



Cave Rescue Operations & Management Seminar

presented by the Eastern Region of the

**NATIONAL CAVE RESCUE COMMISSION
of the National Speleological Society March
13-15, March 20-22, and March 27-29, 2020.
Blacksburg, VA - Rain dates April 3-5, 2020.)**

About the Seminar

The NCRC Level 1 seminar is an intensive introduction to the science and management of cave rescue operations. It prepares a student to be a task force member in an organized cave rescue. The curriculum covers the cave environment, ropes and devices, leadership and followership, incident command, patient packaging, medical and psychological considerations, hypothermia, media relations, raising, lowering, and belaying. The Level 2 seminar prepares participants to serve as task force leaders during a cave rescue operation. A typical day starts with lectures in the morning, field exercises in the afternoon, and skills check offs in the evening. The seminar will end with a mock rescue involving course participants with participation of other recent NCRC course graduates.

This seminar will be held in a modular format over three successive weekends to allow participants to attend with minimal impact to their work schedules. **Students will be asked to coordinate with an NCRC instructor in their geographic area to complete entrance skill checkoffs prior to arrive on March 13.** All sessions will be based out of the Blacksburg Volunteer Rescue Squad, located at 1300 Progress Street NW, Blacksburg, Virginia. Classes will run 6 p.m. through 10 p.m. on Friday night, 8 a.m. through 10 p.m. on Saturday, and 8 a.m. through 6 p.m. on Sunday. Instructors will be available Friday evenings from 6 to 10 p.m. to assist with skills practice, answer questions, and perform skill check-offs. Successful graduates are eligible to move on to the next higher level training at weeklong seminars held at the national and regional levels.

The seminar provides nearly 100 hours of instruction over eight days. 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.

Modular Course Topics:

**Introduction to the NCRC and Cave Rescue
Caves
Gear
Safety & Conservation
Rescue Operations and Management
Leadership and Followership
Incident Command System
Medical Considerations**

**Psychological Considerations
Communications
Search
Media Interactions
Hypothermia prevention and treatment
Patient Packaging and Litter Handling
Hauling, Lowering, Belaying**

Because almost any cave may become a vertical cave in a cave rescue scenario, there is a heavy vertical caving techniques component to the seminar's training. Each student must demonstrate a set of entry level skills, including basic competence in single rope technique, including the ability to ascend, rappel, change over between ascending and rappelling, downclimb, and lock off of rappel device. Students must also demonstrate proficiency with the basic knots and hitches used in cave rescue. Information on specific prerequisites will be provided upon registration, or may be found on the NCRC website:

Level 1: <http://www.ncrc.info/Resources/Students/Level%201/StudentPreparationGuide>

Level 2: <http://www.ncrc.info/Resources/Students/Level%202%20and%20TOFE>

Students will be paired with NCRC instructors in their geographic areas to complete entry skills prior to the seminar.

Accommodations & Meal Plan

Several hotels are within a 10-minute drive of the seminar site.

Local cavers in Blacksburg are generously offering lodging free of charge ranging from spare bedrooms to floor space to spaces for pitching tents or parking RVs.

Five meals are included each weekend – breakfast and lunch on Saturday and Sunday, and dinner on Saturday. Please inform the registrar of any special dietary needs.

Environment, Area, Caves & Clothing

This seminar will be held in southwestern Virginia in the fall. Temperatures can range from low 80's down to the low 30's, but are most likely to fall in the 50-80 degree Fahrenheit range. Think layers. Rain is likely at least some of the time, so participants should be prepared for inclement weather. Bring sunscreen for outdoor sessions. Caves will have some water, but it is unlikely you will get wet enough to merit a wetsuit. General caving attire for Virginia and West Virginia caves will suffice for underground activities.

Cliff sites will include the usual hazards of poison ivy and stinging insects, with a very slight chance of venomous snakes.

About the NCRC

The National Cave Rescue Commission is an internal organization of the National Speleological Society. 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. Thus, while many of the volunteers associated with the NCRC perform rescues, they do this as members of their local rescue squads, civil defense units, or cave rescue groups. The main focus of the NCRC is development and maintenance of a national curriculum in cave rescue operations. It maintains a cadre of qualified instructors, who deliver cave rescue training programs at the national and regional levels.

Experienced Instructors

Our volunteer instructors for this seminar have over 100 years of combined caving experience. As certified instructors with the NCRC, they have spent hundreds of hours honing the skills that will be offered to you in this intensive seminar. The student to instructor ratio is intentionally kept low to guarantee that you receive the most hands-on experience possible.

