



British Columbia Cave Rescue

Coordinated through the British Columbia Speleological Federation
Supported by the Glenn Peppard / Rick Blak Memorial Fund, a grant from the
Wildland Rescue Society and an equipment donation from Petzl (North America)

13th B C CAVE RESCUE SEMINAR GOLD RIVER B C July 10th-17th, 2010

BC Cave Rescue is the rescue and training service of organized caving in British Columbia. It is recognized by the Provincial Emergency Program as the lead organization in cave rescue, providing specialized personnel and equipment for cave rescue emergencies on callout by the RCMP or the PEP Emergency Coordination Centre.

The thirteenth B.C. Cave Rescue Seminar will be held in Gold River, commencing on Saturday, 10 July and ending on Saturday, 17 July, 2010. The seminar is intended to bring together a range of people with interest and/or skills in rescue fields related to caving. Instruction is coordinated by experienced cave rescue personnel and will involve participants with varying experience and ability in the subject areas covered. One of the objectives of the week will be collectively to apply these subjects to effect an efficient and successful mock cave rescue.

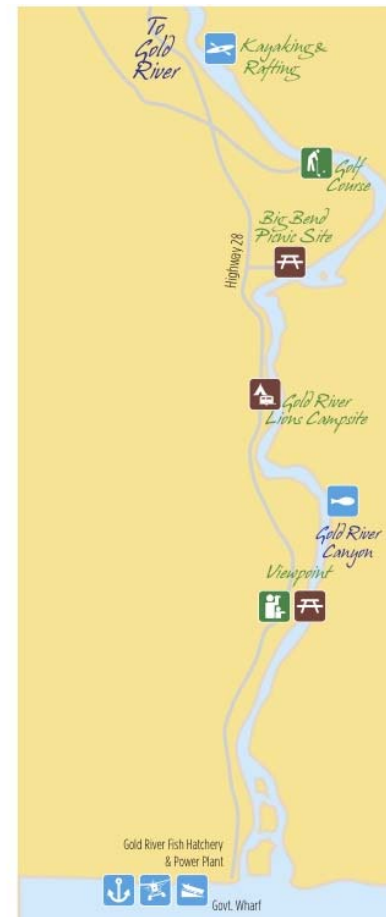
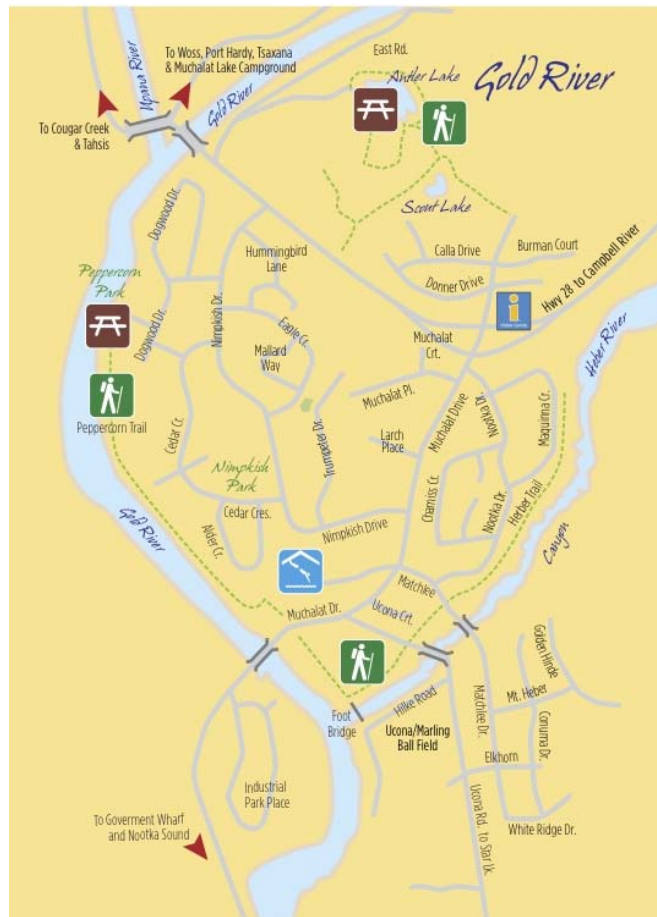
The seminar is organized by BC Cave Rescue and enjoys the cooperation and assistance of the following: BC Provincial Emergency Program, Campbell River Search & Rescue, Alberta Cave Rescue Organization, Gold River Detachment, RCMP; Gold River Volunteer Fire Department; and School District No. 84 (Vancouver Island West).

