



Cave Rescue Workshops Hinton, Alberta May 21 – 25, 2010



These workshops bring together a range of people with interest and/or skills in single rope techniques and rescue, particularly related to caving.

The workshops are organized by BC Cave Rescue (BCCR) and the Alberta Cave Rescue Organization (ACRO) with the support of Inroads Mountain Sports and the Hinton Search and Rescue Society. All facilitators have considerable cave rescue and/or SAR experience and several hold Justice Institute of British Columbia Rope Rescue Instructor, Team Leader or Search Manager qualifications. Both workshops are intensively “hands-on” and involve simulations and scenarios designed to build skills and teamwork. Participants will receive course materials at registration that can be retained for reference to reinforce and expand on knowledge and skills presented during the workshops. Certificates of completion will be issued, but skill proficiency is not certified because no time is available for formal evaluations within the tight schedule.

These workshops deliver elements of the BC Provincial Emergency Program *Rope Rescue Team Member* course as well as companion cave rescue skills and the essence of the week-long *BC Cave Rescue Seminars* held every second year on Vancouver Island (next scheduled in July 2010).

Workshop Details	Companion Cave Rescue	Cave Rescue Response
Date / Time	Fri May 21 1800h to Sun May 23 1500h	Sun May 23 1630h to Tues May 25 1500h
Location	Black Cat Guest Ranch http://www.blackcatguestranch.ca/	
Description	Coaching in rigging, single rope techniques, accident avoidance, mechanical advantage systems and companion rescue methods for caving.	Builds on the rigging and rescue skills practiced in the Companion Rescue Workshop by introducing participants to high angle stretcher handling, rigging and the organizational structure of a cave rescue response.
Intended Audience	Anyone interested in safe caving skills, including novices, experienced cavers and SAR personnel who wish to broaden their knowledge.	
Preferred Prerequisites	None, although practice in Single Rope Techniques (SRT), fitted SRT personal rigging equipment is a definite asset.	Vertical caving, SAR experience or the Companion Rescue Course is preferred.
On-line Registration*	http://www.missioncontrol.co.nz/itm/Event_Master_Item_Public.aspx?ID=2684	http://www.missioncontrol.co.nz/itm/Event_Master_Item_Public.aspx?ID=2683

*Registration is limited to 20 or fewer participants. Participants will be required to sign liability waivers.

Organizations other than ACRO or BCCR wishing to send more than one student are asked to contact Cindy Heselton directly along with submitting a prioritized list to [acro_cindy\[at\]yahoo.ca](mailto:acro_cindy[at]yahoo.ca)

Accommodation and Meals: Participants are responsible for arranging their own accommodation. Accommodations/camping arrangements may be available at Black Cat Guest Ranch. Contact them directly at [mail\[at\]blackcatguestranch.ca](mailto:mail[at]blackcatguestranch.ca) Inroads Mountain Sports may also have some wall tents available. Contact Jerry Fochler [jerry\[at\]inroads.ca](mailto:jerry[at]inroads.ca) for more information.

Participants will be responsible for their own meals. Field lunches will be required every day. Time is very limited so personal organization and preparedness is mandatory. A group supper will be organized at the ranch for one night however participants will have to cover their own costs for the meal.

Program: *Note: Participants wanting some knot tying and rigging practice prior to the official start, can show up anytime after 1600 hours on Friday for earlier practice.

Companion Cave Rescue Workshop

Friday, May 21th

- 1800-1930 Registration for Companion Cave Rescue Workshop alone or for both consecutive courses; equipment check.
1930-2130 Introduction of participants. Preview of workshop objectives and review of basic principles.

Saturday, May 22th

- 0800 Meet for practice of SRT, ties and rigging.
1200-1230 Bag lunch
1230-1700 Removing an incapacitated person from rope, belay skills, basic raising and lowering systems.
1700-1930 Medical considerations, planning & preparing for a caving trip; review of skills.
2000 Evening meal.

