



On the Web at: NCRC.info

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

June 13 – 20, 2009

at the
Stalker Elementary School
Bedford, Indiana

**Register by
June 4,
2009**

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.)

For information on seminar scholarships go to <http://www.caves.org/ncrc/national/Scholarship2009.htm>.

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, June 12, 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, June 13, 2009. On-site registration will be open on Friday at 12pm and Saturday morning (details will be provided upon registration). Please **do not** arrive at the site locations prior to 12pm Friday, June 12, 2009. Those wishing to come early are responsible for lodging and meal plans prior to the start of the seminar!

Getting to the Seminar

Camping and classroom locations will be at Stalker Elementary School (420 W. St) just north off of IN58 in Bedford, which is located approximately half way between Indianapolis, IN and Louisville, KY, both of which are 1 hour, 45 minutes away, and contain international airports. Maps and traveling directions are posted on the NCRC website. NCRC will operate a free shuttle service from the 2 airports, however, 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 13th and concluding with breakfast on Saturday the 20th. 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

Camping will be allowed onsite at no additional cost. Showers and toilets are provided onsite. Bring your own camping, sleeping, and bathing supplies. Sorry, no RV hook ups are available. Please contact the registrar if you plan on bringing an RV. Persons who prefer a motel must make their own arrangements. A block of rooms have been reserved at the Super 8 Motel (see website).

Environment/Area/Caves/Clothing

Daily high temperatures can be expected to average 75°F to 85°F with occasional showers. Relative humidity will be 50 to 70 percent. Elevations in the area averages 686 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 55°F 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), 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:

Jo Ellen Kimmel, Registrar

Phone: 765-346-1722

Email: kimmeljo@att.net

Jessica Deli, Site Coordinator

Phone: 812-345-5012

Email: scramblerhvn@gmail.com

NCRC SEMINAR 2009 REGISTRATION

Please type or print legibly – Use one form per person – Detach and mail with payment
Participants must also review and sign a liability waiver during on-site registration.

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

REGISTRATION (includes meals and onsite camping) \$425.00 _____

NON-NSS FEE (required for students not currently members of Nat. Speleological Society) \$ 40.00 _____

LATE REGISTRATION FEE (if postmarked after May 4, 2009) \$ 50.00 _____

EXTRA MEAL PLAN (non-students) Number of Extra Meal Plans _____ \$175.00/ea _____

SEMINAR T-SHIRT (Must be pre-ordered – note quantity and size below) \$ 12.00/ea _____
(A sample of the t-shirt design is on the website!)

____ Small ____ Medium ____ Large ____ X-Large ____ XX-Large (add \$1.00 per XXL shirt)

TOTAL REGISTRATION & FEES DUE _____

Mail Registration & Fees
To:
NCRC SEMINAR 2009
c/o Jo Ellen Kimmel
3530 Moulton Rd.
Martinsville, IN 46151
Phone: 765-346-1722
kimmeljo@att.net

25% cancellation fee after May 18, 2009.
No refunds after June 1, 2009.

Make checks for TOTAL (above) payable to: NCRC Seminar 2009
No personal checks accepted after June 1, 2009.

For information on seminar scholarships go to <http://www.caves.org/ncrc/national/Scholarship2009.htm>.

Credit Card Payments Accepted (MasterCard and VISA only)

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

Expiration Date: ____ / ____ Which card? (circle):

MasterCard



VISA



Printed Name on Card: _____ Authorized Signature: _____



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c/o Jo Ellen Kimmel
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Martinsville, IN 46151

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