



THE NATIONAL CAVE RESCUE COMMISSION

of the

National Speleological Society, Inc.

presents a

Cave Rescue Operations and Management Seminar

July 6 - 13, 2013

at

*Schoharie Central High School
Schoharie, New York*

On the Web at: NCRC.info

About the Seminar

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

The seminar provides approximately 100 hours of instruction over eight days. Its 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.

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, 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 Levels 2 and 3 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. www.NCRC.info

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.)

Courses Offered – Space is limited and registration is first come first served.

Go to www.ncrc.info and check out “student resources” to review a list of class prerequisites.

Courses Offered

LEVEL 1 teaches current cave rescue management techniques, and provides instruction in cave environment, medical considerations, litter rigging and transport, personal vertical skills, and basic vertical rescue techniques. 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 task force level management, additional medical techniques, and more advanced techniques in vertical and horizontal rescue.

TOFE Team Operations and Field Exercises is a weeklong course of hands-on field experience through a variety of rescue scenarios in cave and cliff environments. ***Participants in TOFE must have successfully completed an NCRC Level 2 or higher course within the past four years, and will be expected to demonstrate skills retention as a condition of participation.*** Emphasizing the core skill set developed in Levels 1 & 2; this course provides cave rescuers an opportunity to acquire more practical problem-solving experience. This class does not grade students through exit testing, but evaluates performance and growth throughout the week to produce a written feedback for each student. This course will renew eligibility to take Level 3.

Caving and Wilderness First Aid is an elective course to increase knowledge of the medical aspects of cave rescue. The class includes a two-day Wilderness First Aid course, a half-day Psychological First Aid course, and various other medical topics applicable to cave rescue. The rest of the week will be a review of Level 2 techniques with heavy emphasis on the medical care of the patient. Students will work with the other classes for the walkthrough and the mock. ***Participants must have completed Level 2 to be eligible for this course.*** This course will renew eligibility to take Level 3. There is an additional registration fee for certification and the special text book.

LEVEL 3 is designed to challenge and fine-tune students' technical and management skills. *Participants in Level 3 must have successfully completed an NCRC Level 2 or higher course within the past four years, and must demonstrate retention of key exit skills.* Most sessions will be practical field exercises focused on crack and crevice rescue, technical rigging, and difficult litter handling situations - with an emphasis on small group scenarios and innovation. Throughout the week student teams will be presented with a variety of cave rescue problems and be expected to solve them with the assistance and supervision of the instructors. **Level 3 enrollment may be limited – CONTACT THE REGISTRAR TO ENSURE SPACE IS AVAILABLE BEFORE YOU REGISTER.**

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 students. It will be held the evening of Friday, July 5, from 7:00 to 10:00 p.m. Any student not absolutely confident in their personal SRT skills should plan to participate in this workshop.***

Personal Equipment Requirements

A more detailed list of specific required personal equipment will be available on the NCRC website and sent to all registered students. The following will give you an idea of what is needed. See the separate list for detailed specifications.

CLIMBING HELMET SEWN SEAT HARNESS THREE SOURCES OF LIGHT ROPE ASCENDING SYSTEM BOOTS Sturdy, rubber soled 2 – 20 FT **PIECES OF 1-INCH TUBULAR WEBBING RUGGED CLOTHING** (see clothing note below) **SMALL, HEAVY-DUTY PACK GLOVES** Must have leather palms and full fingers **WATER BOTTLES** Two quarts recommended **SIX LOCKING CARABINERS SMALL, PERSONAL FIRST AID KIT** Optional **DESCENT DEVICE WET SUIT & PERSONAL FLOTATION DEVICE**
All personal equipment must be in safe, usable condition and marked to identify the owner. Equipment deemed unsafe or unacceptable during check-in must be replaced prior to the student's continued participation in the course.

Arrival & Check-in

All students must arrive prior to the start of the seminar at 8:00 a.m. on Saturday, July 6, 2013. On-site registration will be open on Friday evening and Saturday morning (details will be provided upon registration).

