommended to turn up wearing your normal clothes with all your caving gear (clothes, footwear etc) in a strong bag, then change into your caving gear to go underground. When caving you should be wearing a completely different set of clothes including boots and socks. Some prefer to wear their caving clothes when they turn up, but if doing this don't neglect to bring a complete change of clothes for afterwards. A towel too, is an absolute necessity, unless you favour as I do the spiritually stimulating practice of drying off Stark Bollock Naked in the cold Yorkshire wind (however I will endeavour to keep my personal fetishes to myself and strongly advise the towel option!).

For most regular cavers, "properly dressed" means either; a 'furry suit and oversuit', or a wetsuit. The former is a one piece thermal 'romper' suit worn under protective overalls, the trend setting furry suit has been popular with cavers long before the recent 'Onesie' craze and when accompanied by an oversuit has largely replaced the diver's wetsuit as the most popular "cave wear" for British caves.

Don't worry about this for the time being. The club has a stash of oversuits and provides them free of charge to new members, so all you need to think about is finding clothes to substitute for the furry suit. If you are intending on taking caving as a hobby you will eventually seek to purchase one or both of these garments, at as cheap a price as possible. To this end, the club arranges bulk purchase orders from caving shops at a discount.

For the time being you will need lots of clothes to keep you warm and protect you from the rock. When deciding on clothes the mantra to abide by is "**Warm When Wet?**". Generally speaking, **synthetics or wool next to the skin is warmest** when wet, so try and wear two or three old jumpers or synthetics. **Don't wear jeans** as denim becomes very uncomfortable when wet; you're better off with tracksuit bottoms or thermal leggings/'long johns'. **Avoid cotton** as it doesn't retain heat when wet - synthetic material or wool is much better.

Don't forget your feet. A couple of pairs of woolly socks will save much discomfort. Remember all clothes used for caving tend to have a slightly worn look about them after use, so avoid wearing your finest clothes as they'll just get trashed.

Because all people suffer differently to the cold, it's difficult to judge at first what clothing set up will work best for you. Therefore, you're better being too hot and having to strip layers off than too cold without layers to put on. Hence, multiple thin layers are better than one thick layer.

Footwear

The most popular footwear amongst cavers is the **Wellington boot**. They are cheap, hard wearing, and don't absorb water. The club has a large stash of Wellies that it can lend free of charge, however it is often a faff to find a decent pair that fits so we

recommend you purchase your own if you intend to cave regularly. These can be purchased cheaply online or at any garden/hardware centre for around £10 (so no need to trash your expensive walking boots).

Headwear and lighting

Ever caver wears a helmet with a light mounted on it (handheld torches are not used). You may wish to buy a helmet and light later on, but for the time being, by far the best thing to do is to hire a helmet and light from the club or from a caving shop for around £2.00 per day. These can be purchased in advance alongside your Caving Trip purchase on the union website.

Food - 'Keeping the wolf at bay'

You will get hungry on a caving trip, and you will need your energy, so bring plenty of chocolate bars. Stuff your underwear with them if necessary - just avoid putting things in your helmet as the space is there for a reason! For trips that are longer in length, something more substantial than chocolate is recommended. High energy foods like flapjack or nuts are good, and sandwiches in an airtight and waterproof container are recommended for when you expect to be underground for some time. Consider how often you eat and when you usually get hungry in your everyday life. Now add in some very physical activity and taxing conditions and bring enough food to see you through.

Checklist

Below is a list of suggested underground clothing. DON'T WORRY if you can't manage everything. Let's face it, no one brings an entire wardrobe of old clothes to university with them. Feel free to *improvise*. If you have no alternative than to wear your best woolly jumper then put something old and tatty on top to protect it.