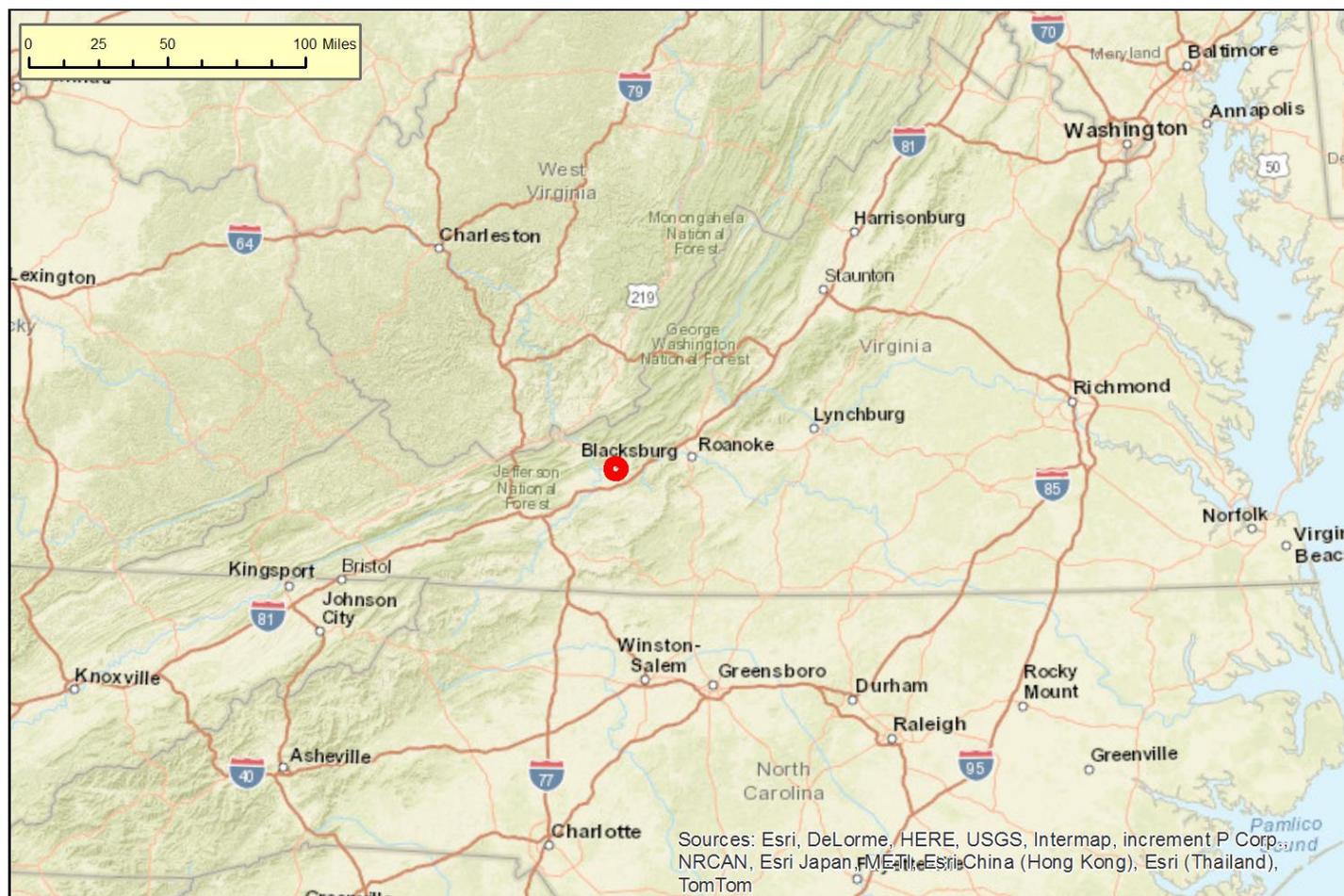
Each student will need:

1. **Helmet:** A UIAA or CE approved mountaineering style helmet with 3 or 4-point suspension and a non-elastic chinstrap.
2. **Lights:** Three dependable, independent sources are required. Each must be capable of getting you out of the cave and must provide ample light to see. Each should be rugged and at least two, preferably all three, must be helmet mountable.
3. **Rugged clothing.**
4. **Gloves:** Good leather or at least leather palm work gloves when handling rope.
5. **Boots:** Wellington style or sturdy, lug soled, lace-up boots with good support.
6. **Food:** Students may wish to bring snacks to supplement to provided bag lunch.
7. **Water:** One liter water bottle required, two recommended.
8. **Two locking carabiners.** These must be independent of your climbing system.
9. **Garbage bags.** At least two 30-33-gallon size.
10. **Personal first aid kit**
11. **Two pieces of webbing, 15 or 20 feet.**
12. **Cave pack capable of carrying your gear, food, layers, and some extra.**
13. **Rappel device:** Must be a rappel rack, a micro-rack with hyperbar, a bobbin with an offset carabiner, a rescue 8 with ears, or a Scarab-type device.
14. **Climbing system:** Each student must have his/her OWN climbing system. This must be a complete working climbing system with mechanical ascenders with at least two points of gripping attachment above the center of gravity that tie into the harness. A quick attachment safety (QAS), typically a third ascender, must be incorporated into the system or be available as an addition to the system.
15. **Sewn Seat Harness.**

