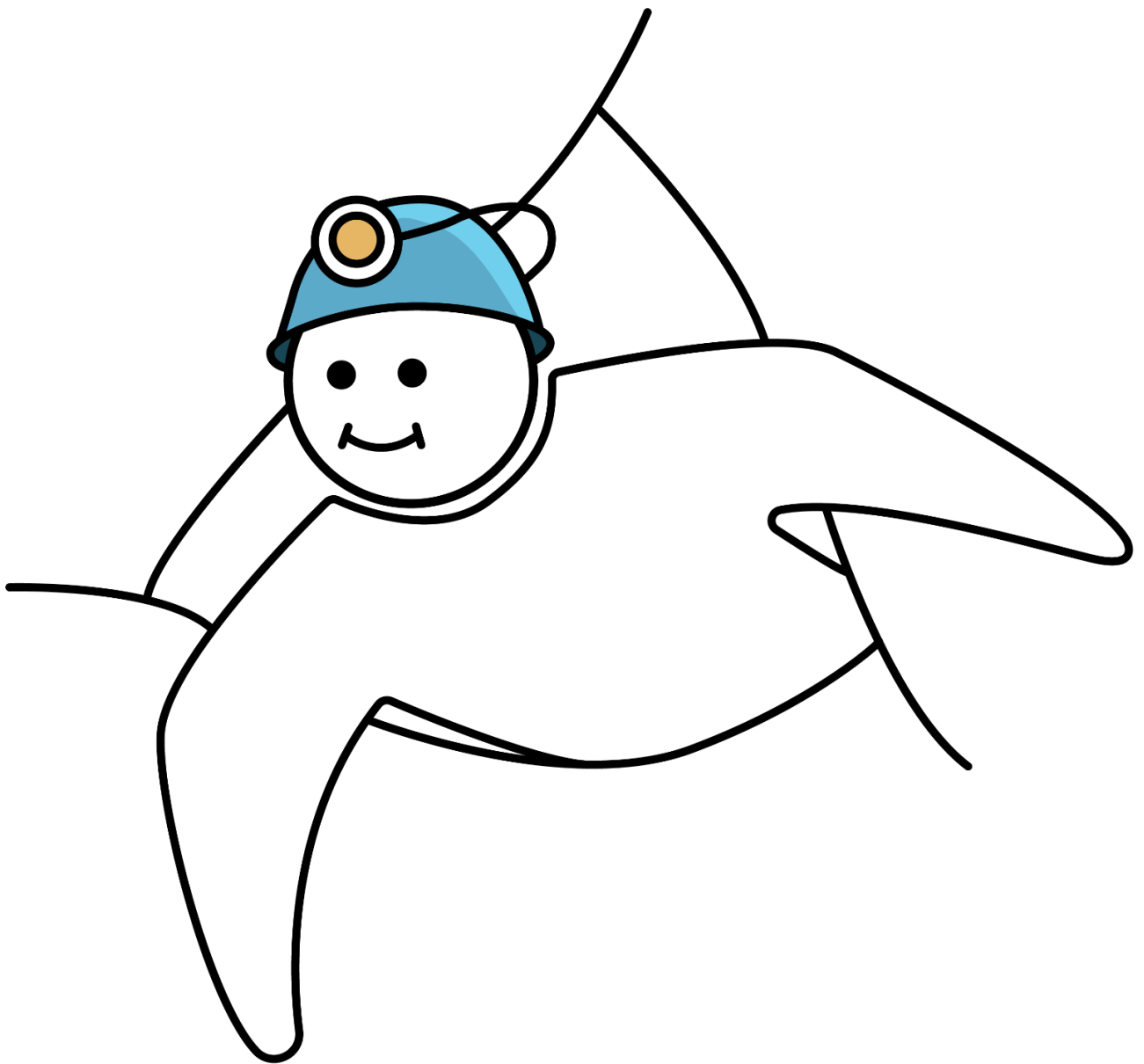




# Indoor Caving



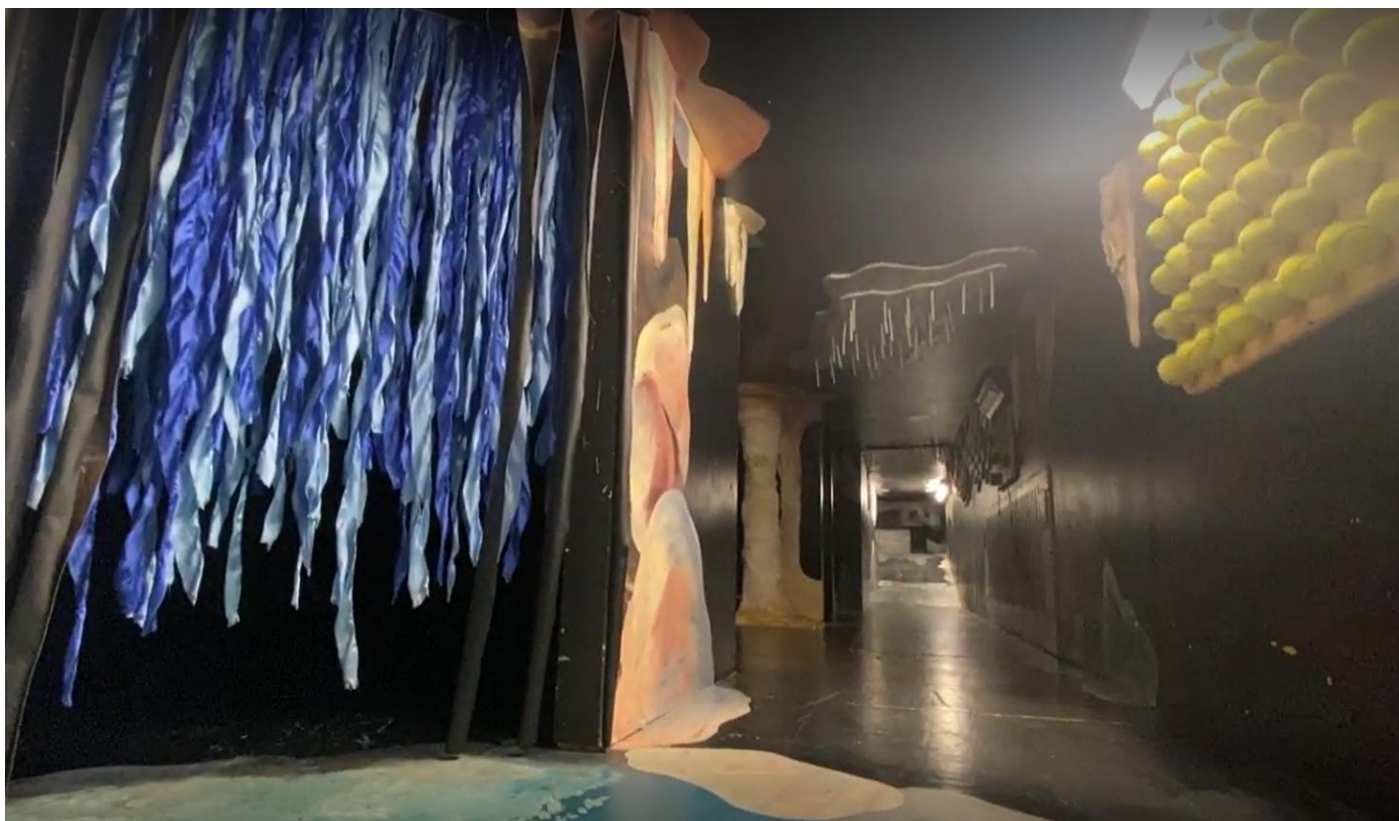
I am going indoor caving.

I will go to the cave in the Kinross building.



I will take off my shoes before going in the cave.

