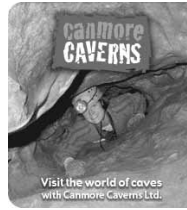




## Companion Cave Rescue Workshop

May 2 - 4, 2008



Canmore  
Alberta

## Cave Rescue Response Workshop

May 4 - 6, 2008



**Outline:** These workshops bring together a range of people with interest and/or skills in single rope techniques and rescue, particularly related to caving. The 20-hour Companion Cave Rescue Workshop is intended to be useful to anyone interested in safe caving skills, including novices, experienced cavers and SAR personnel who wish to broaden their knowledge. It provides expert instruction in rigging, single rope techniques, accident avoidance, mechanical advantage systems and companion rescue methods for caving. The consecutive Cave Rescue Response Workshop 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. Together, these workshops deliver the content 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: July 5-12, 2008). Vertical caving, SAR experience or the Companion Rescue Course are preferred prerequisites for the Response Workshop. The Companion Rescue Workshop will commence at 6 PM on Friday, May 2 [specific location to be announced] and will continue until 3 PM on Sunday, May 4. The Response Workshop will commence at the Bell Cabin in the Alpine Club of Canada complex (immediately east of Canmore on Hwy 1A – see <http://www.alpineclubofcanada.ca/facility/clubhousehome.html>) at 4:30 PM Sunday, May 6 and will continue until 3 PM on Tuesday, May 8<sup>th</sup>.

The workshops are organized by BC Cave Rescue (BCCR), the Alberta Cave Rescue Organization (ACRO), and Canmore Caverns Ltd. All instructors have considerable cave rescue and/or SAR experience and several hold British Columbia Provincial Emergency Program Rope Rescue Instructor, Team Leader or Search Manager certifications. 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.

Registration is limited to 20 or fewer participants. A course fee of \$50.00 for each workshop or \$85 for both is charged to cover organizational costs and to purchase equipment for cave rescue training and response in Western Canada. The organizers reserve the right to screen applicants to obtain a mix which best achieves the objectives of the workshops. Priority will be given to people who have not participated in similar workshops in the past. Participants will be required to sign liability waivers but will also be WCB covered through ACRO.

**Location, Accommodation and Meals:** The workshop registration and exercises will take place in and near Canmore [details to follow]. The ACC Bell Cabin has been booked for the nights of May 3-5 and accommodates 15 at ?? per night. Participants will be responsible for their own meals (- the Bell Cabin offers full kitchen facilities). Field lunches will be required every day. Time is very limited so personal organization and preparedness are mandatory. Please contact Chas Yonge (Canmore Caverns Ltd.), for other accommodation and meal options or information.

**Program:** It is important for all participants to have registered by 1830 hours, Friday, May 2nd for inclusion in the Companion Cave Rescue Workshop, and by 1630 hours, Sunday, May 4<sup>th</sup> for inclusion in the Cave Rescue Response Workshop. \*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 2nd

1800-1930 hrs. Registration for Companion Cave Rescue Workshop alone or for both consecutive courses; equipment check.

1930-2130 hrs. Introduction of participants. Preview of workshop objectives and review of basic principles.

#### Saturday, May 3rd

0800 hrs. Meet for practice of SRT, ties and rigging.

1200-1230 hrs. Bag lunch.

1230-1700 hrs. Removing an incapacitated person from rope, belay skills, basic raising and lowering systems.

1700-1930 hrs. Medical considerations, planning & preparing for a caving trip; review of skills.

2000 hrs. Evening meal.

#### Sunday, May 4th

0800 hrs. Depart for the simulations in Canmore Caverns (Rat's Nest Cave). The rest of the morning will be spent in practice of companion rescue skills in various simulations underground.

1300-1330 hrs. Bag lunch.

1330-1500 hrs. Debriefing of simulations; equipment cleanup, review of workshop, course evaluation sheet.

1500 hrs. Departure for those not continuing into the Cave Rescue Response Course.

### **Cave Rescue Response Workshop**

#### Sunday, May 4th

1500-1630 hrs. Registration for Cave Rescue Response Workshop; equipment check.