Sunday, May 23th

- 0800 Depart for simulations. The rest of the morning will be spent in practice of companion rescue skills in various simulations under or above ground.
1300-1330 Bag lunch.
1330-1500 Debriefing of simulations; equipment cleanup, review of workshop, course evaluation sheet.
1500 Departure for those not continuing into the Cave Rescue Response Course. Return to course meeting location for Cave Rescue Response Registration

Cave Rescue Response Workshop

Sunday, May 23th

- 1500-1630 Registration for Cave Rescue Response Workshop; equipment check.
1630-1800 Introduction to rescue response in BC and Alberta: Incident Command System for cave rescue; callout procedures; underground organization; communications ; tabletop exercises.
1930-2100 Practice of stretcher rigging and handling and two-rope systems.

Monday, May 24th

- 0800-1230 Field practice of team organization, patient packaging, stretcher handling, belayed raising and lowering.
1230-1300 Bag lunch
1300-1700 Field practice of rigging and high-angle stretcher handling techniques.
1900-2030 Preparation for cave rescue response scenario.

Tuesday, May 25th

- 0800-1330 Mock cave rescue response.
1300-1500 Return to base, equipment cleanup, review of workshop, course evaluation sheet.
1500 Departure.

Note: This program outline may be adjusted to best meet the needs of the organizers and the participants. A map of the area will be supplied to participants upon request. For more information, contact:

Jerry Fochler
Northern Alberta Coordinator
Alberta Cave Rescue Organization
RR2, Site 250, Box 4
Stoney Plain, AB T7Z 1X2
Ph. 780-817-1512c
Email: jerry[at]inroads.ca

Phil Whitfield
Provincial Coordinator
BC Cave Rescue
2067 Valleyview Drive, Kamloops, BC V2C 4C3
Ph. 250 372-5079h 250 371-0327c
Email: pwhitfield[at]telus.net

Recommended / Preferred Equipment:

All equipment must bear your name or ID marks. Equipment can be supplied (in limited numbers) for those wishing to borrow. Please indicate any needs on registration form.

- An approved helmet with chin strap,
- A helmet mounted electric light plus 2 backup lights with spare batteries & bulbs (as appropriate)
- A whistle
- A caving sit harness, preferably with connecting chest harness (adjustable Frog chest harness requires 25 mm. tubular nylon webbing, 4 m. length, with 2 or more D-rings). Full body harness or climbing sit & chest harness will work, but less efficiently.
- 2 cowstails, minimum 9 mm diameter **dynamic**, with **two locking carabiners**. As 9mm dynamic cord may be difficult to obtain, a supply will be available for sale at the workshop. If unfamiliar with cowstail setup, bring the carabiners and we'll set you up.

Notes: Cowstail material length will vary depending on whether cowstails are linked through a single knot or are separate, what knots and harness are used and the height of the individual. A **3.5 m length of 9 mm dynamic cord** should be sufficient for most situations. Preferred attachment for carabiners is a double fisherman's knot that tightens onto the carabiner; a figure 8 on a bight is an alternative. A figure 8 on a bight should be used to tie into the harness main attachment point. The short cow's tail, with biner, should just touch the caver's chin, while the long one (with biner) should just touch the rim of the helmet (at forehead level).

