



On the Web at: [NCRC.info](http://NCRC.info)  
and at [www.ncrcpr.org](http://www.ncrcpr.org)

THE  
NATIONAL CAVE RESCUE COMMISSION  
of the  
National Speleological Society, Inc.  
presents a  
**Cave Rescue  
Operations and Management Seminar**

**April 8 – April 15, 2006**

at the  
CECADER facilities (Ramey AFB)  
Aguadilla, Puerto Rico

With the cooperation and assistance of:  
**The Speleological Society of Puerto Rico  
And the Department of Sports and Recreation of Puerto Rico**

**Registration  
Ends March  
22, 2006**

## About the Seminar

This seminar consists of extensive classroom and fieldwork in all phases of cave rescue including underground environment, vertical rescue, hauling systems, extrication techniques, medical management, communication systems, and the organization and management of cave rescue operations. Basic and advanced course material is presented for students who typically include cavers, emergency services personnel, and emergency managers.

The seminar provides approximately 100 hours of instruction over eight days. Its classes are physically strenuous and participants must be in good physical health. Students should be prepared to work in difficult situations, both above and below ground.

NCRC requires participants in its seminars to possess certain skills as prerequisites. Each student must demonstrate his or her ability to ascend (on rope), change over, rappel part way down, tie off their descender, then rappel safely to the ground as part of initial check-in skills. Students must also demonstrate proficiency with the basic knots and hitches used in cave rescue. Students in Levels 2 and 3 will additionally be required to demonstrate retention of key skills learned in previous levels as a prerequisite for participation in the next level. Those lacking the necessary skills will have the option to withdraw from the course or repeat a previous level. Information on specific prerequisites will be provided upon registration, or may be found on the NCRC website.

Participants must review and sign a liability waiver during on-site registration. (Persons under the age of 18 may be permitted to participate in the course, but must contact the registrar prior to registration concerning specific rules and restrictions.)

## Courses Offered

**LEVEL 1** teaches current cave rescue and emergency management techniques, and provides instruction in cave environment, medical considerations, basic rope work, litter rigging and transport, and incident command systems. It is specifically designed to meet the various needs of agency personnel with little or no cave-related experience, and cavers with little or no rescue or medical experience. Level 1 prepares students to function as cave rescue task force members.

**LEVEL 2** prepares students to function as cave rescue task force leaders. **Participants in Level 2 must have successfully completed an NCRC Level 1 course within the past four years, and must demonstrate retention of key Level 1 exit skills.** Students are taught more advanced techniques in medical management, vertical and horizontal rescue, team leadership, and incident management. The course is heavily oriented toward vertical rescue in the cave environment.

**LEVEL 3** is designed to challenge and fine-tune students' technical and management skills. **Participants in Level 3 must have successfully completed an NCRC Level 2 course within the past four years, and will be expected to demonstrate retention of their skills as a condition of participation.** Most sessions will be practical field exercises focused on crack and crevice rescue, technical rigging, water problems, and difficult litter handling situations - with an emphasis on small group scenarios and innovation. Throughout the week student teams will be presented with a variety of cave rescue problems and be expected to solve them with the assistance and supervision of the instructors. **Note: Level 3 enrollment will be limited to 24 students.**

**VERTICAL SYSTEM WORKSHOP (Optional):** This is your opportunity to practice personal single rope technique (SRT) skills prior to entry testing, and to prepare yourself for a more productive NCRC experience. Build and adjust a safe, functional climbing system; fit and fine-tune your existing system; work on ascending techniques; and practice changeovers. **This optional session is open to all registered Level 1, 2 and 3 students. It will be held the evening of Friday, April 7, from 7:00 to 10:00 p.m. Any Level 1, 2 or 3 student not absolutely confident in their personal SRT skills should plan to participate in this workshop.**

## Personal Equipment Requirements

### CLIMBING HELMET

UIAA or CE approved mountaineering style helmet with a three- or four-point suspension, and a non-elastic chinstrap

### THREE SOURCES OF LIGHT

All must be capable of allowing you to exit the cave. At least two should be electric and two should be helmet-mountable.

### BOOTS

Sturdy, rubber soled

### RUGGED CLOTHING (see clothing note below)

### SIX LOCKING CARABINERS

These must be independent of your ascending or descending systems

### DESCENT DEVICE

Any of the following four devices are acceptable:

1. A standard rack
2. A three-bar Micro rack with a hyper-bar (4 bars total)
3. A bobbin-type descender with off-set or safety carabiner
4. A "Rescue Eight" with ears

### SEWN SEAT HARNESS

### ASCENDING SYSTEM

Must be a complete working system with at least two points of gripping attachment connected to the user's seat harness support point

1. An additional mechanical ascender or prusik must be available for crossing knots, etc.
2. One of the system's mechanical ascenders must be functional as a Quick Attachment Safety (QAS) for work positioning and fall prevention

### GLOVES

Must have leather palms and full fingers

### WET SUIT & PERSONAL FLOTATION DEVICE

Required for Level 3, optional for Levels 1 and 2

### WATER BOTTLES

Two quarts recommended

### SMALL, PERSONAL FIRST AID KIT

Optional, but recommended

### SMALL, HEAVY-DUTY PACK

Used to carry personal gear underground

### 2 – 20 FT PIECES OF 1-INCH TUBULAR WEBBING

All personal equipment must be in safe, usable condition and marked to identify the owner. Equipment deemed unsafe or unacceptable during check-in must be replaced prior to the student's continued participation in the course.

### Arrival & Check-in

All students must arrive prior to the start of the seminar at 8:00 a.m. on Saturday, April 8th, 2006. On-site registration will be open on Friday evening and Saturday morning (details will be provided upon registration).

