White Hall
Caving
Social Story

Caving

Caving is an activity where we will explore either a natural cave or an abandoned mine. We will learn about how it was made and do some fun challenges.

Caving

I will wear a helmet with a torch on it.

I will also wear a cave suit. The material may feel rough, but it will protect me and my clothing.

I can wear my own wellies or borrow a pair from White Hall.

Caving

We will travel to the cave on a minibus. It might take up to 40 minutes depending on which cave we go to.

I will make sure my seatbelt is on.

Caving

We may have to cross a busy road to get to the cave. I will have to listen carefully to my instructor.

We will then walk to the cave entrance, which might take around 10 minutes.

Once we have arrived at the entrance, I will need to listen to the safety instructions.

Caving

When I go into the cave it might feel cold, but if I keep moving I will stay warm.

It might be a bit wet and muddy, but my cave suit and wellies will keep my clothes clean.

I might be nervous about going through small spaces, but I don't have to do all the small challenges.

Caving

We might get the chance to turn our torches off, to experience the dark.

We might light some candles.

My instructor will tell me cool facts about the cave and its history.

Caving

When it is time to leave the cave, we will walk back to the bus and travel back to White Hall.

It's a great achievement to be involved in the session.