Registration is limited to 30 participants and will generally be on a first-come, first-served basis. BCCR wishes its training to be as widely accessible as possible, but registration fees are its only source of revenue. Fees attempt to balance course costs and support of BCCR with ability to pay. Individuals for whom the fees present a significant financial barrier are asked to discuss their situation with Phil Whitfield.

Basic SRT and companion rescue skills (as obtained through BCCR regional weekend workshops) are highly desirable but are not essential prerequisites for participation in this week long seminar. BCCR reserves the right to screen applicants if necessary in order to obtain a mix which best achieves the objectives of the course.

Location and Facilities:

Gold River lies 100 km west of Campbell River, which is 157 km north of Nanaimo on Vancouver Island. BC Ferry sailings every two hours connect Nanaimo with mainland terminals at Horseshoe Bay, just north of Vancouver (95 minute crossing time). See <http://bcferries.bc.ca/> for current detailed schedules and fares. Driving time, Nanaimo to Gold River is 3 to 3.5 hours. Registration and classroom sessions will be held at the gymnasium of the **Gold River Secondary School**, 201 Muchalat Drive (under lowest hiking trail symbol on map). Showers are expected to be available at the school. Field sessions will take place on nearby cliffs and at caves within a driving range of 30 to 90 minutes.



Accommodation and Meals:

Participants will be responsible for their own accommodation and meal arrangements. The seminar schedule (supposedly!) allows reasonable time for meal preparation. Gold River has a variety of accommodations, several restaurants, stores and a supermarket. The municipal campground, several minutes drive downriver from the townsite, is the traditional base for most Seminar participants. Information on accommodation and food options can be found at <http://www.goldriver.ca/index.php> or contact Phil Whitfield for suggestions.

Program:

See attached schedule.

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
- 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 though a single knot or are separate, what knots and harness are used and the height of the individual, but a **3.5 m length of 9mm 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: Untied minimum lengths for low-stretch cord: 6mm diameter – 1 m; for 7mm – 1.1 m; or 8 mm – 1.2m
- Ascending system (Jumars, Gibbs, Petzls, Prusik knots, etc.) Frog system preferred, using a chest Croll with a Petzl Basic or Ascension carabinered or mailloned (quick-linked) into a footloop (around 2.5 m untied length, 7mm diameter low stretch cord or 5mm Maxim Techcord) and a minimum **9mm diameter dynamic** umbilical (around 190 cm -2 m untied length with Petzl Basic, shorter with an Ascension). If making up your system, allow for more length rather than less. If using Prusiks, recommended approach is to use two 5 m lengths of 7mm or 8 mm cord, which can be used in a variety of ways, as will be demonstrated in the training.
- 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. Note that the two 5 m lengths of cord recommended above for Prusiks may be used for this purpose instead of as a separate item.
- Small sidepack or knapsack containing pocketknife, foil space blanket, small 1st Aid kit, candle & lighter, duct tape, large garbage bag, thermal balaclava, snacks, water.
- 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, although covered by a Provincial Emergency Program Training Task Number, they must also 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 90 M. during the Seminar. Though the weather is usually comfortable in July, expect anything. All exercises will be outside and subject to rain and cool temperatures.