- Wellies (can be borrowed from the club)
- Thick woolly socks - (two pairs if possible)
- Tracksuit bottoms/Long johns
- Vest or T-shirt
- Woolly Jumpers - (Two or three if possible)
- Oversuit (can be borrowed from the club)
- Rubber gloves/Gardening gloves
- Chocolate bars or a slab of lard (the latter is less likely to be pinched)
- Ball of string of a length suitable for the type of trip you're planning on
- Money - for breakfast, helmet/lamp hire, pub etc. - (cash!)
- Towel
- Any medication you require
- A complete change of clothing, keeping caving clothes & after caving clothes separate

Optional items

Caving can be done with minimal equipment, though some optional extras do make it a little more comfortable and enjoyable. A pair of rubber kitchen gloves or gardening gloves will both protect your hands from the sometimes sharp and abrasive rock, and also keep your hands slightly warmer.

A cheap gimp-mac can be handy for keeping you dry and therefore warm. This is best worn under the oversuit to avoid tearing.

Knee pads (bought from caving shops or you can make your own from some 'tubagrip' bandage and some foam rubber/ carry-mat) make the endless crawling

that you'll occasionally have to endure seem much more enjoyable. These will probably be one of the first things you buy for yourself.

Neoprene socks will probably be the second thing that you buy for yourself. Neoprene is the material that wetsuits are made from. It provides excellent insulation from the cold water that we often find our feet subjected to. Neoprene socks come in ankle length, and calf length varieties.

Finally, many of us wear what is known as a 'buff'. A buff is a tube of material worn around the neck that can also be pulled up over the head to form a balaclava. A lot of heat is lost via the head and the arteries in the neck and insulation in this area will make you feel warmer and more comfortable. A scarf will also do but is less versatile and bulkier.

ONLINE RESOURCES

The club has a number of online resources that we use to organise trips and communicate amongst each other. By far the most popular is the club Facebook group. Here you can ask questions, see if any other members are keen to go caving, or simply post something that you think other members might find interesting. Similar in nature, for those suffering from facebookphobia is the ULSA mailing list. Additionally, we have an Instagram account to reminisce on older trips and socials.

There is also the ULSA website. Joining the ULSA website gives you access to the club forum, as well as the 'Rant Book'. The rant book is where members will write their trip reports for amusement and informative purposes. It's always good to read the reports written by other members, especially for trips you're planning on attending - it might give you some idea as to what to expect! To access the ULSA website, you will need to sign up - this can be done by clicking on 'Members', and then 'Sign up'.

There is also the previously mentioned LUU webpage, where tickets for events, membership, and other items can be bought.

Facebook Group: facebook.com/groups/leedscaving

ULSA website: ulsa.org.uk

LUU webpage: luu.org.uk/caving/

Instagram: instagram.com/leedscaving

TRAINING

During term time the club has training sessions every Tuesday night, and almost every Friday night (the exception being when it clashes with weekend trips). Tuesday nights start at 7pm, and Friday nights start at 9pm, both in the Edge Gym climbing wall. These sessions focus on teaching you skills that will enable you to safely explore more technical & exciting caves. For example, many caves in the Dales are vertical in nature and require SRT (Single Rope Technique), so we strongly encourage you to attend training sessions so as not to restrict what trips you can go on. No prior experience is required, we train everyone from scratch, and we appreciate people learn at different rates so you won't be rushed.

The trainers are experienced members of the club and give up time free of charge. Unfortunately, the Edge charge for entry to the climbing wall. Anyone living in university halls will automatically have gym membership that will cover entry. If you're not in halls you can either pay per entry or if you're coming regularly get an annual pass. Access to The Edge is free for the first two weeks, however.

All training sessions will be followed by a pub session, our current haunt is Old Bar (within the Leeds University Union), before staggering into town. Even if you can't make training still come along to the pub and beyond!

CAVING SAFELY

There are many inherent dangers when caving (flooding, unstable boulders, bad air, falling from heights, etc.). These are generally the concern of the trip leaders and shouldn't concern you to begin with. That said, here are things that you should be aware of.

Firstly as you approach a cave entrance be aware that wet limestone open to daylight can be ridiculously slippery due to algal slime, so be careful with your footing.

When underground, pitches can pose a danger especially when cavers are above causing loose rocks to rain down. For that reason, never stand directly below a pitch, and if you hear the ear-splitting yell of "BELOW!!!" (meaning rocks are impending) DON'T LOOK UP, instead get yourself out of the way and avoid the urge to protect your head with your arms; your head will already be protected by your helmet and sacrificing your arms will only gain broken wrists.

