

## REQUIRED EQUIPMENT

- A sturdy helmet with a non-elastic chinstrap equipped with a quick release buckle. Helmet should be UIAA rated. Fire type helmets are made for fires and other types of rescues, and are not acceptable for cave rescues.
- Three independent sources of light each capable of allowing safe exit from a cave. The primary light must be helmet mounted.
- Sturdy boots with cleated soles.
- Leather palmed gloves.
- Appropriate rugged clothing for damp, muddy, 50° cave temperature. Layering with polypropylene is advisable.
- A small rugged cave pack suitable for carrying personal supplies underground.
- Small personal first aid kit.
- Three garbage bags.
- Personal food and water for eight hours, to be used during the Mock exercise on Sunday. Food will not be provided in cave on Sunday.
- VERTICAL EQUIPMENT IS NOT REQUIRED FOR THIS COURSE
- ALL GEAR MUST BE CLEANED PRIOR TO CLASS ACCORDING TO THE U.S. FISH & WILDLIFE SERVICE PROCEDURES (SEE TRAINING LINK)  
<http://www.er-ncrc.org>



**ORIENTATION TO CAVE RESCUE  
MARCH 26-28, 2010  
EMU & Grand Caverns, Virginia**

## CONTACT INFORMATION

Scott Davis  
Phone: 540-383-5948  
Email: [karsthuntr@comcast.net](mailto:karsthuntr@comcast.net)

## COURSE OVERVIEW

This Orientation to Cave Rescue Course is being sponsored by the Eastern Region of the National Cave Rescue Commission, and the Virginia Association of Volunteer Rescue Squads. The class will take place at EMU and Grand Caverns Regional Park with the Friday and Saturday classes being held at University Commons building Room 124 at EMU in Harrisonburg, Virginia. The Orientation course material is presented for students who typically include cavers, emergency service personnel and rescue management personnel.

OCR is an introductory level program which consists of instruction of both classroom and field work in all phases of cave rescue. Some of the items covered in this class are the underground environment, extrication techniques, communication systems, medical management, operations, equipment, documentation, and response systems. The course is conducted over a three day period (typically Friday Night, Saturday and Sunday). The first evening consists of classroom studies. The second day consists of classroom studies and hands on exercises. The third day consists of a carefully staged mock exercise that allows the students the opportunity to actually manage a cave rescue mission and to participate in many of the functions that such a mission would utilize.

This course is physically demanding.

Participants must be in good physical health and must sign a liability waiver. Persons under 18 years of age must contact the registrar prior to registering for the class.

The Friday and Saturday portion of this class is being held in the University Commons building Room 124 at EMU in Harrisonburg, Virginia. Students are expected to arrive at 1900HRS on 26MAR2010 to check in, and show that gear is cleaned. Classes will start at 1930HRS. The Sunday portion of the class will be at a specific cave that will not be announced until Saturday night.

The Registration Fee for this course is \$40.00 which will include all course materials. Students will be provided with snacks and lunch on Saturday. Please bring anything else that is adequate for your needs.

Free Camping facilities are available at Grand Caverns Regional Park. There are hotels/motels nearby for those wishing for that type of convenience. There are also other campgrounds available.

If you have any questions about this course please contact Scott Davis at 540-383-5948 or email: karsthuntr@comcast.net

For information on the Eastern Region of the National Cave Rescue Commission or cave rescue in general please contact the Regional Coordinator for the ER-NCRC Jeff Good. You may contact Jeff at: 540-324-6932 or email: atlatlist@comcast.com

## REGISTRATION FORM

<b>Name</b>		
<b>Address</b>		
<b>City</b>		
<b>State / Zip</b>		
<b>Phone (H)</b>		
<b>Phone (W)</b>		
<b>E-mail</b>		
<b>Age</b>		
<b>Affiliations</b>		
<b>Other</b>		
<b>Are you Vegetarian?</b>	<b>YES</b>	<b>NO</b>
<b>IS YOUR GEAR CLEANED?</b>	<b>YES</b>	<b>NO</b>

Make Checks Payable to:

Eastern Region NCRC

mail to:

ER-NCRC  
c/o Jeffrey F. Good  
301 North Pope Street  
Bridgewater, VA 22812

**\$40.00**

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**Please pre-register by 8MAR2010. Registration after this date will require a \$10.00 late fee.**