

## How to use this Log Book

Enter each caving trip into the book.

**Date** and **location** are easy.

For **Cave/Trip** identify the name/number of the cave, or areas visited.

For **My Role**, **Type of Cave** and **Difficulty Rating** choose the most appropriate option from those below.

For **Skills**, you may choose up to 4 skills for each cave.

**Other comments** is free for your use.

The **Referee** will normally be the Party or Trip Leader, unless you are it!

# Illawarra Speleological Society

## Caver's Log Book

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My Role	Type of Cave	Difficulty rating	Skills Used
novice	1. horizontal	Very Easy	caving
caver	2. some scrambling	Easy	scrambling
party leader	3. much scrambling	Moderate	abseiling
rigger	4. abseiling + 1-3	Hard	laddering
trip/activity leader	5. laddering + 1-4	Very Hard	SRT
instructor	6. SRT + 1-5		rigging
	7. > 100m total SRT		navigation
			other

Version 1.0

20/10/2015

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