



# Pennsylvania State Fire Academy

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## Minimum Standard for Accreditation (MSA)

March 1994

**Course Title:** Cave Rescue Basic Orientation (CARE)

**Length of Course:** 16 Hours

**Lecture/Lab Breakdown:** 8/8

**Prerequisites:** None

**Referenced Texts:** Universal Study Guide for Cave Rescue Training by the Eastern Region of the National Cave Rescue Commission.

**Course Goal:** Participants in this course will be introduced to the basic principles of cave rescue and to the basic equipment used to implement cave rescues. The basic skills required to secure and transport a patient are presented, demonstrated, and practiced. The uniqueness of the cave environment is highly stressed.

**Description of Course:** Students in this course will be introduced to the basic principles of cave rescue and to the basic equipment used to implement cave rescues. Students will be trained in; cave environment and cave safety, communications, initial in-cave actions, hypothermia and its treatment, basic litter tie-ins, and basic litter handling skills. Much of the program is hands-on and time is allotted for practice in the form of a mock rescue. This course deals primarily with horizontal rescue situations.

**Description of Methodology to be used: (Brief)** A combination of lecture, demonstration, and supervised hands-on practice will be used.

**Student Equipment/Supply Needs:** Notebook, pen or pencil, a sturdy helmet with chinstrap such as a climbing helmet, three independent light sources (at least one of which must be helmet mounted), appropriate rugged boots, appropriate rugged clothing for temperatures in the 50's in the cave, a personal cave pack suitable for carrying personal supplies underground, leather palm gloves, cave food and water, 2 large heavy duty garbage bags.

**Equipment/Audiovisual/Supply requirements:** Chalkboard or Flip Chart, VHS VCR with TV or monitor, Overhead Projector.

### **COURSE OUTLINE** **(General - Not Detailed)**

<b><u>Time</u></b>	<b><u>Content</u></b>	<b><u>Instructor Notes</u></b>
:10	Rescue Operations	
:20	Logistics	
(continued)		

## MINIMUM STANDARDS FOR ACCREDITATION

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#### Split class based on previous experience

##### Non-caver

:15 Cave Environment  
:10 Cave Safety  
:10 Horizontal Cave Gear  
:15 Vertical Cave Gear

##### Caver

:15 Caving First Aid Equipment  
:20 Problem Recognition  
:15 Treatment

#### Reassemble Class

:30 Lifting  
:15 Patient & Personnel Safety  
:20 Communications  
:10 Stretchers  
:10 Medical Kits  
:10 Equipment Packaging  
:30 Hypothermia  
:10 Psychological Considerations  
:15 Initial In-cave Actions  
:30 Patient Packaging

#### Break into Groups

3:30 Patient Transport Practice

#### Reassemble Class

:15 Wrap-up and Briefing for Second Day  
  
:30 Day 2 Briefing for Simulation  
4:30 Cave Rescue Simulation  
:30 Clean-up  
1:00 Critique  
:15 Graduation

**Competency Evaluation Mechanism (Brief description-attach copy):** Given the complexity of the subject involved, the limited time frame available, and the overview nature of this program; no formal competency evaluation can be performed. Instructors observations of the students is the best guide available to determine that the students are absorbing the material being presented.

**Course Objectives (specific):** At the end of this program, the participant will:

1. be able to describe the basics of a response system and describe the response system in their area.
2. be able to describe the Incident Command system and explain why ICS works well in cave rescue situations.
3. be able to explain the uniqueness of the cave environment.
4. be able to describe proper and improper caving equipment.
5. be able to list three methods of communications used in cave rescue.

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MINIMUM STANDARDS FOR ACCREDITATION

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6. be able to explain the need for hard-wire communications.
7. be able to explain the need for and methods of equipment packaging.
8. be able to describe the signs and treatment of early hypothermia.
9. be able to describe initial in-cave actions.
10. be able to properly package and secure a patient into a "stokes" basket.
11. be able to perform, as part of a team, a patient movement operation.