



SOUTH CENTRAL REGION
of the
NATIONAL CAVE RESCUE COMMISSION
with
Texas Parks and Wildlife
presents
Cave Rescue
Operations and Management Seminar
February 8 - 15, 2014
at
Colorado Bend State Park
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 seminar provides approximately 80 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. 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.

Participants must review and sign a liability waiver at check-in registration. Persons under the age of 18 should contact the Course Coordinator prior to registering.

Courses Offered

LEVEL 1 teaches current cave rescue and emergency management techniques, and provides 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 any rescue or medical experience. Level 1 prepares the student to function as a cave rescue team member. Level 1 class is limited to 30 students.

LEVEL 2 prepares student 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. 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. 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 Feb. 7, from 6:00 to 7:30:00 p.m. Any student not absolutely confident in their personal SRT skills should plan to participate in this workshop.*

Accommodations

There will be limited bunk space in the Conference Center (*arrive early*) otherwise be prepared to camp for the week. Camping and parking at the Conference Center will be free for students starting the Thursday before the conference.

Meals for the week are provided Saturday (Feb 9) morning through the following Saturday (Feb 16) morning. Students will be responsible for bringing their own drinks and water for the week; we do not recommend drinking the water at the conference center. (*Please call DJ Walker at the number below if you have any special food needs*)

Hotels are available approximately 30 miles away in San Saba and Lampasas

The Caves and Area

Colorado Bend State Park is located 30 miles from both San Saba and Lampasas. Average temperature in February is 45, though it can be colder or warmer. Cave temperatures are 65 F and 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

SIX LOCKING CARAINERS

Three 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

2 - 20 FT PIECES OF 1 INCH TUBULAR WEBBING

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

Mail Registration & Fees to:
 NCRC South Central Region
 C/O Lisa Cantrell
 PO Box 789
 Utopia Tx 78884
 Lisa's phone: 830-486-6128
lisaacantrell@gmail.com



If you need more Information Contact:

DJ Walker
512-751-6010

**SOUTH CENTRAL REGION
 NCRC SEMINAR REGISTRATION**

Please type or print legibly – Use one form per person – Detach and mail with payment

Name: _____ NSS # _____ Date _____

Address: _____

City: _____ State: _____ Zip: _____

Day Time Phone # (____) _____ Night Time Phone # (____) _____

E-mail address: _____ Agency/Grotto/Affiliation: _____ How Long? _____

How would you like to receive the registration confirmation and additional information for the conference?

Pick one: E-Mail (preferred) _____ or Postal Service to the address above _____

REGISTRATION FEES (includes meals for the week)	LEVEL 1	\$400	_____
	LEVEL 2	\$400	_____

NON-NSS (National Speleological Society) MEMBER FEE \$ 50 _____

You may register online at <http://www.caves.org/info/membertypes.shtml>

**If not paying this fee, you must provide NSS number above*

**If you choose to pay this fee, you will NOT be registered as an NSS member*

TOTAL REGISTRATION FEES DUE (No refunds after January 27, 2014) \$ _____

Will you be attending the vertical workshop Friday (Feb 7th) night? Yes _____ NO _____

Make checks for Total (above) payable to: **National Speleological Society**

DIRECTIONS TO COLORADO BEND STATE PARK



Directions: The park is west of Lampasas, southeast of San Saba.

In Lampasas from the intersection of US Highways 281 and 183, take FM 580 west 24 miles to Bend and follow the signs 4 miles to the park entrance.

From San Saba, take US Highway 190 about 4 miles to FM 580 and follow the signs 13 miles to Bend; follow the signs 4 miles to the park entrance.

From Cherokee take FM501 east 15 miles to FM 580. Turn south go 2 miles to Bend and follow the signs 4 miles to the park entrance.

Shortly after going through the official park entrance, look for a left turn marked "NCR". The headquarters is 6 miles past the entrance on the gravel road (unmarked County Road 442). (Access road subject to flooding.) **Note: No Gasoline Service in Bend.**

Phone number for the park headquarters is 325-628-3240.