- 2 Prusik or autoblock slings: 6 or 7 mm low-stretch rope, each in 1.2 m untied lengths
- Ascending system (Jumars, Gibbs, Petzls, Prusik knots, etc.) Frog system preferred, using a chest Croll & footloop (around 2.5 m untied length, 7 mm diameter low stretch cord or 5mm Maxim Techcord) carabinered or mailloned (quick-linked) into a Petzl Basic and with a minimum **9mm diameter dynamic** umbilical (around 190 cm -2 m untied length with Petzl Basic, shorter with a Hand Jammer). If making up your system, allow for more length rather than less. If using Prusiks, untied lengths for a three rope system using a Prusik on itself on foot loops for a 5' 10" person are approximately: chest – 1.8 m; short foot sling – 3.62 m; long foot sling – 4.5 m.
- Descender: Recommended - Petzl Autostop or short rappel rack with Prusik or autoblock conditional self belay carabinered to leg loop)
- Minimum of 3 locking carabiners in addition to those on cowstail and self-belay.
- 2 rescue pulleys, personal size, Prusik Minding Pulley types preferred (SMC, Petzl, etc.)
- Cordelet or waistlength: a 7 to 10 m. length of 7 or 8 mm low-stretch rope, or 25 mm tubular nylon webbing
- Small sidepack or knapsack containing pocketknife, foil space blanket, small 1st Aid kit, candle & lighter, duct tape, large garbage bag, thermal balaclava, snacks
- Rugged, warm clothing for caving – waterproof coveralls (or cotton over raingear), fleece top and bottom, wool socks. No cotton!
- Gloves: suggest rubber gloves for caving, leather gloves for dry caving and ropework
- Boots: waterproof rubber, plastic or leather, with good grip.

Participants must be in good physical health and condition and must be willing to sign liability waivers. Additionally, participants should be prepared to work in difficult situations and while under supervision, negotiate drops of up to 30 metres during the workshop. Weather in May can be variable ranging from warm sunny days to freezing temperatures with snow. Bring appropriate clothing and footwear.

NOTE: Access to caves during this time of year is limited and entrance into caves is not likely for the Hinton workshops. However, past courses have proven that cave situations and simulations can be effectively reconstructed utilizing local crags and other materials.

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REGISTRATION FORM

1. REGISTER ON-LINE by clicking on the following link or by copying/pasting it into your web browser:

<http://www.missioncontrol.co.nz/itm/Calendar.aspx?ID=10>

NOTE: You must register for each workshop SEPARATELY!

If you do not have access to a computer, you may contact Cindy Heselton directly to register.

2. CONFIRM YOUR SPOT BY MAILING YOUR REGISTRATION FORM AND CHEQUE to Cindy Heselton ASAP. Upon on-line registration, your spot will only be held until April 1, 2010. If your form / payment are not received by this date, you will be moved to the bottom of the list and may lose your spot.

NOTE: The course coordinator reserves the right to limit the number of registrations from any one group.

If you have any questions about the on-line registration, contact Cindy at (403) 268-8685 (day) or (403) 295-6474 (eve) or via email at [acro_cindy\[at\]yahoo.ca](mailto:acro_cindy@yahoo.ca)

PARTICIPANT INFO

Name: _____

Phone(s): _____

Address: _____

E-Mail address: _____

Organizations (if any): _____

REGISTRATION FEES (check appropriate boxes)

CATEGORY	OPTIONS	FEE	
BCSF Affiliates or ACRO Members	Companion Rescue Workshop	\$50	<input type="checkbox"/>
	Rescue Response Workshop	\$40	<input type="checkbox"/>
	Both	\$80	<input type="checkbox"/>
Non-BCSF Cavers, SAR Group Members or Individuals:	Companion Rescue Workshop	\$70	<input type="checkbox"/>
	Rescue Response Workshop	\$60	<input type="checkbox"/>
	Both	\$100	<input type="checkbox"/>
Commercial or Agency	Companion Rescue Workshop	\$80	<input type="checkbox"/>
	Rescue Response Workshop	\$70	<input type="checkbox"/>
	Both	\$130	<input type="checkbox"/>

Previous workshop seminar participant (no course material provided) deduct 25%. Indicate the name/date of the previous workshop attended: _____

Payment: Please make cheques payable to Alberta Cave Rescue Organization and mail to:
 c/o Cindy Heselton
 80 MacEwan Meadow Cres NW,
 Calgary, AB T3K 3H5

(additional information required on back)