The stealth danger with caving is the cold, as cave temperatures reflect the average annual surface temperatures around the entrances. They won't generally appear cold in the UK (temperatures are about 8°C to 9°C) until you are soaking wet, then heat will haemorrhage from you. This is avoided by keeping as dry as possible for as long as possible.

Fatigue often goes hand in hand with being cold. This has a simple solution if caught early: eat, drink, put on warm layers, and most importantly tell other group members how you're feeling. Every caver would prefer to abort the trip safely than to continue until the only hope of getting out is by being rescued.

FINALLY there is a requirement that *YOU ARE RESPONSIBLE FOR YOUR OWN ACTIONS* both above and below ground. You must make your own judgement. If you are unwell or your fitness is not up to scratch on a particular day do not come caving; the caves aren't going anywhere, and you will be putting others at risk as well as yourself. It is up to you to ensure that you eat a proper breakfast in order to have the endurance to participate in what can be a very strenuous activity. The trip leader is there to guide, train and supervise. The rest is up to you!

GERROFF MOI LAAAND!

It is important that a good relationship remains established between cavers and the owners of the land upon which the caves are situated. The club is responsible for obtaining permission from the landowners (who are normally farmers) for the caves we visit.

WE MUST RESPECT their walls, gates and livestock encountered on the walk to and from a pothole. Similarly we mustn't drop litter or have relationships with their sheep or dogs, at least without prior permission from the farmer in question. Failure to respect these simple courtesies will incur the justifiable wrath of the farmer and jeopardise future caving. It should also be noted that most Dales farmers carry shotguns and are not averse to a bit of shooting practice.

Access privileges can often change, and the state of cave access is currently under review.

CAVE CONSERVATION

As a society we are dedicated to the conservation of caves. We therefore try to limit the damage that our presence inevitably does to the underground environment.

Crystal formations such as calcite stalactites and stalagmites look far nicer in their natural underground setting than on a mantelpiece. Similarly trampling mud into

delicate, clean, brimstone pools ruins them forever. Many cave formations have taken many thousands of years to form. We hope that they may last for thousands of years to come.

A wise man once said, "Take nothing but photographs, leave nothing but footprints, eat nothing but lard".

RISK

Caving is a potentially dangerous sport with the risk of serious injury or even death. Although caving accidents are relatively rare, there is always a risk of the unknown occurring. It is for this reason that we, as a club, make sure that every beginner trip is supervised and supported by experienced club members.

The caving club tackle store is maintained by the Tackle Officer who carefully monitors the ropes, ladders and other safety equipment. If the state of any rope or ladder is in any doubt it is immediately retired from use and destroyed. Needless to say, caving ropes and ladders are tested to the highest manufacturing standards.

We also follow and adhere to the codes of safe practice and recommendations for student caving clubs as stipulated by the national governing body of which ULSA is affiliated to, the British Caving Association (BCA). We have regular correspondence with the BCA on matters of safety, training and conservation. Through the BCA insurance scheme, all club members have liability insurance, with the limit of indemnity being £5 million.

ACKNOWLEDGEMENTS

This booklet is an adapted and abridged version of an earlier document of the same name originally written by members of the club in 1965. The full version can be found in the library. It has been updated several times since by the following members:

1965 - D. Adamson, R. Chilton, R. Grandison, I. Gasson & D. Howitt; 1981 - N. Thomas & P. Brocklebank; 1983 - N. Clark; 1988 - J. Watt; 1993 - J. Watt & Footleg; 1994 - R. Smallshire; 1996 - J. Haynes; 1999 - A. Butcher & J. Haynes; 2003- S. Allshorn; 2014 - M. Butcher & W. Mason; 2015 - R. Turnbull; 2016 - C. Spence-Jones; 2017 - M. Butcher; 2018 - M. W. Brigham; 2022 - J. Holloway



