



On the Web: NCRC.info

THE NATIONAL CAVE RESCUE COMMISSION

of the
National Speleological Society, Inc.

presents a

Cave Rescue

Operations and Management Seminar

April 16 – April 23 2011

at

*Guajataca Boy Scout Camp in
San Sebastian, Puerto Rico*

With the collaboration of:

FEPUR (Federación Espeleológica de Puerto Rico)

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.

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

LEVEL 1 teaches current cave rescue and emergency management techniques, and provides instruction in cave environment, medical considerations, 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 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 more advanced techniques in medical management, vertical and horizontal rescue, team leadership, and incident management. The course is heavily oriented toward vertical rescue in the cave environment.

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. Emphasizing the core skill set developed in Levels 1 & 2, this course provides cave rescuers an opportunity to acquire more practical problem-solving experience. Successful completion of NCRC Level 2 or 3 within the past four years is a prerequisite.

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 course within the past four years, and will be expected to demonstrate retention of their skills as a condition of participation.*** Most sessions will be practical field exercises focused on crack and crevice rescue, technical rigging, water problems, 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, April 15, 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

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

RUGGED CLOTHING (see clothing note below)

GLOVES Must have leather palms and full fingers

SIX LOCKING CARABINERS

These must be independent of your ascending or descending systems

DESCENT DEVICE

Any of the following four devices are acceptable:

1. Standard open-frame rack
2. 4-bar, closed-frame rack with top hyper-bar
3. Bobbin-type descender with off-set or safety carabiner
4. "Rescue Eight" with ears

SEWN SEAT HARNESS

ASCENDING SYSTEM

Must be a complete working system with 2 gripping points of attachment connected to the seat harness;
One of these ascenders must be a mechanical ascender that can be manipulated with one hand;
Must also include a tether attached to the seat harness with a carabiner (non-lock OK) on the free end, independent of an ascender;
An optional, additional mechanical ascender or prusik may be used for changing over, crossing knots, etc.

2 – 20 FT PIECES OF 1-INCH TUBULAR WEBBING

SMALL, HEAVY-DUTY PACK

Used to carry personal gear underground

WATER BOTTLES Two quarts recommended

SMALL, PERSONAL FIRST AID KIT Optional

WET SUIT & PERSONAL FLOTATION DEVICE

Required for Level 3 only

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, April 16, 2011. On-site check in will be open on Friday evening and Saturday morning (details will be provided upon registration).

Getting to the Seminar

San Sebastian is located in the North West area of Puerto Rico.. The camp is located at Road 119 K.M. 24.0 San Sebastian Puerto Rico. The nearest major city is Arecibo, which is about a 45 minute drive. San Juan is about 1 1/2 hours away. There are two major airports on the island. San Juan's airport (SJU) is served by all major airline carriers American Eagle, US Airways, Continental and Delta among others. Aguadilla's (BQN) is closer but has more limited carriers. Transportation from the airport to the training site should be arranged by the student. Maps and traveling directions are posted on the NCRC website.

Lodging and Meal Plan

Cabin with bunk style lodging and a meal plan are included in the seminar registration fee. Bunk beds with ample showers and toilets are provided on site. The meal plan will feature three hearty meals per day, beginning with breakfast on Saturday the 16th and concluding with breakfast on Saturday the 23rd. Spouses and/or other traveling companions may purchase the lodging/meal plan separately. If you have special dietary needs (vegetarian, diabetic, etc.) please note these on your registration form. Bring your own sheets or sleeping bag, towel, pillow and bathing supplies. NOTE: Bathrooms and showers are located outside the cabins.

Camping and Hotels

NO Camping will be allowed on site. It is strongly recommended that everyone stay in the cabins. There are plenty of cabins and rooms within the cabins and there will be no price reduction for not staying on site. Persons who prefer a motel or other off site accommodations must make their own arrangements.

Environment/Area/Caves/Clothing

Daily high temperatures can be expected to average around 95° F on the mountain with nighttime lows averaging near 80° F. San Sebastian gets an average of 3.7 inches of rain in both April and May. Expect occasional showers, mainly in the afternoon. Relative humidity will be 70 to 80 percent. Elevations in the area range from 630 to 1200 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, sturdy boots, and plenty of water are recommended for comfort and safety during outdoor activities.

Cave temperatures average 75 degrees Fahrenheit and are frequently wet and muddy. 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:

Roberto Miranda, Site Coordinator

Phone: 787-922-2647 evenings

e-mail: robertp2alt@hotmail.com

NCRC SEMINAR 2011 REGISTRATION – Please register ONLINE as it is much easier to capture the required information and pass it on to our staff via our new online registration service. Even if paying by check, register online and mail your check as directed below.

Go to www.ncrc.info and select upcoming training, then 2011 National, then register. Complete the registration form online and pay with credit card or mail check as instructed. You can print your own invoice at the end of the registration process.

NOTE – if you are not 18 years old you must contact the registrar before registering.

REGISTRATION FEES for:

REGISTRATION (<i>includes meals and lodging</i>)	\$548.00	_____
Required text for class: Manual of US Cave Rescue Techniques, 2008 edition or later – bring your own or order one here.	Price in advance \$20.00	_____
<i>Price of Manual purchased at Seminar is \$40.00</i>		
NON-NSS FEE (<i>required for students not currently members of Nat. Speleological Society</i>)	\$ 100.00	_____
LATE REGISTRATION FEE (<i>if postmarked after March 15, 2011</i>)	\$ 50.00	_____
EXTRA MEAL & LODGING PLAN (non-students) Number of Extra Plans _____	\$320.00/ea	_____
SEMINAR T-SHIRT (<i>Must be pre-ordered – note quantity and size below</i>)	\$15.00/ea	_____
____ Small ____ Medium ____ Large ____ X-Large ____ XX-Large (<i>add \$1.00 per XXL shirt</i>)		
TOTAL REGISTRATION & FEES DUE		_____

Mail Registration Fees To:

NCRC SEMINAR REGISTRAR 2011

Steve Hudson

737 Glass Road

LaFayette, GA 30728

Registrar2011@NCRC.info

Make checks for TOTAL (above) payable to: NCRC Seminar 2011

No personal checks accepted after March 15, 2011.

To pay with credit card, please use our online registration at:

<http://www.regonline.com/ncrc2011>

25% cancellation fee after March 15, 2011

No refunds after March 30, 2011



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