



Orientation to Cave Rescue

a technical course presented by the Western Region of the

NATIONAL CAVE RESCUE COMMISSION

of the National Speleological Society

**July 24-25, 2010 - San Andreas, CA
and California Caverns**



About the Seminar

The NCRC's Orientation to Cave Rescue is an intensive two-day introduction to the science and management of cave rescue operations. Led by a team of highly qualified instructors, the techniques and skills you will learn from this seminar may be directly applied to cave rescue scenarios across the western states. Day 1 will include class sessions and surface exercises designed to teach a wide range of concepts and skills unique to cave rescue. Day 2 will deliver an underground mock rescue and debriefing custom-designed by the instructors to test and challenge your new skills.

This year's Orientation to Cave Rescue will be held at Mark Twain St. Joseph's Hospital in San Andreas on Saturday and at California Caverns near Mountain Ranch on Sunday. The two locations are approximately 25 minutes apart by car. Camping at California Caverns on Saturday night is included in your registration fee. The seminar is open to all search and rescue members from recognized agencies and to cave explorers located in the western states. Participants in this event will enjoy an educational and fun weekend with SAR teams and cave explorers working together to meet their common challenges.

About the NCRC

The National Cave Rescue Commission is an internal organization of the National Speleological Society. It serves as the society's representative on issues of cave rescue training and operations. By design, the NCRC is not an operating cave rescue team. Rather, its mission is to provide training and development opportunities for persons and organizations engaged in cave rescue activities. Thus, while many of the volunteers associated with the NCRC perform rescues, they do this as members of their local rescue squads, civil defense units, or cave rescue groups. The main focus of the NCRC is development and maintenance of a national curriculum in cave rescue operations. It maintains a cadre of qualified instructors, who deliver cave rescue training programs at the national and regional levels.

Experienced Instructors

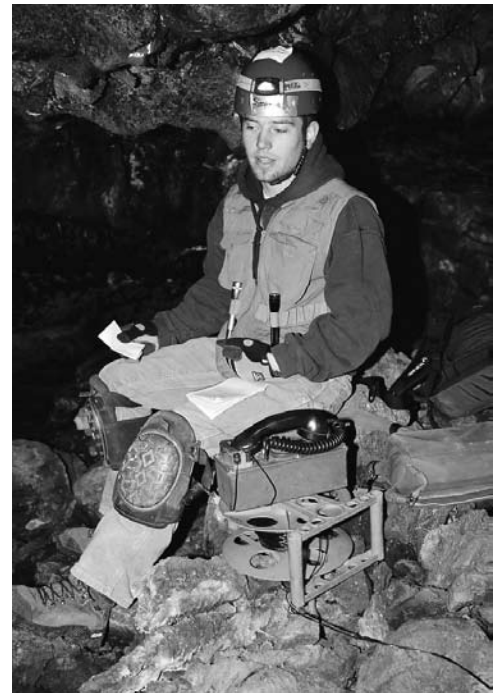
Our volunteer instructors for this seminar have over 100 years of combined caving experience. As certified instructors with the NCRC, they have spent hundreds of hours perfecting the skills that will be offered to you in this intensive seminar. The student to instructor ratio is intentionally kept very low in order to guarantee that you receive the most hands-on experience possible.

Accommodations & Meal Plan

Semi-developed camping and shower facilities are available on-site at California Caverns. Students are encouraged to stay with the group overnight, but local hotel accommodations may be found in nearby San Andreas at your own expense. Camping fees for Saturday night are included in your registration. Lunch on Saturday and Sunday will be provided as part of your registration. All other meals are your own responsibility. There is a small store on-site that sells drinks and minor snacks, but the nearest food service is 15 minutes away in Mountain Ranch. BBQ pits and potable water sources are available at the campground.

California Caverns & Cave City

California Caverns, located at Cave City in Calaveras County, has been open to the public since 1850 and was the state's first show cave. Early visitors included Bret Harte, Mark Twain and John Muir who wrote about his visit in his 1894 book "The Mountains of California." For 150 years, visitors have enjoyed the unique delicate beauty of the cavern's crystalline formations. With approximately 2 miles of mapped passages, California Caverns serves as a unique training opportunity for this seminar. Although the cave will remain open to tour groups during the mock rescue on Sunday, we will have ample room for training exercises in the caverns.



*A student manages the field phone during an OCR mock rescue.
Photo by Matt Bowers.*

Required Equipment

The Orientation to Cave Rescue will introduce you to nationally adopted cave rescue practices and the caving environment. At your discretion, this seminar may also be used to prepare you for the first of three levels of week-long cave rescue training classes offered nationally by the NCRC. This class gives a brief introduction to the major topical areas that are covered more thoroughly in the week-long classes. This course does not cover vertical rope techniques or surface search and rescue.

Each student will need:

1. **HELMET.** A caving or climbing helmet is preferred. Modified construction type helmets with good chinstraps are acceptable. NO broad brimmed helmets.
2. **LIGHTS.** Three dependable, independent sources are required. Each must be capable of getting you out of the cave and must provide ample light to see. Each should be rugged and at least one, preferably all three, must be helmet mounted.
3. **RUGGED CLOTHING.**
4. **GLOVES.** Good leather or at least leather palm work gloves are a must.
5. **BOOTS.** Sturdy, lug soled, lace-up type boots with good support.
6. **FOOD.** Quick energy, ready to eat like trail mix, candy bars, small can of beans, fruit, etc.
7. **WATER.** Good water bottle or an army surplus canteen.
8. **SMALL PACK.** Items 2,6,7,9 and 10 go into this pack as well as extra batteries, bulbs and a note pad with short wooden pencils in Zip Loc bags.
9. **GARBAGE BAGS.** At least two 30-33 gallon size.
10. **PERSONAL FIRST AID KIT and SUPPLIES** including knife and whistle.

