



SOUTH CENTRAL REGION
of the
NATIONAL CAVE RESCUE COMMISSION
with
Texas Parks and Wildlife
presents
Orientation to Cave Rescue

March 15 & 16, 2008

Colorado Bend State Park
Bend, Tx

http://www.tpwd.state.tx.us/spdest/findadest/parks/colorado_bend/

About the Seminar

Orientation to Cave Rescue (OCR) consists of classroom and fieldwork in all phases of cave rescue including underground environment, vertical operations, extrication techniques, medical management, communications systems, and the organization and management of cave rescue operations. Participants typically include cavers, emergency service personnel, and emergency managers. OCR provides a solid foundation for the Level One course held at the NCRC weeklong national seminar.

The seminar provides approximately 16 hours of instruction over 2 days. Fieldwork can be strenuous, and participants must be in good physical health. Students should be prepared to work in difficult situations, both above and below ground.

Participants must review and sign a liability waiver at check-in registration. Persons under the age of 18 should contact the Course Coordinator prior to registering.

Meals and Accommodations

Everyone is on their own regarding meals for the duration of the seminar. There are no cafes, restaurants or grocery stores close to the conference center at Colorado Bend. Besides a small store in Bend with a VERY limited inventory (no gasoline), the closest resources are in Lampasas and San Saba (+/-45 min.) The conference center has refrigerators, a stove and a large BBQ pit. There are limited accommodations in the conference center itself, so each participant should plan on camping. Campsites are available. Camping and parking will be free for students in the course. Potable water and restrooms will also be available.

The Caves

Average high temperature in March is about 70. The average low is around 45. Cave temperatures are in the mid 60's to low 70's. The caves are generally fairly small and tight. The 100% humidity underground guarantees a lot of sweating so clothing should be cool, loose fitting, and durable.

Personal Equipment Requirements

1. Approved climbing/caving helmet
2. 3 light sources – 1 helmet mounted
3. Rugged clothing (Turnout gear is not appropriate.)
4. Sturdy footwear
5. Gloves
6. Small, rugged pack
7. Water bottle
8. Notebook, pen/pencil

Recommended

1. knee pads
2. elbow pads
3. large trash bags
4. non-perishable food (for field work)
5. insulated underwear
6. rain gear
7. lawn chair

Instructors

All instructors hold current Instructor registration with The National Cave Rescue Commission. All instructors have multiple years of experience at regional and national NCRC seminars. Other qualified individuals will assist with instruction as needed and as appropriate.

Mail Registration & Fees To:
NCRC South Central Region
c/o **Becky Jones**
263 CR 117
Llano, TX 78643
325-247-5165
beck@gonzoguanogear.com



For more information contact:

Rod Dennison, Course Coordinator
254-780-3256 land line
254-563-5990 cell
tr0508@aol.com

SOUTH CENTRAL REGION
NCRC ORIENTAION TO CAVE RESCUE 2008 REGISTRATION

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

Name: _____ NSS # _____

Address: _____

City: _____ State: _____ Zip: _____

Day Time Phone # (____) _____ Night Time Phone # (____) _____

E-mail address: _____ Agency/Grotto/Affiliation: _____ How Long? _____
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REGISTRATION FEE

\$50 _____

No refunds after March 8, 2008
Make checks payable to: NCRC South Central Region

Registration will be after 6 PM on Friday the 14th and from 7-8 AM on the 15th

DIRECTIONS TO COLORADO BEND STATE PARK



Directions: The park is west of Lampasas, southeast of San Saba.

From Austin follow Hwy 183 into Lampasas. Turn left on FM 580. Go west 24 miles to Bend and follow the signs 4 miles to the park entrance. Turn left at the “NCRC” sign.

From San Saba, take US Highway 190 east about 4 miles to FM 580 and follow the signs 13 miles to Bend; follow the signs 4 miles to the park entrance. Turn left at the “NCRC” sign.

From Cherokee take FM501 east 15 miles to FM 580. Turn south go 2 miles to Bend and follow the signs 4 miles to the park entrance. Turn left at the “NCRC” sign.

The number at the conference center is 325-628-3449. There is no cell phone coverage at the conference center, and coverage is VERY limited in the entire area.

Limited “picnic” supplies In Bend but No Gasoline.

The park headquarters is 6 miles past the entrance. (Access road subject to flooding.)