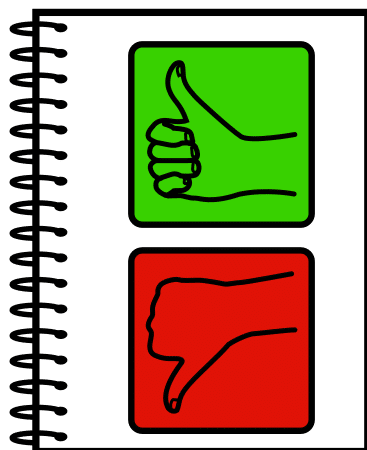
The cave is inside the building, and it is dry.



Some parts of the cave are small,  
some parts are big.



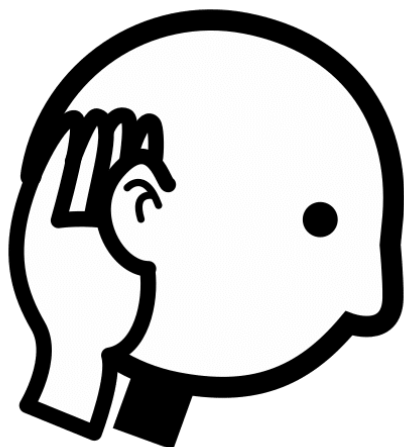
I will meet the Bendrigg tutor and other people. They will talk to me about the rules.



This is to keep me safe.



I need to listen carefully.



I will need to wear a helmet with a torch on it, so I can see.



The cave can be dark or we can turn the main cave lights on.



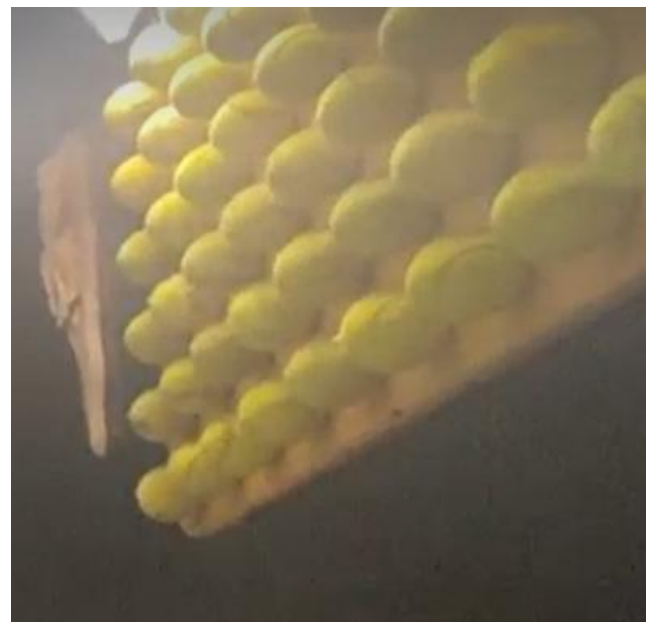
When it is my turn the Bendrigg tutor will ask me to go inside.



I will need to crawl through small gaps.  
I can slide down the tubes and crawl in them.



There is lots to see and feel in the cave.



When I have finished caving I will turn the torch lights off and take off our helmets go and out of the cave.



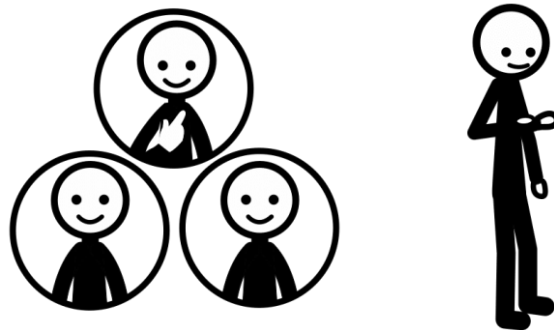
I can go out of the cave and put my shoes on.

I may feel excited.



I may be able to have another go.

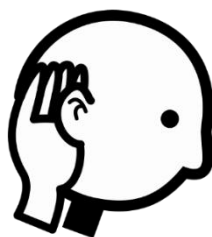
I will need to wait my turn.



I may feel worried, this is okay.



I need to remember I am safe if we all listen carefully and follow the rules. I can ask to stop.



When I have finished everyone will say well done.



The indoor caving is fun.



Written by Kate McCallum with support from

