



SOUTH CENTRAL REGION
of the
NATIONAL CAVE RESCUE COMMISSION
presents
**Cave Rescue Operations
& Management Seminar**

Register Online!!!
[https://www.regonline.com/2018
NCRRegional](https://www.regonline.com/2018/NCRRegional)

January 20 – 27, 2018
at the
Leaning Bluff Lodge at Barefoot Camp
Bend, TX

About the Seminar

This seminar consists of extensive classroom and fieldwork in all phases of cave rescue including underground environment, vertical rescue, hauling systems, extrication techniques, medical management, communications systems, and the organization and management of cave rescue operations. Basic and advanced course material is presented for students who typically include cavers, emergency service personnel, and emergency managers.

The Level 1 and Level 2 seminars provide approximately 80 hours of instruction over eight days. The 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. Each student must demonstrate his or her ability to ascend (on rope) 30 meters, change over, and rappel part way down, tie off a descender, correct a jammed descender, then rappel safely to the ground as part of initial check-in skills.

Courses Offered

LEVEL 1 teaches current cave rescue and emergency management techniques including instruction in caving, 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 the student to function as a cave rescue team member. The Level 1 class is limited to 30 students.

LEVEL 2 prepares students to function as cave rescue team leaders. **Participants in Level 2 must have successfully completed an NCRC Level 1 course within the past four years.** The Level 2 curriculum assumes that students have learned, retained, and practiced the skills taught in Level 1. Students are taught more advanced techniques in medical management, vertical and horizontal rescue, team leadership, and incident management. The Level 2 class is limited to 20 students.

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. Students will 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 students. It will be held the evening of Friday Jan. 19, from 6:00 to 7:30 p.m. Any student not absolutely confident in their personal SRT skills should plan to participate in this workshop.*

SPAR (Small Party Assisted Rescue) is a three-day class (Jan. 20-23, 2017) providing the participants with the opportunity to learn rescue techniques applicable for a typical caving group. Common techniques include: converting typical cave rigging to lower a stranded caver, counterweighted systems, traveling haul systems, SRT pick-offs, etc. **High proficiency with your personal vertical system is critical and will be evaluated on the first day.** SPAR is limited to 12 students.

Accommodations

Camping, shower tent, and porta-potties are included in your registration. 16 indoor bunks (with indoor showers and bathrooms) are available for an additional fee. RV slots with electricity (no water) will also be available for an additional fee. **Meals for the week are provided Saturday (Jan. 20) morning through the following Saturday (Jan 27) morning.** (Please call Tonya Ward at the number below if you have any special food needs.)

The Caves and Area

The facilities are located 30 miles from both San Saba and Lampasas. The average temperature in February is 45 F, though it can be colder or warmer. Cave temperatures are 65 F and the caves tend to be tight places. The 100% humidity underground guarantees a lot of sweating so clothing should be cool, loose fitting, and durable. Turnout gear is not appropriate.

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, non-marking.

RUGGED CLOTHING

TWO LOCKING CARABINERS

One must be independent of your ascending system.

DESCENT DEVICE

Any of the following four devices are acceptable:

A standard rack

A three-bar Micro rack with hyper bar (4 bars total)

A Bobbin with an off-set or safety carabiner

A "Rescue Eight" with ears

ASCENDING SYSTEM

Must be a complete working system with at least two points of gripping attachment above the center of gravity.

An additional ascender or prusik must be available for crossing knots, etc.

One of the system's ascenders must be functional as a Quick Attachment Safety (QAS).

Frog system users must incorporate a cow's tail.

SEWN SEAT HARNESS

GLOVES

Must have leather palms.

WATER BOTTLES

Two quarts recommended.

SMALL, PERSONAL FIRST AID KIT

Optional, but recommended.

SMALL, HEAVY DUTY PACK

Used to carry personal gear around underground.

1- 20 FT PIECE OF 1 INCH TUBULAR WEBBING

Registrar:

Tonya Ward: 512-785-6942

tlw.lucy@gmail.com



If you need more information contact:

DJ Walker: 512-751-6010

Please Register online at the:

<https://www.regonline.com/2018NCRRegional>

Additional information about The Leaning Bluff Lodge at Barefoot Camp can be found at their website:

<http://centex.net/~barefoot/>

Indoor Bunk Space (\$125): There are two bunkrooms with four bunk beds in each room with a separate shower and bathroom for each room. If you select this option, you will be sharing the bunkroom with seven other people. Specific bunk space (top/bottom) will be first-come first-serve. **Linens are NOT included.** See the Leaning Bluff Lodge website for pictures. If you would like to reserve a bunk, please do so when registering online.

RV Slot (\$125): There is an RV camp ground within walking distance of the Lodge. Electricity is available at each spot but water will NOT be available (as it is turned off for the freezing weather). If you would like to reserve a slot, please do so when registering online.

No Refunds after January 9, 2017.

All meals and camping costs are included.

Level 1	\$450
Level 2 (L1 is the prerequisite)	\$450
NON-NSS (<i>National Speleological Society</i>) MEMBER FEE* <i>see below</i>	\$50
Manual of US Cave Rescue Techniques (<i>included in the L1 registration fee</i>)	\$50
SPAR	\$175
Vertical Workshop (<i>Friday Night before Seminar</i>)	FREE
Indoor Bunk	\$125
RV Slot	\$125

* You must be an NSS member or pay the non-NSS member fee. If choosing to pay the non-NSS fee, you will NOT be registered as an NSS member. NSS Membership can be obtained online for \$35 at <https://caves.org/nssapps/newmember.shtml>. You will need your NSS Member Number to register for this seminar.