A BIT OF HISTORY

Organised caving began in Britain in 1895 when E.A. Martel, a pioneering French speleologist, succeeded in descending the 110m deep entrance shaft of Gaping Gill thus pre-empting the Yorkshire Ramblers Club who had been planning an assault on this famous open hole for some time. The Yorkshire Ramblers, based incidentally in Headingley, retaliated by beginning the systematic exploration of all open caves and potholes in Yorkshire. In the five years between Martel's first descent and the start of the twentieth century, the YRC had an impressive list of first descents and developed the basic techniques we use today. Considering that they used heavy rope ladders and candles for lighting their achievements were remarkable. This early era of cave exploration came to an end in the 1930's when the supply of open entrances began to run out and "digging" (the removal of loose rock and debris from cave entrances) was becoming necessary to gain new ground. Gradual improvements in techniques and equipment made caving more pleasant and more popular and other clubs were set up. Some of the biggest and most active clubs today were formed in the 20's and 30's. Leeds University Union Speleological Society (LUUSS, now LUUCaS), was formed in 1957 and was one of the first University clubs. In its early years LUUSS concentrated its efforts on exploring and surveying the notorious Mossdale Caverns.

The early sixties saw the club changing character with the formation of the University of Leeds Speleological Association (ULSA). This allowed the club to benefit from the experience of older non- student members and LUUSS became part of ULSA. The ULSA library, housed in the bottom floor of the Edward Boyle library, also dates from this time. Over the intervening years it has grown into an important body of caving literature. Another, more important development of the early sixties was the introduction of the wetsuit to Yorkshire caving. The increased comfort in water meant that more caves could be explored and passages previously dismissed as too unpleasant could be entered. ULSA began a period of frantic activity which was to last until the mid-seventies and included much original exploration and a huge amount of cave surveying. The first notable find was Marble Sink, two ULSA cavers squeezed down a very tight rift which others had previously thought to be too tight and wet. The pothole continued awkwardly with many squeezes to a depth of 107m and is even today regarded as a classic "tight" pothole. This new found willingness to "push" horrible passages resulted in a series of important ULSA discoveries including Far Country in Gaping Gill, Langcliffe Pot, Black Shiver Pot and most famous of all - the Kingsdale Master Cave.

The early eighties saw the widespread adoption of Single Rope Techniques (SRT), in place of the traditional ladder and lifeline, making the descent of deep vertical caves much easier. It also saw a rapid increase in the popularity of the sport. During this period the club went through a quiet phase and did not have the same success at cave discovery, due partially to the departure of older members. Since the mid-eighties however, the number of cavers remaining with the club after leaving University has risen and we now have a substantial number of very active experienced cavers in the club and consequentially the number of new club discoveries has increased greatly. During the late 1980s early 1990s ULSA cavers have been involved in the discovery and exploration of a large quantity of new passage including major extensions to Penyghent Pot and two new caves in Dentdale. Much work has gone on opening up a totally new caving area in Upper 'Upper' Langstrothdale with the discovery of two new caves so far.

As caving has changed and there has been more focus of exploration with members of multiply clubs joining forces ULSA members have been involved in the exploration of Bye George Pot, extensions of Mossdale Caverns, Black Shiver, Hammer Pot, the far end of the Too Long Gone which is at the far end of the far extensions in Penyghent Pot. The long looked for connection between Boundary Pot and the rest of the Easegill system. The connection between Marble Steps area and the West Kingsdale system is now closer than every with the extensions ULSA members have

been involved with in Large Pot. There has also been huge amounts of work put into other parts of the Three Counties System (first postulated by an ULSA member back in the 1960s) along with members of many other clubs, Skylight Passage was opened connecting Ireby I and II for non-divers via an easier route. ULSA members have been involved in exploration in Wales and Ireland, some have been caving as far away as America, New Zealand and Borneo. In the early 2000s, ULSA's summer expedition was to the French Pyrenées. This was very successful, with several new sections of cave being discovered and great potential for discoveries remain. The past few summers have seen ULSA students pushing a >1000m deep cave in the Spanish Picos, and discovering many kilometres of cave passage in the Austrian Alps as part of expeditions with other student caving clubs.

Closer to home the club re-surveyed some of the Fountains Fell area of the Yorkshire Dales, with an eye to discover a dry route into the sumped off Fountains Fell Master cave. Older members Sam Allshorn and Paul (Beardy) Swire are reproducing the definitive series of guidebooks for the Yorkshire dales area, Northern Caves, the first volume of which has been published.