### Getting to the Seminar

The City of Aguadilla is on the west coast of the island of Puerto Rico. The training facilities are located in a decommissioned Air Force Base (Ramey AFB) now administered by the Department of Sports & Recreation of Puerto Rico. The Rafael Hernandez Airport (BQN) is just 3 minutes away and is served by AA, Continental, North American Airlines, Jet Blue and several regional companies. Car rental service is available at the airport but limited. San Juan (SJU) airport is 85 miles to the east (potentially 2.5 hrs in PR traffic). Maps and traveling directions are posted on the NCRC website. NCRC will operate a free shuttle service from BQN and SJU to the seminar site. To use this shuttle you must contact the registrar and provide your travel itinerary at least one full week in advance of the seminar.

### Meal Plan

A meal plan is included in the seminar registration fee. It will feature three hearty meals per day, beginning with breakfast on Saturday the 8th and concluding with breakfast on Saturday the 15th. Spouses and/or other traveling companions may purchase the meal plan separately. If you have special dietary needs (vegetarian, diabetic, etc.) please note these on your registration form.

### Lodging

Dormitory-type rooms (4 to 8 person capacity) with showers and bathrooms are included in the seminar registration fee and will be available Friday, April 7 through Saturday, April 15. Additional days of lodging are available by special arrangement. *No Camping will be allowed.* For accompanying non-students there are hotel & motel rooms available at a modest fee. Persons who prefer a motel must make their own arrangements. A list of nearby motels (1-10 miles) is available on the seminar Web site.

### Environment/Area/Caves/Clothing

Daily high temperatures in Puerto Rico can be expected to average 80 to 90° F with occasional showers. Relative humidity will be 60 to 80 percent. Elevation at the training site is 238 feet above sea level and up to 1100 feet in the caving areas. Be prepared to hike to caves through heavily vegetated areas with poison-ivy-like plants and mosquitoes. Long pants, short sleeve shirts, hats, sunscreen, sturdy boots, and plenty of water are recommended for comfort and safety during outdoor activities.

Cave temperatures average 68-72 degrees Fahrenheit and are frequently wet and muddy. It may be necessary to swim in some caves, so bring a personal floatation device. Rugged clothing (caving coveralls or caving pants), kneepads, sturdy boots, and leather gloves are recommended.

### NSS Membership Requirement

All students must either be **current members** of the National Speleological Society, or pay the Non-NSS fee in addition to their registration fees.

**If you have questions about the seminar or need more information please contact:**  
John or Michelle Panches, Registrars  
Phone: 541-957-5461  
e-mail: [2006registrar@ncrc.info](mailto:2006registrar@ncrc.info)  
Steve Segal, Site Coordinator  
Phone: 787-632-8432 (cell)  
e-mail: [2006seminar@ncrc.info](mailto:2006seminar@ncrc.info)

# NCRC SEMINAR 2006 REGISTRATION

Please type or print legibly – Use one form per person – Detach and mail with payment

Name: \_\_\_\_\_ National Speleological Society Member #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

e-mail address: \_\_\_\_\_ Agency/Grotto/Org. Affiliation: \_\_\_\_\_ How Long? \_\_\_\_\_

List any dietary or health considerations we should know about: \_\_\_\_\_

How many non-students in your party? \_\_\_\_\_

- Level you are registering for:  Level 1  
(check one)
- Level 2 (When & where did you complete Level 1) \_\_\_\_\_
- Level 3 (When & where did you complete Level 2) \_\_\_\_\_
- Vertical Workshop (free). What type of climbing system do you use? \_\_\_\_\_

**Remember – if you are not 18 years old you must contact the registrar before registering.**

## REGISTRATION FEES

<b>REGISTRATION (includes meals and lodging)</b>	<b>\$435.00</b>	_____
<b>NON-NSS FEE</b> (required for students not current members of Nat. Speleological Society)	<b>\$ 40.00</b>	_____
<b>LATE REGISTRATION FEE</b> (if postmarked after February 15, 2006)	<b>\$ 50.00</b>	_____
<b>EXTRA MEAL PLAN (non-students)</b> Number of Extra Meal Plans _____	<b>\$150.00/ea</b>	_____
<b>2005 SEMINAR T-SHIRT</b> (Must be pre-ordered – note quantity and size below) <b>\$ 12.00/ea</b>		_____
____ Small ____ Medium ____ Large ____ X-Large ____ XX-Large (add \$1.00 per XXL shirt)		

## TOTAL REGISTRATION & FEES DUE

25% cancellation fee after February 15, 2006.  
**No refunds after March 15, 2006.**

**Make checks for TOTAL (above) payable to: NCRC Seminar 2006**  
No personal checks accepted after March 15, 2006.

**No registrations accepted after March 22, 2006**

Mail Registration & Fees  
To:  
**NCRC SEMINAR 2006**  
c/o John PUNCHES  
633 W. Hazel St.  
Roseburg, OR 97470  
Phone: 541-957-5461  
2006registrar@ncrc.info

## Credit Card Payments Accepted.

Card number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Total Credit Card Amount = Reg & Fees \$ \_\_\_\_\_ . \_\_\_\_\_

Expiration Date: \_\_\_\_ / \_\_\_\_ Which card? (circle):

Master Card



Discover



VISA



Printed Name on Card: \_\_\_\_\_ Authorized Signature: \_\_\_\_\_



**On the Web at: [NCRC.info](http://NCRC.info)  
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**NCRC SEMINAR 2006  
c/o John Punches  
633 W. Hazel St.  
Roseburg, OR 97470**

**Phone: 541-957-5461  
[2006registrar@ncrc.info](mailto:2006registrar@ncrc.info)**

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