

# SMALL PARTY ASSISTED RESCUE

*a technical seminar presented by the*

**NATIONAL CAVE RESCUE COMMISSION**

Bend-Redmond, Oregon

**September 19 thru September 23 2018**

*hosted by*

**Oregon High Desert Grotto & Glacier Cave Explorers,**



## About the Seminar

This is a comprehensive, 5-day course covering techniques that will allow small groups of experienced cavers to extricate and evacuate injured companions, and /or survive while waiting for rescue. The course will draw from all levels of the NCRC curriculum, and is rigging intensive. The class involves ample time for small party rigging practice, and incorporates techniques from a broad range of SRT industries plus local refinements. This is an intensive five-day introduction to cave rescue techniques that can be performed by a party of 5 or less persons, using minimal gear normally carried on caving trips. This course teaches students how to handle most problems that arise while caving, including basic medical skills, moving patients through horizontal and tight obstacles, helping persons who are stuck on rope, building and operating improvised haul and lower systems, sheltering in place, and how to prepare for and prevent problems with limited equipment and personnel.

**This course is NOT about litter based rescues or large operations.** The target audience is project / expedition cavers, or rescue team members with caves in remote or inaccessible locations where minimal gear techniques can be used by a small hasty team, traveling light and fast. Course is also valuable to those leading grotto trips, or recreational trips into technical caves. Students will be expected to study some material in advance so that the workshop sessions reinforce and elaborate on existing information. Skills will then be practiced on the PNW alpine caving tower, and then reinforced with 3 days of stations and scenarios in caves. The course will be demanding with long days, but will provide participants with valuable skills that can be used to help themselves and others if a cave accident or entrapment should occur.

## Prerequisites

There are no NCRC course prerequisites, however competent SRT skills are required. This is not a beginners' class. For safety and class efficiency, all students will be required to demonstrate basic vertical skills before taking this course. Required skills, including knots, basic haul systems, and single rope techniques are described here:

[http://caves.org/commission/ncrc/national/NCRC Student Area/L3 EntryPrepPkg HO v140308.pdf](http://caves.org/commission/ncrc/national/NCRC%20Student%20Area/L3_EntryPrepPkg_HO_v140308.pdf) The knots and SRT test will be administered the afternoon and evening PRIOR to the first day of class. The rigging systems test will **not** be administered, but you should be familiar with these systems before your arrival, since we will be rigging them with minimal gear and in unfamiliar formats.

The entry test (knots and SRT) will be conducted prior to the seminar on the afternoon / evening of Tuesday September 18, starting at noon through 10:00 PM. Any students not checked off by then will not be allowed to participate in this seminar. For questions, contact Eddy Cartaya at [pacificnorthwest@ncrc.info](mailto:pacificnorthwest@ncrc.info)

# Small Party Self Rescue

Redmond, Oregon  
September 19 thru September 23 2018

## Registration

Cost: **\$200.00**, includes lodging (camping), and meals during the 5 day course, (The full NCRC Manual is available for purchase at \$40.00 each.) Class size is limited to 18 students. To register, go to <https://www.regonline.com/NCRC2018PNWSPAR>

**Refunds are available up to September 7, minus a \$15.00 registration fee. No refunds available after September 7 2018.**

## Schedule\*

First day of the seminar will begin at 0800 AM at 8550 SW Wickiup Avenue, Redmond Oregon, 97756. Class runs from 0800 AM thru 9:00 PM each day, except day 5. Day 5 will likely end no later than 4:00 pm, with students released from the cave site. Students should be prepared each day for classroom, rope tower, and cave activities.

\*The schedule is subject to change at the instructor's discretion.

## Nature of Caves

Most cave exercises will be in Charlie the Cave, a multi-level lave tube about 35 minutes away. Pits range from 15 to 35 feet. Depending on class skills, McKenzie Pits may be use, a pit complex featuring drops down to 170 feet. Floors vary from smooth lava to large rugged breakdown. Cave temperatures hover in the mid to lower 40's. Caves are dry and contain no streams. Knee and elbow pads are strongly recommended. Lava rock is very rough, and will pick apart lose knit fabrics and stretch woven fabrics. Recommend sturdy, tight knit materials with few pockets or things to get caught on. Other caves / pits may be used depending on class size.

## White Nose Syndrome:

Oregon has not yet had any occurrences of White Nose Syndrome, although there was an aberrant finding of one bat on a trail outside of Seattle. That said, local land management agencies are asking folks coming from caves outside of Oregon to please decon their caving gear before training here. No decon will be needed between caves here, so if you have gear that has been used in caves outside of Oregon, please decon it prior to arriving at the seminar. See attached WNS decon protocol.