With a lot of keen young cavers, as well as the more experienced members, the future of the club looks promising.

CLUB STRUCTURE

Rather than just being a student club, the club is fortunate enough to have a wealth of experience in the form of older alumni members. As such, all members (whether current students or alumni) are members of ULSA, but the day to day running of trips is organised by LUUCaS (the student club). Consider this as getting two clubs for the price of one... bargain!

Committee 2022 - 2023

ROLE	NAME	ROLE	NAME
ULSA President	Lyndon Easterbrook	LUUCaS President (ULSA Vice President)	Adam Baldock
Secretary	Yichen Zhao	LUUCaS Treasurer	Elena Alinovi
ULSA Treasurer	Chris Williams	LUUCaS Caving Officers	Kai Trusson Adam Erskine-Jones
Training Coordinator	Mike Butcher	LUUCaS Social Secretary	Bradley Tyson
Tackle Officer	Ben Chaddock	LUUCaS Social Media Secretary	Janey Gregory
ULSA Distribution and conservation officer	Nicola William	ULSA Ordinary Members	Rose Wilson Michael Fearn
ULSA Meets and Minutes Secretary	John Holloway	ULSA CNCC Representatives	Lyndon Easterbrook John Holloway

ADDITIONAL INFORMATION

ULSA library

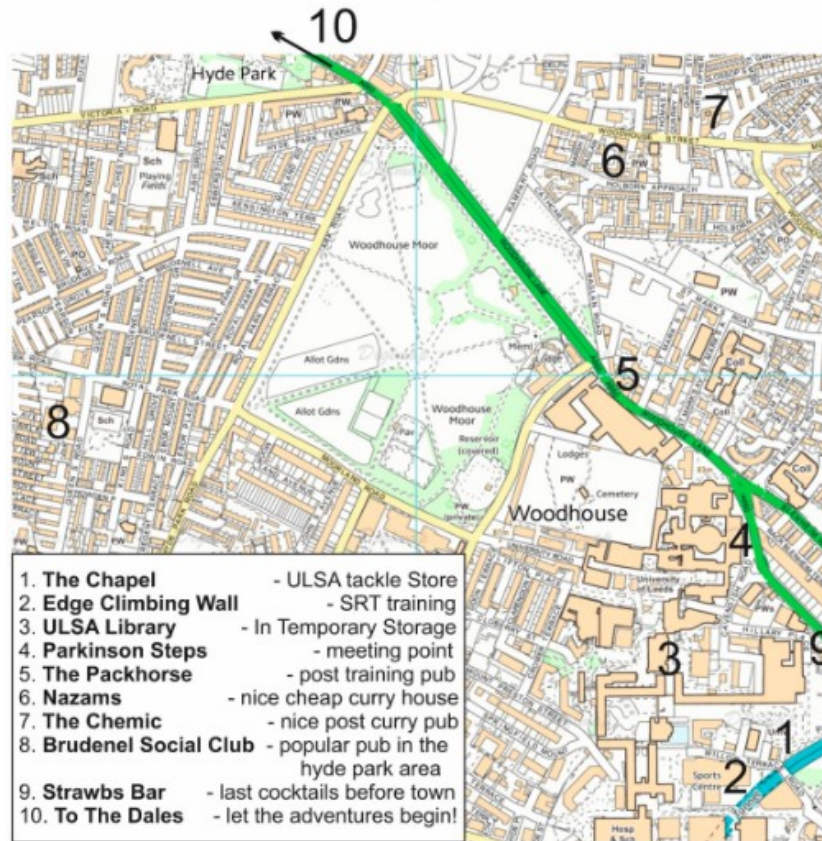
The ULSA library contains books, journals and cave surveys collected over the last 50 years; this is an important collection of caving literature. The collection resides in the Edward Boyle Library on Level 8. Any club member can borrow books or journals from the library regardless of whether they're a current University of Leeds student.

Due to its awkward size the survey collection (lots of copies available for sale) is currently held off campus - email Nicola William if you require anything.