Getting to the Seminar

Schoharie is located in eastern New York about 40 miles west of Albany which is about a 50 minute drive. The school is located at 136 Academy Drive, Schoharie, NY 12157 just off Hwy 30. The nearest major airport is Albany International Airport which is served by Air Canada, Cape Air, Continental Express, Delta, Southwest Airlines, US Airways, and US Airways Express. Maps and traveling directions are posted on the NCRC website. www.ncrc.info

Meal Plan

The meal plan is included in the seminar registration fee. The meal plan will feature three hearty meals per day, beginning with breakfast on Saturday the 6th and concluding with breakfast on Saturday the 13th. Spouses and/or other traveling companions may purchase meal plan separately. If you have special dietary needs (vegetarian, diabetic, etc.) please note these on your registration form.

Camping and Hotels

On-site Camping is included in the registration fee. Persons who prefer a motel or other off site accommodations must make their own arrangements. Visit the seminar website or contact the registrar for a list of nearby accommodations.

Environment/Area/Caves/Clothing

Daily high temperatures can be expected to average around 84° F (29°C) with nighttime lows averaging 60° F (15°C). Schoharie gets an average of 3.5 inches of rain July. Expect occasional showers. Relative humidity will average 68 percent. Elevations in the area range from 600 to 1400 feet above sea level. Be prepared to hike to caves through vegetated areas with poison-ivy and mosquitoes. Long pants, short sleeve shirts, hats, sunscreen, bug repellent, sturdy boots, and plenty of water are recommended for comfort and safety during outdoor activities.

Caves are frequently muddy and wet, with cave temperatures between 48 – 54 °F (9-12°C). Rugged clothing (caving coveralls or caving pants), kneepads, sturdy boots, and leather gloves are recommended.

NSS Membership Requirement

All students must either be current members of the National Speleological Society (join online at www.caves.org), or pay the Non-NSS fee in addition to their registration fees.

If you have questions about the seminar or need more information please contact:

Randi Moore, Registrar
Phone: 518-283-6821 evenings
e-mail: 2013registrar@ncrc.info

or

John Evans, Site Coordinator
Phone: 978-897-6730 evenings
e-mail: 2013seminar@ncrc.info

NCRC SEMINAR 2013 REGISTRATION – You must register ON LINE as it is much easier to capture the required information and pass it on to our staff via our online registration service. Even if paying by check, register online and mail your check as directed below. If you are paying by credit card online, there is no need to return this form.

To register go to WWW.NCRC.Info and select upcoming training, then 2013 National Seminar, then On-Line Registration.

If you are not 18 years old you must contact the registrar before registering.

REGISTRATION FEES for: _____

First Name Middle Name Last Name

REGISTRATION (*includes meals and camping*) \$525.00 _____

Manual of US Cave Rescue Techniques, 2008 edition or later – Required text for class, bring your own or order one here.

Price in advance is \$20.00. Price at Seminar is: \$40.00 _____

NON-NSS FEE (*required for students not currently members of Nat. Speleological Society*) \$100.00 _____

Caving and Wilderness First Aid certification fee and text \$30.00 _____

LATE REGISTRATION FEE (*if check is postmarked after June 1, 2013*) \$50.00 _____

EXTRA MEAL PLAN (non-students) Number of Extra Plans _____ \$225.00/ea _____

SEMINAR T-SHIRT (*Must be pre-ordered – note quantity and size below*) \$ 15.00/ea _____

____ Small ____ Medium ____ Large ____ X-Large ____ XX-Large (**add \$2.00 per XXL shirt**)

TOTAL REGISTRATION & FEES ENCLOSED \$ _____

Mail Registration Fees To:

NCRC SEMINAR 2013

C/O Randi Moore
1114 Spring Ave
Troy, NY 12180

Make checks for TOTAL (above) payable to: NCRC Seminar 2013

No personal checks accepted after June 16, 2013.

To pay with credit card, please use our online registration at: <https://www.regonline.com/ncrc2013>

25% cancellation fee after June 1, 2013

No refunds after June 16, 2013



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