



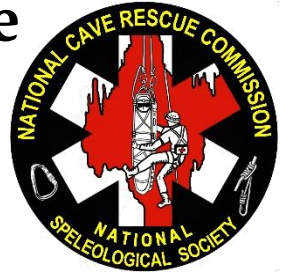
*The Rocky Mountain Region of the
National Cave Rescue Commission presents*



Rocky Mountain Region

Small Party Assisted Rescue

October 8-11, 2021
St. George, Utah



About the Seminar

This NCRC Small Party Assisted Rescue (SPAR) seminar is an intensive four-day introduction to cave rescue techniques that can be performed by a party of six or less persons, using minimal gear normally carried on caving trips. This course teaches students how to handle a variety of emergencies that can arise while caving, including providing basic medical care, moving patients through obstacles, helping persons who are stuck on rope, building and operating vertical rescue systems, and how to prepare for and prevent problems with limited equipment and personnel. Students will be expected to study some material in advance so that the classroom sessions reinforce and elaborate on existing information. Skills will then be practiced in a rope gym and in caves and/or cliff faces. The course will be physically demanding with long days, but will provide participants with valuable skills that can be used to help themselves and others in emergency situations when they are needed most.

Prerequisites

***** Upon arrival, all participants will be required to show proof of vaccination OR a negative COVID test taken within the 72 hours prior (tests after 6pm Oct. 4 will be accepted). *****

For course safety and efficiency, all students will be required to demonstrate basic vertical skills before taking this course by passing the entrance skills test. Required skills, including knots and single rope techniques are described here: [Student Preparation Guide](#).

Students should contact a local NCRC instructor to entry test on these skills prior to the class. Those not completing the entry test before the course may do so on site the evening of Thursday, October 7, between 6 and 9pm. Any students not tested in by then will not be allowed to participate. For questions, contact Andy Armstrong canyoncavers@gmail.com.

Registration

Cost: \$160.00, includes tuition, course materials, camping, and three evening meals. Class size is limited to 12 students.. To register, go to www.eventbrite.com and enter "Small Party Assisted Rescue Seminar." Refunds are not available.

Schedule*

Each day of the seminar will begin at 8:00 a.m. Days 1–3 will end at 7:00 p.m., with optional attendance for lectures and demonstrations later in the evening. Day 4 will end around 4:00 p.m. Students should be prepared each day for classroom, rope gym, and cave activities.

*The schedule is subject to change at instructor discretion.

Please see next page for more information.

Small Party Assisted Rescue

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Accommodations

The seminar will be based at [Gunlock State Park Campground](#), 20 miles from St. George, Utah. The facility includes vault restrooms, picnic tables, and a metal building that will be used for classroom and rope gym activities. Please bring food for high-energy activities and camping gear appropriate for the forecast. Long-range forecast temps for the weekend are high 80F low 40F but actual conditions may vary. Please come prepared.



Gunlock State Park

Required Equipment for All Participants

1. **HELMET.** A caving or climbing helmet is preferred. Helmets must have a 3 or 4-point chinstrap.
2. **LIGHTS.** Three dependable, independent sources of light. At least 2 must be helmet mountable.
3. **RUGGED CLOTHING.**
4. **GLOVES.** Leather or leather-palmed work gloves.
5. **BOOTS.** Sturdy, lug-soled boots with good support. NO tennis shoes!
6. **KNEEPADS.** Caving, volleyball, etc. Not hard plastic.
7. **FOOD.** Quick energy, ready to eat (trail mix, candy bars, cheese, etc.).
8. **WATER.** 2 liters minimum daily capacity.
9. **SMALL PACK.** Rugged enough for the cave environment.
10. **FOUR CARABINERS.** Four extra locking carabiners that are not part of your SRT gear.
11. **SRT GEAR.**
 - Sewn seat harnessAn ascending system that includes:
 - at least two gripping points of attachment above the waist
 - mechanical ascender attached to the seat harness that can be manipulated with one hand
 - a tether attached to the seat harness with a carabiner (non-lock OK) on the free end, independent of an ascender
 - approved descent devices include standard rack, 4-bar micro-rack with hyperbar, bobbin with braking carabiner, Scarab, or Rescue Eight with ears
12. Any pulleys, prusiks, webbing, or other small rescue gear that you normally carry in your cave pack.

Questions?

For **questions** regarding gear, prerequisites, or seminar material, contact Andy Armstrong, canyoncavers@gmail.com.

For **questions** regarding registration, contact Bonny Armstrong, bonnyarmstrong@gmail.com

About the NCRC

The National Cave Rescue Commission is an internal organization of the National Speleological Society. It serves as the society's representative on issues of cave rescue training and operations. By design, the NCRC is not an operating cave rescue team. Its mission is to provide training and development opportunities for persons and organizations engaged in cave rescue activities along with providing support to agencies conducting cave rescue operations.