1630-1800 hrs. Introduction to rescue response in BC and Alberta: Incident Command System for cave rescue; callout procedures; underground organization; communications ; tabletop exercises.

1930-2100 hrs. Practice of stretcher rigging and handling and two-rope systems.

#### Monday, May 5<sup>th</sup>

0800-1230 hrs. Field practice of team organization, patient packaging, stretcher handling, belayed raising and lowering.

1230-1300 hrs. Bag lunch

1300-1700 hrs. Field practice of rigging and high-angle stretcher handling techniques.

1900-2030 hrs. Preparation for cave rescue response scenario.

#### Tuesday, May 6<sup>th</sup>

0800-1330 hrs. Mock cave rescue response in Canmore Caverns (Rat's Nest Cave)

1300-1500 hrs. Return to base, equipment cleanup, review of workshop, course evaluation sheet.

1500 hrs. 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:

Chas Yonge  
Canmore Caverns Ltd.

Toll Free: 1-877-317-1178  
Local: (403) 678-8819  
Email: [karstcon-cjy@telus.net](mailto:karstcon-cjy@telus.net)

Phil Whitfield  
Provincial Coordinator  
BC Cave Rescue  
2067 Valleyview Drive, Kamloops, BC V2C 4C3  
Ph. 250 372-5079h 250 371-0327c  
Email: [pwhitfield@telus.net](mailto:pwhitfield@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
- A whistle
- A caving sit harness, preferably with connecting chest harness (adjustable Frog chest harness requires 25 mm. tubular nylon webbing, 3.5 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. Untied length for short cowstail with fig 8 & triple overhand knots: ~165 cm; tied length, 45-50 cm. Long cowstail with fig 8 & triple overhand: ~185 cm; tied length, 65-70 cm.
- 2 Prusik or autoblock slings: 6 or 7 mm low-stretch rope, each in 1 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) 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 (Krylock gate) 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 1<sup>st</sup> 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 M. during the workshop. Though the weather is usually comfortable in May, expect anything. All exercises will be outside and subject to rain and cool temperatures.

# Canmore Cave Rescue Workshops, May 2-6, 2008

## Registration Options:

1. Print form below and submit by snail mail with payment to register and ensure a place immediately.
2. Book a tentative place either by e-mailing the information below to [pwhitfield@telus.net](mailto:pwhitfield@telus.net) or by booking online at [http://www.missioncontrol.co.nz/itm/Event\\_Master\\_Item\\_Public.aspx?ID=1109](http://www.missioncontrol.co.nz/itm/Event_Master_Item_Public.aspx?ID=1109) and confirm before March 15 by sending payment or a non-refundable deposit by snail mail to Phil Whitfield (or otherwise confirm payment arrangements through him).

Registration fees: \$50.00 for only one workshop or \$85.00 for both. **Payment in advance is preferred** to demonstrate commitment to attend, but payment will also be accepted upon arrival at the check-in location by previous arrangement with Phil.

Please register me for the following:

- |   |                          |                                      |                          |
|---|--------------------------|--------------------------------------|--------------------------|
| Companion Cave Rescue Workshop alone (\$50) | <input type="checkbox"/> | Previous Workshop participant (\$25) | <input type="checkbox"/> |
| Cave Rescue Response Workshop alone (\$50)  | <input type="checkbox"/> | Gold River Seminar survivor (\$25)   | <input type="checkbox"/> |
| Both Workshops (\$85 / \$75 / \$50)         | <input type="checkbox"/> |                                      |                          |

Name: \_\_\_\_\_ Phone(s): \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ E-Mail address: \_\_\_\_\_

Organization (if any): \_\_\_\_\_

I can contribute the following extra personal or team equipment for use at the Workshop(s) (e.g. ropes, helmets, lights, hardware, etc.):

\_\_\_\_\_

\_\_\_\_\_

I wish to borrow the following equipment: \_\_\_\_\_

\_\_\_\_\_

*Please provide information on caving experience, first aid training, search and rescue experience and reasons for interest in this workshop.*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**Payment:** Please make cheques payable to BC Cave Rescue and mail to:

Phil Whitfield  
2067 Valleyview Drive  
Kamloops, BC V2C 4C3