BCCR SEMINAR 2010 REGISTRATION FORM (Please print legibly!)

Name: _____ Phone: H (____) _____ W _____

Address: _____ E-mail _____

_____ Postal Code _____

Years caving: _____ Organization: _____

Years in SAR: _____ Organization: _____

BCCR Companion Rescue Workshop attended: year(s) _____ location(s) _____

BCCR Rescue Response Workshop attended: _____ location(s) _____

SRT Proficiency: years of SRT experience: _____ longest single rope ascent/decent: _____ metres

First Aid level: _____ Year: _____ Reasons for interest in BCCR Seminar:

Expand on interest or experience on separate sheet if desired.

Registration Fees:

| | |
|---|--------------|
| <i>BCSF Affiliates or ACRO Members:</i> | \$120 |
| <i>Non-BCSF Cavers, SAR Group Members or Individuals:</i> | \$150 |
| <i>Commercial or Agency:</i> | \$250 |
| <i>Repeat Seminar Participants bringing handout material:</i> | 25% discount |

(25% cancellation fee may be charged after May 31)

Souvenir T-shirts with transfers of the updated (SKEDless) BCCR logo and "2010 Seminar, Gold River, BC" on the front and "Interfering with natural selection since 1984" or "What goes down must come up" on the back will be available to participants @ \$18.00 each in a variety of colours.

Registration Fee: \$ _____

T-shirt(s) @ \$18.00 each:

A) "Interfering with Natural Selection since 1984" on back

Size S M L XL number _____ colour(s) _____ \$ _____

B) "What goes down must come up" on back

Size S M L XL number _____ colour(s) _____ \$ _____

TOTAL: \$ _____

Make cheques payable to **BC Cave Rescue**. Return application and fee to

Phil Whitfield
Provincial Coordinator
B.C. Cave Rescue
2067 Valleyview Drive, Kamloops, B.C.,
Canada V2C 4C3
E-mail: pwhitfield@telus.net
250-372-5079h, 250-371-0327c



British Columbia Cave Rescue

Coordinated through the British Columbia Speleological Federation
 Supported by the Glenn Peppard / Rick Blak Memorial Fund, a grant from
 the Wildland Rescue Society and by equipment donations from Petzl (North America)

TENTATIVE 2010 BC CAVE RESCUE SEMINAR PROGRAM GOLD RIVER, BC July 10th to July 17th, 2010

| | | | |
|-----------------|-----------------|---|--|
| SATURDAY | 1300 - 1600 | Classroom | BLOCK 1: REGISTRATION, EQUIPMENT CHECK AND PROGRAM COORDINATION. |
| | 1600 - 1730 | | Dinner break |
| | 1730 - 2200 | Classroom | BLOCK 2: INTRODUCTION OF PARTICIPANTS AND ACTIVITIES (Full Session) -Introductions, purposes of Seminar, Seminar safety code |
| | | Field | BLOCK 3: ENTERTAINMENT (Full Session) |
| SUNDAY | Track A: | | |
| | 0800 - 1030 | Classroom | BLOCK 4A: OVERVIEW OF CAVE RESCUE AND THE SEMINAR (Full Session). -Orientation to the day; roles of BCCR, RCMP, PEP, etc.; BCCR instructional approach; review and analysis of caving accidents, preventive measures and avoidance. |
| | 1030 - 1200 | Classroom | BLOCK 5A: BASIC RIGGING THEORY AND PRACTICE (Full Session & Teams). -Rope and webbing; coiling; knots, bends & hitches; anchors & rigging; edgelines; belaying.. |
| | 1200 - 1300 | | Lunch break |
| | 1300 - 1800 | Field | BLOCK 5A: continued |
| | Track B: | | |
| 0800 - 0830 | Classroom | Opening session of BLOCK 4A for orientation to the day | |
| 0830- 1200 | Field | BLOCK 5B: INVESTIGATION AND PRACTICE OF SPECIAL TECHNIQUES (selected team) - Shared load systems (with Petzl I'D S and Grigri); counterbalance systems; European techniques. | |
| 1200 - 1300 | | Lunch break | |
| 1300 - 1800 | Field | BLOCK 5B: continued | |
| | 1800 - 1930 | | Dinner break |
| | 1930 - 2200 | Classroom | BLOCK 6: REVIEW OF BASIC RIGGING AND SINGLE ROPE TECHNIQUES (Stations) - Practice of rigging skills, SRT, companion rescue techniques, etc. |
| MONDAY | 0800 - 1200 | Classroom | BLOCK 7: MEDICAL, FIRST AID, PLANNING, PACKAGING AND BASIC TRANSPORT (Full Session). -Review of medical notes, first aid for cave rescue, evacuation planning; patient packaging, carrying, passing, turtle -Overview of stretcher handling |
| | 1200 - 1300 | | Lunch break |
| | 1300 - 1800 | Field | BLOCK 8: UNDERGROUND HORIZONTAL STRETCHER HANDLING PRACTICE (Teams) -Underground patient packaging, stretcher handling, belayed raising and lowering |
| | 1800 - 1930 | | Dinner break |
| | 1930 - 2200 | Classroom | BLOCK 9: HIGH ANGLE RIGGING OVERVIEW AND SKILLS PRACTICE (Plenary & Small groups). - Stretcher attachments, communications, specialized high angle systems, practice stations |

