



Companion Cave Rescue Workshop

May 28 - 30, 2010

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Cave Rescue Response Workshop

May 30 – June 1, 2009



Horne Lake Caves, Vancouver Island, BC

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 technical rope rescue response, with particular reference to cave rescue. Together, these workshops deliver most of 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. Vertical caving, SAR experience or the Companion Rescue Course are necessary prerequisites for the Response Workshop. The Companion Rescue Workshop will commence at 6 PM on Friday, May 28 and will continue until 3 PM on Sunday, May 30. The Response Workshop will commence at the same location at 4:30 PM Sunday, May 30 and will continue until 3 PM on Tuesday, June 1.

The workshops are organized by BC Cave Rescue (BCCR) and Island Pacific Adventures Ltd. All facilitators 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 is charged to cover organizational costs and to purchase new equipment for cave rescue training and response in Western Canada. Previous BCCR course participants are entitled to a 25% discount and receive no handout material. 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 covered by a Provincial Emergency Program Training Task Number.

Location, Accommodation and Meals: The workshop registration and classroom exercises will take place at the Horne Lake Regional Park Campground, adjacent to Horne lake Caves Provincial Park, north of Qualicum Beach, Vancouver Island. Maps are available upon request. Campsites are available from the Regional District of Nanaimo and a group rate of \$2 per night is usually available. Or you can leave your tents at home and splurge \$5 per night to stay in a large teepee located in Richard Varela's Adventure Camp. There is an eating shelter with picnic tables available for cooking and meals. Water is from a hand pump well and there is no electricity or pay phone. Telus cell phone coverage is good. Contact Richard Varela for information on other accommodation options. The program for both courses will take place at the campground and in the Park. Participants will be responsible for their own meals. Two field lunches will be required for Saturday and Sunday. Time is very limited so pre-packing on Friday is mandatory. On Saturday, supper may take place at a local establishment, interest and time permitting.

Program: *It is important for all participants to have registered by 1830 hours, Friday, May 28 for inclusion in the Companion Cave Rescue Workshop, and by 1630 hours, Sunday, May 30 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 28th

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

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

Saturday, May 29th

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 30th

0800 hrs. Depart for the simulations. The rest of the morning will be spent in practice of companion rescue skills in various simulations.
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 Rope Rescue Response Workshop.

Cave Rescue Response Workshop

Sunday, May 30th

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 31st

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 rope rescue response scenario.

Tuesday, June 1st

0800-1330 hrs. Mock rope rescue response
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:

Richard Varela
Island Pacific Adventures Ltd.
Box 3531 Courtenay, BC V9N 6Z8
Ph. (250) 339-0555
E-mail: adventure@hornelake.com

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

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 through 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: 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 cord or 5mm Maxim Techcord) carabinered or maillonned (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, 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 20 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.

Horne Lake Cave Rescue Workshops, May 28-June 1, 2010

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 or by booking online at <http://www.missioncontrol.co.nz/itm/Calendar.aspx?ID=10> and confirm before April 1st by sending payment or a non-refundable deposit by snail mail to Phil Whitfield (or otherwise confirm payment arrangements through him).

Registration Fees:

<i>BCSF Affiliates or ACRO Members:</i>	Companion Rescue Workshop	\$50	<input type="checkbox"/>
	Rescue Response Workshop	\$40	<input type="checkbox"/>
	Both	\$80	<input type="checkbox"/>
<i>Non-BCSF Cavers, SAR Group Members or Individuals:</i>	Companion Rescue Workshop	\$70	<input type="checkbox"/>
	Rescue Response Workshop	\$60	<input type="checkbox"/>
	Both	\$100	<input type="checkbox"/>
<i>Commercial or Agency:</i>	Companion Rescue Workshop	\$80	<input type="checkbox"/>
	Rescue Response Workshop	\$70	<input type="checkbox"/>
	Both	\$130	<input type="checkbox"/>
<i>Repeat Workshop Participants bringing handout material:</i>	25% discount		<input type="checkbox"/>

Date & location of last workshop attended: _____

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, any previous BCCR courses attended, search and rescue experience and reasons for interest in this workshop.

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

Phil Whitfield 2067 Valleyview Drive Kamloops, BC V2C 4C3