



On the Web at: [NCRC.info](http://NCRC.info)

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

**May 3 – 10, 2008**  
at  
Camp Skyline  
Mentone, Alabama

**Register by  
April 25,  
2008**

## About the Seminar

This seminar consists of extensive classroom instruction 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. **Level 3 enrollment may be limited – CONTACT THE REGISTRAR TO ENSURE SPACE IS AVAILABLE BEFORE YOU REGISTER.**

**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, May 2, 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 only

### 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, May 3, 2008. On-site registration will be open on Friday evening and Saturday morning (details will be provided upon registration).

### Getting to the Seminar

Mentone is located in the northeast corner of Alabama on top of Lookout Mountain. The camp is located at 4888 Alabama Hwy 117, Mentone, Alabama 35984. The nearest major city is Chattanooga, Tennessee which is about a 45 minute drive. Both Atlanta and Birmingham are about 2 hours away. Chattanooga Metropolitan Airport is served by American Eagle, US Airways, Allegiant Air, Northwest Airlin, Continental Airlines and Delta. Maps and traveling directions are posted on the NCRC website.

### Lodging and Meal Plan

Cabin with bunk style lodging and a meal plan are included in the seminar registration fee. Bunk beds with ample showers and toilets are provided on site. The meal plan will feature three hearty meals per day, beginning with breakfast on Saturday the 3rd and concluding with breakfast on Saturday the 10th. Spouses and/or other traveling companions may purchase the lodging/meal plan separately. If you have special dietary needs (vegetarian, diabetic, etc.) please note these on your registration form. Bring your own sheets or sleeping bag, towel and bathing supplies.

### Camping and Hotels

NO Camping will be allowed on site. It is strongly recommended that everyone stay in the cabins. There are plenty of cabins and rooms within the cabins and no price reductions for not staying on site. Persons who prefer a motel or other off site accommodations must make their own arrangements..

### Environment/Area/Caves/Clothing

Daily high temperatures can be expected to average around 74° F on the mountain with nighttime lows averaging near 48° F. Mentone gets an average of 4.7 inches of rain in both April and May. Expect occasional showers. Relative humidity will be 50 to 80 percent. Elevations in the area range from 600 to 1800 feet above sea level. Be prepared to hike to caves through vegetated areas with poison-ivy 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 58 degrees Fahrenheit and are frequently wet and muddy. 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 (join online at [www.caves.org](http://www.caves.org)), 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:**

Jane Morgan, Registrar

Phone: **770-969-0943**

e-mail: [2008registar@ncrc.info](mailto:2008registar@ncrc.info)

Steve Hudson, Site Coordinator

Phone: **706-764-2296** evenings

e-mail: [2008seminar@ncrc.info](mailto:2008seminar@ncrc.info)

# NCRC SEMINAR 2008 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 Affiliation: \_\_\_\_\_

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? \_\_\_\_\_

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

## REGISTRATION FEES

<b>REGISTRATION (includes meals and lodging)</b>	<b>\$548.00</b>	_____
<b>NON-NSS FEE</b> (required for students not currently members of Nat. Speleological Society)	<b>\$ 40.00</b>	_____
<b>LATE REGISTRATION FEE</b> (if postmarked after April 15, 2008)	<b>\$ 50.00</b>	_____
<b>EXTRA MEAL &amp; LODGING PLAN (non-students) Number of Extra Plans</b> _____	<b>\$320.00/ea</b>	_____
<b>SEMINAR T-SHIRT</b> (Must be pre-ordered – note quantity and size below)	<b>\$ 15.00/ea</b>	_____
____ Small ____ Medium ____ Large ____ X-Large ____ XX-Large (add \$1.00 per XXL shirt)		

**TOTAL REGISTRATION & FEES DUE** \_\_\_\_\_

Mail Registration & Fees  
To:  
**NCRC SEMINAR 2008**  
Jane Morgan  
27 Pine Street  
Fairburn, GA 30213  
770-969-0943

25% cancellation fee after April 15, 2008.  
**No refunds after May 1, 2008.**

**Make checks for TOTAL (above) payable to: NCRC Seminar 2008**  
No personal checks accepted after April 15, 2008.

**Credit Card Payments Accepted** (MasterCard, Discover, VISA only)

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

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



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



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