

SEMINAR AND WORKSHOP ON CAVE RESCUE

The Cave Rescue Group of New South Wales
Chairman: Terry O'Leary

The aim of this session was not to be a quick course in cave rescue, but a demonstration of some techniques and equipment with appropriate input from participants. Some results were as follows.

- A brief discussion was held about basic caving gear covering various aspects of :-
- (a)Footwear - Leather boots with a sherpa type sole or gum boots(dairy boots) were recommended.
 - (b)Clothing - Adequate for conditions taking care of hypothermia and in the tropics hyperthermia.
 - (c)Helmet - Recommended an approved type climbing or caving helmet for all vertical work.
 - (d)Lights - Three independent light sources must be carried.

This was followed by a talk about knots and their uses. The dangers of using a bowline in synthetic ropes of sheath and core construction were discussed. The four basic knots for caving were demonstrated :-

- (a) Figure-of-eight - An end of rope knot (two way loading).
- (b) Alpine Butterfly - A mid rope knot (three way loading).
- (c) Double Fishermans - To join two ropes together and tie tape.
- (d) Tape Knot - The only other knot to use in tape.

Hauling systems were then discussed aspects covered included:-

- (a) Mechanical advantage - one to one and three to one systems were discussed.
- (b) Belay line - An independent belay line is essential to all haul systems.
- (c) Trailing lines - These enable the patient to be manipulated from below.
- (d) Team work - The rigging of pitches in advance of the patient making it easier for the patient to be removed from the cave by advance planning and team work.
- (e) Patient care - Includes good first aid paying particular attention to hypothermia and fear in the patient.
- (f) Rescuer care - The rescuers themselves must not become victims of unsafe practices, hypothermia or exhaustion.

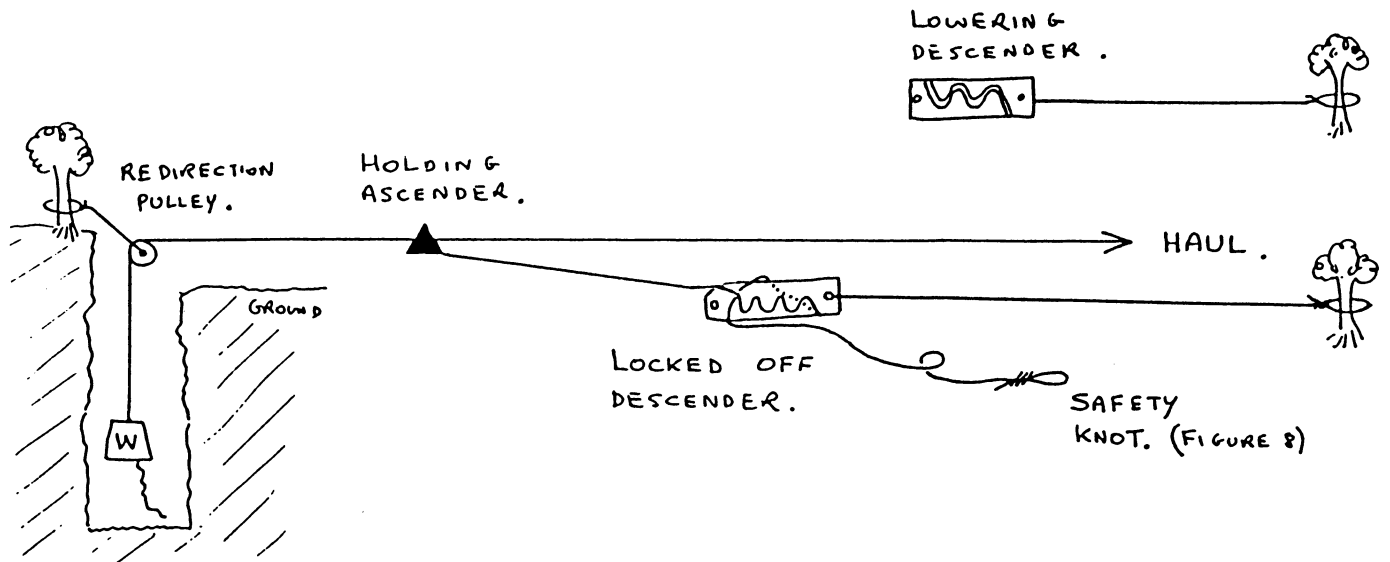
A demonstration of a three to one (z-pulley) haul system was then conducted on the gym climbing wall.

The Cave Rescue Group of New South Wales conducted this seminar. The members who assisted were Terry O'Leary, Ellie McFadyen, David Hamilton, Jeannette Jordt and David Rothery. Also thanks to Brendon Ferrari who volunteered as patient.

The Cave Rescue Group of New South Wales can be contacted at P.O.Box 122, Bankstown, 2200, N.S.W. if further information is required or if you wish to join.

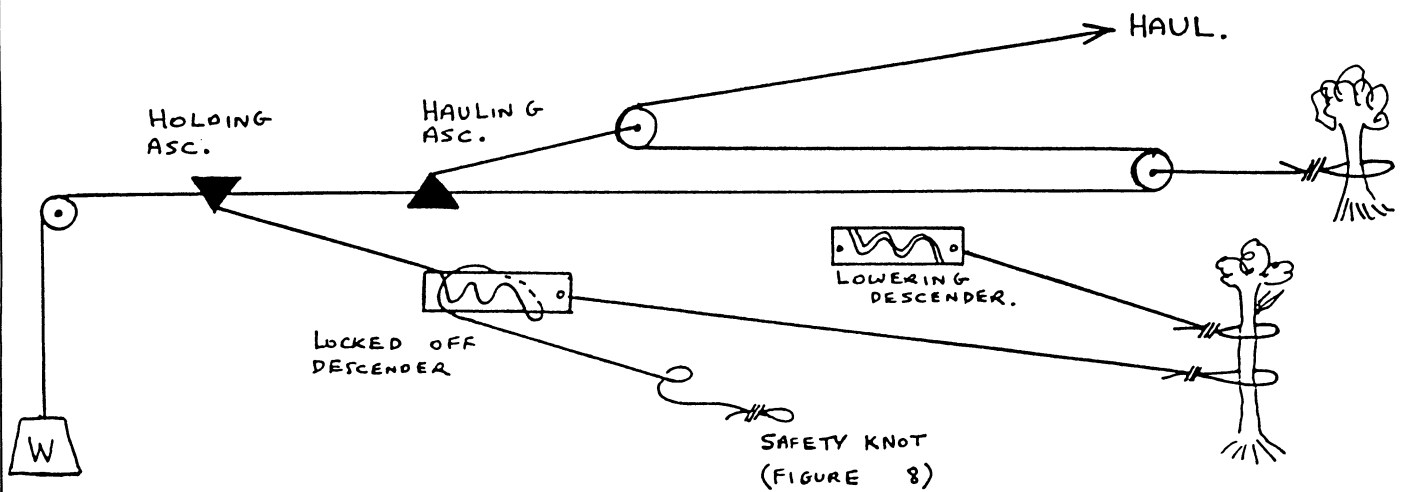


Mechanical Advantage = 1



Notes: You must include a belay line.
Make certain locked-off descender is secure.

Mechanical Advantage = 3 Z-Pulley



Notes: You must include a belay line.
Make certain locked-off descender is secure.