[https://www.whitenosesyndrome.org/sites/default/files/resource/national\\_wns\\_decon\\_protocol\\_04.12.2016.pdf](https://www.whitenosesyndrome.org/sites/default/files/resource/national_wns_decon_protocol_04.12.2016.pdf)

## Accommodations

The seminar classroom, camping, and ropes course will be held at the residence property of Eddy Cartaya & Barb Williams in Redmond, Oregon. Camping is on the 10 acre property near the alpine caving tower. Porta-potties and field sink will be on site. Water will be available in tanks on site, as will power via electrical extensions. A small tent hot shower will be available at all times. Camping in vehicles and parked RV's is also permitted. No hook up's available. Food will be provided on-site (cook-out dinners and prepared breakfasts). Lunches will be a sandwich bar. **(Please note any dietary restrictions or allergies on the "health considerations" field in the "lodging and travel" tab on your registration form when you register!!!)** A fire ring is available for after hours, if weather and wildfire conditions permit.

***See page 3 for gear list and contact information.***

## Required Equipment for All Participants (all gear should be marked as yours prior to your arrival!)

1. **HELMET.** A caving or climbing helmet.
2. **LIGHTS.** Three dependable, independent sources of light. At least 2 must be helmet mountable.
3. **Rescue whistle**
4. **Matches or lighter in waterproof container.**
5. **RUGGED WARM CLOTHING:** cave suit or coveralls, fleece top and bottom, wool socks, NO COTTON! Recommend knee and elbow pads.
6. **GLOVES.** Leather or leather-palmed work gloves, or caving gloves that still permit dexterity in tying knots and operating vertical systems
7. **BOOTS.** Sturdy, lug-soled hiking boots or rubber boots with good support. NO tennis shoes!
8. **FOOD.** Quick energy, ready to eat (trail mix, candy bars, cheese, etc.).
9. **WATER.** 2 liters minimum.
10. **SMALL PACK.** Rugged enough for the cave environment.
11. **FOUR CARABINERS.** Four extra carabiners that are not part of your SRT gear. Locking preferred.
12. **SPAR Kit:** small personal pulley (Petzl micro-traxion, etc) extra rope grab (tibloc, shunt, etc), small prusiks, length of cordollette 4 to 6 meters long untied, etc.

### 13. SRT GEAR.

- Sewn seat harness

An ascending system that includes:

- at least two gripping points of attachment above the waist
  - mechanical ascender attached to the seat harness that can be manipulated with one hand (prusik systems are discouraged!)
  - a tether attached to the seat harness with a carabiner (non-lock OK) on the free end, independent of an ascender
  - approved descent device: standard rack, 4-bar micro-rack with hyperbar, Scarab, bobbin with safety carabiner, or Rescue Eight with ears. ATC type devices are not approved. Rescue 8's require a 3<sup>rd</sup> hand prusik under them, and cannot be used for pick off stations.
14. **Shelter gear:** Trash bag large enough to pull over yourself, small foam sit pad, rescue candle, etc.
  15. **First Aid kit:** For yourself, but also for use in a SPAR situation.
  16. Any small expedition gear you would normally carry in your cavepack. May include a micro-gas stove, , etc.

### Questions?

For **questions** regarding gear, prerequisites, or seminar material, contact Eddy Cartaya, [pacificnorthwest@ncrc.info](mailto:pacificnorthwest@ncrc.info) .

For **questions** regarding registration, or to pay by check, **Contact [ncrc@cavetopia.com](mailto:ncrc@cavetopia.com) or 303-880-3168**

## About the NCRC

The National Cave Rescue Commission (NCRC) is an internal organization of the National Speleological Society (NSS). It serves as the society's representative on issues of cave rescue training and operations. By design, the NCRC is not an operating cave rescue team. Rather, its mission is to provide training and development opportunities for persons and organizations engaged in cave rescue activities. The NCRC certifies instructors to teach approved curriculum. 10 Regional Coordinators comprise the Board of Regional Coordinators, and maintain rescue caches in their regions to assist teams and agencies with cave rescue resources.

## **Topics covered in seminar:**

This is a comprehensive Small Party course, and is not just limited to rigging, although that is the underlying skill addressed. The goal of the course is prepare cavers for survival in cave incidents and entrapments, to make decisions concerning self-extrication, and provide the technical skills necessary to help an injured, but conscious teammate out of the cave, even through technical obstacles.

- Small party medical assessment, treatment
- Patient movement assists, drags, and carries
- Crack and crevice
- SPAR decision making and pre-planning
- Shelter in Place
- Counterweight haul systems
- Traveling haul systems
- Various pick off techniques
- Minimum gear climbing / problem solving
- Converting fixed lines to lowers
- Contingency rigging
- Using vertical gear for horizontal movement techniques