



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



Rocky Mountain Region

# Small Party Assisted Rescue

March 8-10, 2019  
St. George, Utah



## About the Course

This NCRC Small Party Assisted Rescue (SPAR) course is an intensive three-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 common problems that arise while caving, basic medical skills, moving patients through obstacles, helping persons who are stuck on rope, building and operating haul and lower 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, on cliff faces and/or underground. The course will be demanding with long days, but will provide participants with valuable skills that can be used to help themselves and others when they are needed most.

## Prerequisites

For safety and class efficiency, all students will be required to demonstrate basic vertical skills before taking this course. Required skills, including knots and single rope techniques are described here:

[http://caves.org/commission/ncrc/national/NCRC Student Area/L1 EntryPrepPkg HO v140308.pdf](http://caves.org/commission/ncrc/national/NCRC%20Student%20Area/L1%20EntryPrepPkg%20HO%20v140308.pdf).

Students should contact a local NCRC instructor to test on these entrance skills prior to the class. Those not completing the entry test prior to the seminar must arrive by 6pm on the evening of Thursday, March 7, to test between 6 and 9pm. Any student not tested in by 9pm will not be allowed to participate in the course. For questions, contact Andy Armstrong [canyoncavers@gmail.com](mailto:canyoncavers@gmail.com).

## Registration

Cost: \$99, includes camping. Class size is limited to 12 students. Registration will open on February 1. To register, go to [www.eventbrite.com](http://www.eventbrite.com) and enter "Small Party Assisted Rescue Course" Registration is a commitment to attend the course. Refunds will not be available.

## Schedule\*

Each day of the seminar will begin at 8:00 a.m. Friday and Saturday's class will end at 7:00 p.m., with optional attendance for presentations and practice later in the evening. Sunday will end around 4:00 p.m. Students should be prepared each day for classroom, rope gym, and field activities.

\*The schedule is subject to change at the instructors' discretion.

*Please see next page for more information.*

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## Accommodations

The course will be based at the [Gunlock State Park](#) Campground. The facility includes vault restrooms, picnic tables, pavilion, 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. Average temps for the weekend are Hi 60 Lo 35 but a wide variance from that is possible. Please come prepared.



*Gunlock State Park Campground*

## Required Gear for Participants

1. **HELMET.** A caving or climbing helmet is preferred. Construction-type or other 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. **FOOD.** Quick energy, ready to eat (trail mix, candy bars, cheese, etc.).
7. **WATER.** 2 liters minimum capacity.
8. **SMALL PACK.** Rugged enough for the cave environment.
9. **FOUR CARABINERS.** Four extra locking carabiners that are not part of your SRT system.
10. **SRT SYSTEM.**
  - **Commercially sewn seat harness +** an ascending system that includes:
    - **at least two gripping points of attachment** above the waist
    - **at least one mechanical ascender attached to the seat harness** that can be manipulated with one hand
    - **a short (~12inch) tether attached to the seat harness with a carabiner** on the free end, independent of an ascender
    - **approved descent device** (4-bar micro-rack with hyperbar, bobbin with brake carabiner, standard rack, Scarab, or rescue eight with ears)
11. Any pulleys, prusiks, tiblocs, webbing, cord, slings, or other **small rescue gear** that you normally carry in your cave pack.

### Questions?

For **questions** regarding gear, prerequisites, or course material, contact Andy Armstrong, [canyoncavers@gmail.com](mailto:canyoncavers@gmail.com).

For **questions** regarding registration, contact Bonny Armstrong, [bonnyarmstrong@gmail.com](mailto: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. Rather, its mission is to provide training and development opportunities for persons and organizations engaged in cave rescue activities, and to provide resources and logistical support during cave rescues.