

Upcoming Eastern Region **Level One** Training

- ✓ **Learn safe vertical caving practices and skills**
 - Proper equipment and fit
 - Ascending and Rappelling
 - Crossing mid-rope obstacles
 - Rebelays, knots, deviations
- ✓ **Meet other cavers**
- ✓ **Go vertical caving!**



Event Date and Location

When: November 15-17, 2024

Where: WVACS Fieldstation

Training Details

VTC Level One Course

- ✓ Great for new and aspiring vertical cavers
- ✓ Great for experienced cavers looking volunteer with the VTC
- ✓ Curriculum follows *Basic Vertical Techniques Level One Students Materials*
- ✓ Hands-on instruction taught by VTC qualified trainers
- ✓ Low Cost: **\$80** for NSS Members **\$130** for Non-NSS Participants
- ✓ Vertical trip into Friars Hole on Sunday
- ✓ Camping, bunk, kitchen, and restroom facilities on-site
- ✓ Indoor facilities available in event of inclement weather
- ✓ Training will begin Friday at noon and end Sunday at 5 pm
- ✓ Learn the most up-to-date vertical caving skills and methods

Contact for Registration and More Information

Eastern Region Coordinator

Kyle Mills

kmills@caves.org

(304) 642-8978

A national vertical training program to allow US cavers to receive high quality, accessible, and affordable training in vertical caving techniques.



MOTIVATION FOR A VERTICAL TRAINING COMMISSION (VTC)

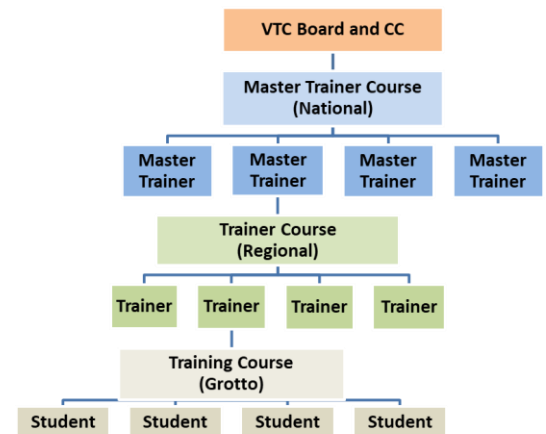
An ad hoc committee of the NSS, convened in 2020, reported that the current structure of vertical training in the US is not sufficient to reduce risk of avoidable vertical caving accidents.

HELPING CAVERS CAVE SAFELY

VTC's goal is to provide a training curriculum and qualified trainers to help individuals obtain the appropriate and sufficient competencies, critical thinking, and problem-solving skills needed to be safe while vertical caving.

VTC STRUCTURE

The **VTC Board** oversees development and implementation of the training program, and approves the training curriculum, developed by the **Curriculum Committee (CC)**. The **advisory board** serves as an informal resource for both the board and curriculum committee.



A “TRAIN-THE-TRAINER” MODEL

Using the approved VTC curriculum, qualified “master trainers” will train and qualify “trainers,” who in turn will train cavers in vertical caving techniques though individual grottos. This model will ensure accessible, high-quality, and affordable vertical training.

GET INVOLVED



We have built VTC’s foundation with dedicated volunteers, and are offering courses now. You can engage with VTC now by donating to support operating costs and help endow a scholarship fund. VTC is also accepting applications for Trainers, Master Trainers, and various other volunteer opportunities. Visit our website to apply for open positions or to tell us how you want to participate in VTC, and **contact your regional coordinator for more information and engagement opportunities.**