| | | | |
|------------------|-------------|-----------|--|
| TUESDAY | 0800 - 1200 | Field | BLOCK 10: UNDERGROUND RESCUE RIGGING PROBLEM-SOLVING AND STRETCHER PRACTICE (Teams) -Equipment check; team underground rigging problem-solving (basic and advanced). Field bag lunch |
| | 1230 - 1300 | | |
| | 1300 - 1800 | Field | -Practice in packaging, stretcher handling, belaying, confined spaces, simple raising and lowering, handling stretcher through the rigged obstacles. |
| | 1800 - 1930 | | Dinner break |
| | 1930 - | | Instructors' meeting/participants' evening off. |
| WEDNESDAY | 0800 - 0930 | Classroom | BLOCK 11: MAJOR RESCUE ORGANIZATION OVERVIEW (Full Session) -Incident Command System for cave rescue; underground organization; cave rescue considerations; tabletop exercises |
| | 0930 - 1200 | Field | BLOCK 12: UNDERGROUND PRACTICE OF AN ORGANIZED CAVE RESCUE -Field preparation and initiation of cave rescue scenario |
| | 1200 - 1230 | | Field bag lunch |
| | 1230 - 1800 | Field | - Execution of cave rescue scenario |
| | 1800 - 1900 | | Dinner break |
| | 1900 - 2130 | Classroom | BLOCK 13: ORGANIZATION OF A MAJOR CAVE SEARCH AND RESCUE OPERATION (Full Session) - Cave search techniques, tabletop exercises; review of most needed skills or techniques |
| THURSDAY | 0800 - 1800 | Field | BLOCK 14: WALK-THROUGH OF A MAJOR CAVE SEARCH AND RESCUE OPERATION (Full Session and teams) -Instructor-directed cave search and rescue scenario using ICS approach -Field bag lunch on site -On-site review of most needed practical skills |
| | 1800 - 1930 | | Dinner break |
| | 1930 - | Classroom | BLOCK 15: PREPARATION FOR MOCK RESCUE (Full Session) -Round-up of topics, equipment check and preparations for Mock Rescue |
| FRIDAY | ? | Field | BLOCK 16: MOCK RESCUE -Mock rescue organized by participants without assistance from instructors. |
| SATURDAY | 0830-1200 | Fire Hall | BLOCK 17: MOCK RESCUE AND SEMINAR REVIEW (Full Session) -Equipment check and cleanup -Mock rescue review/critique -Seminar review/critique |