

### Guiding av nybegynnere

#### Guiding beginners

In any caving expedition two considerations are uppermost: Personal safety and respect for the cave. But as a guide for beginners it is your duty to give them a fine ramble and an exquisite experience. Those setting out on their first cave trip may have different motivations. As a guide you should have some idea of what each participant expects. When planning, account should of course also be taken of age, physical form, outdoor experience and personality. Caves are vulnerable, and a bunch of eager beginners may not be as aware of the necessity of considerate traffic as an experienced guide. Thoughtless and clumsy behaviour may result in serious and lasting damage. It may be a good idea to also take the beginners to a cave disfigured by garbage, graphitti or vandalism, and let the participants observe and comment on the damage.

Beginners are seldom prepared for the climate that awaits them in a cave. The need for warm clothing and solid footwear is often underestimated.

A technically difficult and physically demanding cave requires that you, as the guide, are in absolute control, while the participants must passively "follow the leader". Don't be too afraid of appearing authoritarian. A less demanding and less dangerous cave provides much better opportunity to beginners to be active. They will have time to look around, put questions and get answers. Everybody should have a positive memory of the trip. Do not let the consideration for some persons spoil the enjoyment of others. Of course, you have made sure that somebody will sound the alarm if you are not back at the pre-arranged time. Try to include a reliable second-guide who can get the group out if something untoward happens to you.

In addition to guiding by NGF-members much guiding is done by more or less competent persons. Tourism is increasingly important in our cave-rich part of the country, and cave owners may be tempted to start commercial guiding. It is a challenge for NGF to enter into dialogue with the owners/guides and try to persuade them to follow the principles that we consider valid.