

NCRC Instructor Guide

Compiled by John Punces, National Coordinator
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This guide summarizes the key tenets of NCRC methods. It is not intended to represent our entire curriculum, but rather those central elements upon which the curriculum is constructed and those points most commonly misstated. It emphasizes methods considered by the NCRC Board of Regional Coordinators and Education Committee to be critical to safe and effective teaching of American cave rescue techniques. It summarizes the ever-elusive "NCRC Way."

There are many ways to conduct cave rescue. Some work better than others. All are situational. Caves present unique challenges that prevent any single protocol from having universal application. Your job as an NCRC instructor is to ensure your students have learned the methods described in the NCRC curriculum. That accomplished, you are permitted (even encouraged) to teach other methods provided they are safe and effective. *Remember that what may be safe and effective for an experienced, competent cave rescue technician may be unsafe and ineffective with your particular group of students. Also remember that students will get checked off on NCRC methods – so don't overload them with options that will confuse them at check-off time.*

Knots instructors should know:

- Figure eight on a bite
- Figure eight follow through
- Double figure eight
- Butterfly knot
- Bowline *Backup knot required (Yosemite acceptable)*
- Double overhand bend (double fisherman's knot)
- Ring bend (water knot) in webbing
- Half hitch in webbing *Use three in succession*
- Overhand knot *Use as backup knot*
- Square knot *Backup knot required*

Hitches instructors should know:

- Clove hitch *Backup knot required if end of line*
- Trucker's hitch
- Münster hitch
- Prusik hitch
- Tandem prusiks

Ncrc Study Guide

Michael Brown

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