



Eastern Region of the National Cave Rescue Commission

of the
National Speleological Society
presents

“*Weeklong 2008*” Cave Rescue Training 18 - 27 July 2008 Harrisonburg, Virginia

**Register by
June 26,
2008**

Program Overview

These courses consist of extensive classroom and fieldwork designed to maximize the learning experience. The cave rescue programs provide studies in underground environment, vertical rescue, mechanical advantage systems, extrication techniques, basic medical principles, communications, and management of cave rescue operations. Wilderness EMT specializes in the application of medical skills in 'non-traditional' settings. These courses provide basic and advanced material for students who typically include cavers, emergency services personnel, and emergency managers. During the eight days students will receive approximately 100 hours of instruction for each level. Students should expect to be "on the move" from early in the morning to well into the evening. These programs are physically strenuous and participants must be in good physical condition. Students should be prepared to work in difficult situations both above ground and underground. Each participant will be required to review and sign a liability waiver upon registration. Students need to be prepared to complete initial skills check-ins. All students must pass written and skills tests to successfully complete the courses.

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, and 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 Level 2 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.)

About the Courses

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.

Specialist Wilderness EMT is designed to train medical personnel in the application of their skills in the cave and wilderness setting. Students are encouraged to have previous SAR or Cave Rescue experience. Prior certification as an EMT or higher is a prerequisite for this course. WEMT expands on the student's assessment, intervention, and stabilization skills. Operations in the cave environment are emphasized. This course meets the standards established by the Wilderness EMS Institute.

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, and 2 students. It will be held the evening of Friday, July 18, from 7:00 to 10:00 p.m. Any Level 1 or 2 student not absolutely confident in their personal SRT skills should plan to participate in this workshop.***

HAM Radio VE session will be offered Friday night July 18, 2008 at 18:30HRS. Books for preparation are available at <http://www.arrl.org/catalog/lm/>

Equipment Requirements

All necessary tools and equipment will be furnished for the students with the exception of personal caving/safety equipment. All personal equipment must be in safe, usable condition and should be marked to identify the owner. We reserve the right to reject equipment, which may be unsafe. Each student must have at least the following equipment available for inspection at check-in:

Required for all students

Required for Level 1 and Level 2

<p>CLIMBING HELMET UIAA or CE approved mountaineering style helmet with a three or four point suspension and a chinstrap.</p> <p>THREE SOURCES OF LIGHT At least two should be helmet mountable. At least one should be electric. All light sources must be capable of allowing you to exit the cave.</p> <p>BOOTS Sturdy, rugged boots appropriate for mud & water.</p> <p>GLOVES AND CLOTHING Leather palm gloves and rugged caving clothes.</p> <p>CAVE PACK Suitable for carrying your gear underground. A one-quart water bottle is recommended.</p> <p>WEBBING Two 20' sections of 1" tubular.</p>	<p>SEWN SEAT HARNESS. COMMERCIAL PREFERRED.</p> <p>PERSONAL DESCENDING DEVICE Any of the following is acceptable: standard rack, Micro rack with hyper-bar, bobbin, Stop, or figure eight descender.</p> <p>ASCENDING SYSTEM Must be a complete working system with at least two points of gripping attachment to the seat harness.</p> <p>QUICK ATTACHMENT SAFETY Any of the popular toothed ascenders that is capable of being quickly attached to the rope. The QAS must be independent of your ascending system and should have a lanyard installed.</p> <p>LOCKING CARABINERS At least three spare locking carabiners. These may not be part of your normal ascending and descending system.</p>
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At check-in all students will be required to perform the following : Tie the following knots: figure eight on a bight, water knot or ring bend, bowline, and double fisherman's or double overhand bend. Discuss safety in and around vertical rescue operations.

Level 1, and Level 2 students will be required to: Demonstrate their ability to properly don their vertical equipment, ascend a fixed rope, change from ascent to descent, rappel, and tie-off their rappel device. Level 2 students may be required to demonstrate some of their Level 1 skills.

Meals, Accommodations, and Travel

Students may arrive Friday afternoon or Saturday morning. The mandatory introductory meeting will begin at 9AM on Saturday. All students need to attend this meeting. Please plan accordingly.

The base of operations for these courses is Rockingham County Fairgrounds in Harrisonburg, VA. Harrisonburg is located in the Shenandoah Valley of VA off Interstate 81. Traveling from the North take I81 South to exit 243. Turn left on Rt. 11 South for about 2 miles. The Fairgrounds will be on the Right. Traveling from the South take I81 North to exit 240. Turn left on Rt. 257 West. Turn right on Rt. 11 North for about 2 miles. The Fairgrounds will be on the Left. If you will be flying into the area, Shenandoah Valley Regional Airport is about twenty-five minutes south of Harrisonburg. Contact us with any questions or directions about the airport.

Primitive camping and shower facilities are available on site. Space for campers and pop-up trailers are also available.

Several national motel chains have facilities in Harrisonburg. Two Super Wal-Marts and a K-Mart are in Harrisonburg, along with Wilderness Voyagers an outdoor equipment store. Generally, anything you forget can be purchased in Harrisonburg.

The meal plan provides for breakfast, lunch and dinner from Saturday evening through the following Sunday morning. In order to maximize the class time, we may provide a bag lunch or feed you "in the field". The menu typically consists of traditional cuisine combined with local favorites. If you require vegetarian meals please let us know in advance.

The typical climate for July is warm and humid. Evenings may get cool. Rain is always a possibility. We suggest you travel prepared to work in most any type of conditions. Plenty of clothing is advantageous.

Need more information or have questions? Give us a call or e-mail.

Tony Smith: Site Coordinator, Lead Instructor
Jeffrey F. Good: Eastern Region Coordinator, Registrar

540-828-4091 or e-mail: oav1@comcast.net
540-828-3415 or e-mail: eastern@ncrc.info

ER-NCRC WEEKLONG 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) _____
- Wilderness EMT (Please list current EMT Certification) _____
- Vertical Workshop (free). What type of climbing system do you use? _____
- Ham Radio Test. (Friday July 18, 2008 at 18:30HRS)

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

REGISTRATION FEES

REGISTRATION (includes meals and lodging)	\$350.00	_____
NON-NSS FEE (required for students not currently members of Nat. Speleological Society)	\$40.00	_____
LATE REGISTRATION FEE (if postmarked after June 26, 2008)	\$50.00	_____
EXTRA MEAL PLAN (non-students) Number of Extra Plans _____	\$175.00/ea	_____
WEEKLONG T-SHIRT (Must be pre-ordered – note quantity and size below)	\$15.00/ea	_____
____ Small ____ Medium ____ Large ____ X-Large ____ XX-Large (add \$1.00 per XXL shirt)		
HAM RADIO TEST (Friday July 18, 2008 at 18:30HRS)	\$14.00	_____

TOTAL REGISTRATION & FEES DUE _____

Mail Registration & Fees
To:
**ER-NCRC WEEKLONG
2008**
Jeffrey F. Good
301 North Pope Street
Bridgewater, VA 22812
540-828-3415

25% cancellation fee after June 26, 2008.
No refunds after July 3, 2008.

Make checks for TOTAL (above) payable to: ER-NCRC WEEKLONG 2008
No personal checks accepted after June 26, 2008.



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