Tackle store

The club has a plentiful tackle store, containing most of the gear you'll need. This is stored inside The Chapel. Any member can borrow tackle from the store (at the Tackle Officer's digression) Message Ben Chaddock if you need access.

Caver's Map of Leeds



Meets & Socials 2022-2023

A current version of the calendar can be found here: ulsa.org.uk/calendar/
 Other than the regular Tuesday and Friday night drinking there are other events throughout the year that are a 'must' to attend. In the first term these are the weekend trip to Mendip and the legendary Pennine Hut weekend. In the second term the pinnacle of the ULSA diary is the Dinnermeet. At a large venue in the Dales a hearty meal and a late bar is exploited. The dress code is fancy dress, the more bizarre and depraved the better (don't get arrested on the way).

Training

7-9pm Every Tuesday: Tuesday Training Session, The Edge Climbing Wall

8-10pm Every Friday (with exceptions): Friday Training Session, The Edge Climbing Wall. *Will be cancelled when clashing with a weekend trip.*

2022 Meets

Laddermeet/abseiling social	Sunday 2 nd October
Autumn Give It A Go	Saturday 8 th October
Mendip Weekend	14 th - 16 th October
Pennine Hut Weekend (Selside)	11 th - 13 th November
CHECC (Mendip)	25 th - 27 th November
Day trips (Yorkshire/Derbyshire)	Most weekends during term time

2022/23 Socials

Advertised on the group Facebook page (facebook.com/groups/leedscaving)

Glossary

Cave	A natural underground space large enough to permit human access.
The Chapel	The former Chapel next to the Edge gym, where the club's tackle is stored.
Cows Tails	Usually 2 short lengths of rope with carabiners on the end used as protection (i.e. points of contact) when doing SRT.
Descenders	Devices used in SRT for abseiling. The club uses 2 types: the red Petzl Simple, and the blue Petzl Stop. These are used in unison with a Friction Carabiner (aka Braking Crab).
Duck	A partially submerged cave passage that has an airspace above the water from which the caver can breathe by 'sucking the ceiling'. <i>See also Sump.</i>
Faff	An omnipotent being that creeps up and hinders any caver just at the point they're almost ready to go underground.
Formations	Otherwise known as Speleothems; these are generally formed by calcite crystals precipitating to form beautiful, yet very delicate, structures. These take thousands of years to form, but a mindless second to destroy. <i>See also Stalactites and Stalagmites.</i>
Furry suit	A fleece material onesie, that is light & warm when wet, and quick to dry. Usually worn against the skin when caving.
Gimp-Mac	(<i>aka Cagoule</i>) This is a cheap thin water-proof type jacket & hood to keep yourself warmer / drier underground. You can purchase these for the price of a pint or two.
Jammers	Mono-directional devices used for ascending a rope. There are three main varieties: Hand Jammers, Chest Jammers (<i>aka Crolls</i>), and Foot Jammers (<i>aka Pantins</i>).
Oversuit	A hardwearing one piece overall, usually worn over the top of a furry suit. Worn to protect yourself from abrasion, with some offering waterproof qualities.
Pitch	A vertical cave passage, usually requiring SRT or a Ladder & Lifeline to progress through.
Pothole	A predominantly vertical cave, dominated by pitches.
Snoopy Loop	A heavy duty elastic band which is made by cutting up circular strips of inner tube (either car, motorcycle or bicycle inner tube depending on what size is required).
Speleology	The scientific study of caves The term is often used to include the exploration of caves.
SRT	Stands for Single Rope Technique; the method by which cavers climb up and abseil down ropes using specialist SRT equipment, thereby allowing access to more and deeper caves.
Stalactites	A type of formation that hangs from the ceiling of a cave. <i>See also stalagmites.</i>
Stalagmites	A type of formation that rises from the floor of a cave. To remember the distinction between stalactites and stalagmites, just remember "Tights come down" and "Mites stand mightily".
Sump	A cave passage that is fully submerged by water, either requiring 'free diving' where the caver holds their breath, or if it's a long or complicated sump 'cave diving' where the specially trained cavers uses breathing apparatus. <i>See also: Duck.</i>
Swallet	A hole in the ground where a stream sinks.