



Safety Briefing

Adventure Caving was pioneered at Cheddar Gorge Caves in 1982 and Rock Climbing was introduced here in 1999.

Cheddar Gorge & Caves is a division of Longleat Enterprises Ltd. The organisation carries £30 million of Public Liability Insurance covered by NFU Mutual and other reputable insurers.

Cheddar Gorge & Caves, which attracts over 200,000 visitors each year, has a full-time Health & Safety Officer (NEBOSH qualified).

X-treme, as part of Cheddar Gorge & Caves, is registered with the Health & Safety Executive, which may carry out an inspection at any time, and is subject to regular Health & Safety Audits by Independent Auditors appointed by our Insurance Company.

X-treme has been formally licensed by the Adventure Activities Licensing Authority (01222 755715), since they were set up in 1996, to take Youth Groups (defined as “6 or more young persons under the age of 18 years”) adventure caving, rock climbing and abseiling. AALA Registration No: L3210/R0238

X-treme activities are operated under Standard Operating Procedures (i.e. control measures put in place at each stage in the activity) that have been discussed and agreed with independent Caving & Climbing Technical Advisers, with the HSE and AALA and with our insurance company.

X-treme Instructors have been trained, assessed and qualified on their technical and leadership competencies by independent assessors appointed by the British Caving Association and the Mountain Leader Training Board.

They are inducted, trained and monitored on their performance by the X-treme Manager, who maintains Equipment Usage Logs for ropes, helmets, harnesses, battery packs, etc. Before any equipment reaches its time expired date, the Manager purchases new equipment.

All X-treme Instructors have undergone Criminal Records Bureau checks to permit them to work unsupervised with children and young persons. They are all qualified First Aiders.

During the winter months, our climbing instructors are engaged in high-access rock safety and conservation work on the cliffs in Cheddar Gorge.

Paul Ballantyne

X-treme Manager
LCLMA (Caving Leader)
Site Specific Climbing Leader
IRATA (High Access)
First Aid at Work

Chris Castle

Caving Instructor
LCMLA (Caving Leader)
First Aid at Work

Nigel Elliott

Climbing & Abseiling Instructor
Site Specific Climbing Leader
IRATA (High Access)
First Aid at Work

Rich Hobbs

Caving, Climbing & Abseiling Instructor
LCLMA (Caving Leader)
Site Specific Climbing Leader
IRATA (High Access)
First Aid at Work

Phil Hendy

Caving Instructor
Site Specific Caving Leader
First Aid at Work

Darren Whyley

Caving, Climbing & Abseiling Instructor
Site Specific Caving Leader
Site Specific Climbing Leader
First Aid at Work

Nicky Dennis

Caving, Climbing & Abseiling Instructor
LCMLA (Caving Leader)
Site Specific Climbing Leader
First Aid at Work

Max Read

Caving Instructor
Site Specific Caving Leader
First Aid at Work

WARNING

Caving, climbing and abseiling are dangerous sports. Cheddar Gorge & Caves is not prepared to compromise its excellent safety record nor compromise the safety and enjoyment of its customers.

Instructors reserve the right to eject anyone from these activities, without refund of any monies paid if, in the instructor's opinion, a participant fails to pay attention to instructions, fails to obey instructions or otherwise puts their own life or the lives and enjoyment of other participants at risk.