



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

February 1-9, 2020

at the

**Leaning Bluff Lodge at Barefoot Camp**  
Bend, TX

**Register Online!!!**

<https://ncrcsouthcentralregion.regfox.com/2020-ncrc-south-central-regional>

### **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 15 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. 31, 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.*

### **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 (Feb. 1) morning through the following Saturday (Feb. 8) 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

<p><b>CLIMBING HELMET</b> UIAA or CE approved mountaineering style helmet with a three or four-point suspension, and a non-elastic chinstrap.</p> <p><b>THREE SOURCES OF LIGHT</b> All must be capable of allowing you to exit the cave. At least two should be electric and two should be helmet-mountable.</p> <p><b>BOOTS</b> Sturdy, rubber soled, non-marking.</p> <p><b>RUGGED CLOTHING</b></p> <p><b>TWO LOCKING CARABINERS</b> One must be independent of your ascending system.</p> <p><b>DESCENT DEVICE</b> 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</p>	<p><b>ASCENDING SYSTEM</b> 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.</p> <p><b>SEWN SEAT HARNESS</b></p> <p><b>GLOVES</b> Must have leather palms.</p> <p><b>WATER BOTTLES</b> Two quarts recommended.</p> <p><b>SMALL, PERSONAL FIRST AID KIT</b> Optional, but recommended.</p> <p><b>SMALL, HEAVY DUTY PACK</b> Used to carry personal gear around underground.</p> <p><b>1- 20 FT PIECE OF 1 INCH TUBULAR WEBBING</b></p>
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**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://ncrcsouthcentralregion.regfox.com/2020-ncrc-south-central-regional>

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

<http://www.barefootcamp.com>

**Indoor Bunk Space (\$175):** 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 (\$175):** 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 14, 2020.**

All meals and camping costs are included.

Level 1	\$550
Level 2 (L1 is the prerequisite)	\$550
NON-NSS ( <i>National Speleological Society</i> ) MEMBER FEE* <i>see below</i>	\$100
Manual of US Cave Rescue Techniques ( <i>included in the L1 registration fee</i> )	\$40
Vertical Workshop ( <i>Friday Night before Seminar</i> )	FREE
Indoor Bunk	\$175
RV Slot	\$175

\* You must be an NSS member or pay the non-NSS member fee. If choosing to pay the non-NSS fee, you will be registered as an NSS member. NSS Membership can be obtained online for \$40 at <https://caves.org/info/membertypes.shtml> You will need your NSS Member Number to register for this seminar.