Some people will find 20' of tubular one-inch nylon webbing and a couple of locking D carabiners handy, but they are not required. Participants under 18 years of age must contact Amanda Mortimer at amandacaves@sbcglobal.net or (559) 442-4156 before registering. All participants must sign a liability waiver when they arrive at the seminar.

Environment, Area, Caves & Clothing

Summer temperatures in the California foothills average from 92° daytime highs to 55° evening lows. Rain is unlikely at this time of year. Cave environments can be extremely muddy and wet in places with an approximate temperature of 53°. Elevation at California Caverns is approximately 2,100 feet. Be prepared to hike to caves for some exercises. Poison oak, ticks, and mosquitoes may be present during our outdoor activities and at night. Appropriate insect repellent is advised. Rugged multi-layered clothing (caving coveralls or caving pants), kneepads, sturdy boots, and leather gloves are recommended. Unfortunately, California Caverns sits in a local depression and does not provide reliable cell-phone service. Pay phones are located on-site and the town of Mountain Ranch is about 10 minutes away by car.



Mark Twain St. Joseph's Hospital

Travel Directions

Saturday's sessions will start promptly at 8:00 AM. Please plan to arrive 30 minutes early for registration. The sessions on Saturday will be held at Mark Twain St. Joseph's Hospital located at 768 Mountain Ranch Road in San Andreas, CA. Registered seminar participants should proceed to the back of the hospital and enter through the back doors (do not enter the Emergency Department parking lot). The sessions will be held in the Community Health Education Center, which is clearly marked on the outside of the building.

California Caverns is located near Mountain Ranch, CA - approximately a 25-minute drive from the hospital. From San Andreas, continue up Mountain Ranch Road for approximately 9 miles. Turn right on the 2nd Michel Road turnoff at the California Historical Landmark sign that says "California Caverns." Follow the signs for approximately 2 miles to the driveway on the left. Although there is ample parking, the cave will be open to tour groups during the seminar. Students are encouraged to carpool as possible. GPS: 38° 12.20'N, 120° 30.55'W.

Basic Course Outline:

8:00 AM	Intro. to the NCRC and Cave Rescue
8:20	Caves, Gear, Safety, & Conservation
8:45	Rescue Operations and Management
9:15	Logistics
9:30	Equipment Planning and Packaging
9:45	Cave First Aid / Medical Equipment
10:00	Documentation
10:20	Break
10:30	Communications
10:50	Cave Search
11:05	Initial Response
11:20	Media Interaction
11:35	Lunch Provided at the campground
12:35 PM	Medical Considerations
1:05	Psychological Considerations
1:20	Hypothermia
1:40	Difficult Evacuation and Water Problems
2:00	Litters and Patient Packaging
2:15	Break
2:30	Field Practice: Patient Packaging and Litter Handling
5:15	Briefing for Mock Rescue

We will try to end Sunday's mock rescue and debriefing by 4pm for student travel considerations.



Students practice patient packaging during an OCR mock rescue. Photo by Bill Frantz.

Register Today

To guarantee a personal (and fun!) training experience for all participants, there are a limited number of spaces available for students in this seminar. It will likely sell out. This is an excellent opportunity for you to focus on learning some great skills with quality personal attention from nationally recognized instructors - each of whom has spent hundreds of hours learning, practicing and teaching these skills. To register, please fill out the attached form and mail it in today. Once the seminar has reached capacity, a waiting list will be formed based on the date your registration arrives in our mailbox. All students will be expected to sign a liability release prior to the weekend's events. Additional information is available by contacting the seminar registrar, Amanda Mortimer, at (559) 442-4156 or amandacaves@sbcglobal.net. Additional copies of this registration form may be downloaded from <http://www.caves.org/ncrc/ncrc-wr/>

Registration: Orientation to Cave Rescue

July 24-25, 2010 - San Andreas, CA & California Caverns at Cave City - Mountain Ranch, CA

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

All participants must review and sign a liability waiver at check-in registration.

Name: _____ Natl. Speleological Society #: _____

Address: _____ Age: _____

City: _____ State: _____ Zip: _____ E-mail: _____

Day phone: _(____)_____ Evening phone: _(____)_____ Mobile/pager: _(____)_____

Agency or Grotto Affiliation: _____ How long? _____

Dietary or health considerations: _____

Emergency contact: _____

Please mail registration form and your check or money order to:
Western Region NCRC
1455 N. Echo Ave
Fresno, CA 93728-1718
(559) 663-2571

Students under the age of 18 must contact the registrar prior to entry.

Student Registration per person:	\$42.00	
Optional - camping on Friday night:	\$5.00	
Would you like to be notified of future training opportunities?		
TOTAL ENCLOSED:		



Registrar tracking:

Date Recd: _____

Confirmed: _____

Cancelled: _____

Waiver: _____

Please plan to arrive at Mark Twain St. Joseph's Hospital in San Andreas by 7:30 AM on Saturday morning. Classes will start promptly at 8:00 AM. Your registration includes camping on Saturday night at California Caverns. All camping gear is your own responsibility.

Cancellation Policy: This seminar is expected to be filled to capacity. There will be no cancellation penalty until July 12. After that date, there will be a \$10 processing fee and the remainder of your registration fee will be refunded. No refunds will be given after July 22. Registrations may not be substituted without advance permission of the registrar.

Availability: There are a limited number of student spaces in this seminar. All interested participants are encouraged to register early. There are NO non-student rates available for this seminar. Please do not bring non-participating guests.

Waitlist: Once filled, the seminar registrar will create a waitlist for students should spaces become available. Registrations will be processed in order received based upon postmark.

Confirmation: When your registration is received and processed, you will be notified by phone call or e-mail.