Any student under 18 years of age must contact the course registrar prior to registration.

Travel Directions

Use Google Maps or GPS to navigate to Blacksburg Volunteer Rescue Squad, 1300 Progress Street NW, Blacksburg, Virginia. Blacksburg is located about 3.5 hours south of Winchester, Virginia, 3.5 hours west of Richmond, and 2 hours North of Bristol along the I81 corridor.



Register Today

To guarantee a personal (and fun!) training experience for all participants, there are a limited number of spaces available for students in this seminar. This is an excellent opportunity for you to focus on learning some great skills with quality personal attention from nationally recognized instructors - each of whom has spent hundreds of hours learning, practicing and teaching these skills.

To register, please fill out the attached form and mail it in today. All students will be expected to sign liability waiver forms upon arrival for the weekend's events.

Additional information is available by emailing seminar registrar Janet Smith at rocksar02@comcast.net.

Additional copies of this registration form may be downloaded from <http://www.caves.org/ncrc/ncrc-wr/>

Registration: Cave Rescue Operations & Management Seminar

March 13-15, 20-22, 27-29, and April 3-5 (make-up date), 2020 in Blacksburg, VA

Please type or print legibly - Use one form per person - Detach and mail with registration payment
All participants must review and sign liability waivers at check-in registration.



Name: _____ Natl. Speleological Society #: _____

Address: _____ Age: _____

City: _____ State: _____ Zip: _____ E-mail: _____

Day phone: _() _____ Evening phone: _() _____ Mobile/pager: _() _____

Agency or Grotto Affiliation: _____ How long? _____

Dietary or health considerations: _____

Emergency contact: _____

Course Level (Please circle your selection): Level 1 Level 2 If Level 2, level 1 completion date: _____

NSS Members: Student Registration per person: \$250.00

Non-NSS Members: Student Registration per person: \$300.00

Would you like to be notified of future training opportunities? _____

TOTAL ENCLOSED: _____

Please mail registration form and
your check or money order to:

Checks should be written to
NCRC-Eastern Region

Janet Smith
NCRC - Eastern Region
100 Stephen Circle
Bridgewater, VA 22812

Students under the age of 18 must contact the registrar at rocksar02@comcast.net prior to entry.

Seminar Notes & WNS Instructions

Seminar Notes:

Please plan to arrive at the seminar location no later than 7:30 AM on each Saturday morning. Registration will be open Friday night, March 13 from 4 to 10 p.m. Classes will start promptly at 6:00 p.m. Friday evening, and 8 a.m. on Saturday and Sunday. Breakfast will be available at 7 a.m. Saturdays and Sundays. Class will finish by no later than 6 p.m. Sunday evenings.

Cancellation Policy: This seminar is expected to be filled to capacity. There will be no cancellation penalty until March 1. After that date, there will be a \$10 processing fee and the remainder of your registration fee will be refunded. No refunds will be given after March 13. Registrations may not be substituted without advance permission of the registrar. You must attend each weekend to successfully complete the seminar.

Availability: There are a limited number of student spaces in this seminar. All interested participants are encouraged to register early. Please do not bring non-participating guests.

Waitlist: Once filled, the seminar registrar will create a waitlist for students should spaces become available. Registrations will be processed in order received based upon postmark.

Confirmation: When your registration is received and processed, you will be notified by phone call or e-mail.

White Nose Syndrome Instructions:

Pseudogymnascus destructans, the fungal pathogen causing White Nose Syndrome, is endemic and pervasive in the Blacksburg, Virginia area. If you are coming from or plan to cave in an area where White Nose Syndrome is not already pervasive, please follow the most recent version of the US Fish and Wildlife Service decontamination protocols, found at

www.whitenosesyndrome.org/topics/decontamination, in addition to any local protocols from your area.

Registrar tracking:

Date Recd: _____

Confirmed: _____

Cancelled: _____

Waiver: _____