



**SOUTH CENTRAL REGION**  
of the  
**NATIONAL CAVE RESCUE COMMISSION**  
with  
**Texas Parks and Wildlife**  
presents

**Orientation to Cave Rescue**

**Feb 27&28, 2010**  
**Colorado Bend State Park**  
**Bend, Tx**

[http://www.tpwd.state.tx.us/spdest/findadest/parks/colorado\\_bend/](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 periodic regional seminars and annual NCRC national seminars.

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.

Feb. 26<sup>th</sup> we will be offering an optional vertical workshop that will begin at 2pm. Students will have the opportunity to sharpen their vertical skills, and learn how to pass knots, re-belay, pick off, and change over's more effectively.

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 February is in the mid 60's. The average lows are in the mid 30's. Cave temperatures are generally in the 70's, but the 100% humidity underground guarantees a lot of sweating so clothing should be cool, loose fitting, and durable. The caves are generally small, and training areas are fairly small and tight. Many exercises will be in vertical caves.

**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 pack food
5. insulated underwear
6. rain gear
7. lawn chair

**Instructors**

Lead 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 **Lisa Cantrell**  
133 Serenity Dr  
Boerne, TX 78006  
Cell 830 486-6128



For more information contact:  
**Chris Jenkins**, Course Coordinator  
817-312-0256 cell  
Cjenkins00@yahoo.com

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**SOUTH CENTRAL REGION**  
**NCRC ORIENTAION TO CAVE RESCUE 2009 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? \_\_\_\_\_  
.....

**REGISTRATION FEE** **\$50** \_\_\_\_\_

No refunds after Jan 31, 2010

**Make checks payable to: NCRC South Central Region**

**Registration will be after 6 PM on Friday the 26<sup>th</sup> and from 7-8 AM on the 27<sup>th</sup>**

# 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. Turn left at the "T" 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 right and go 2 miles to Bend. 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 to the seminar.