

# TAMU's *Only* Underground Organization

Aggie Speleological Society  
November 10, 2022

# Upcoming Events

- Ass-giving
  - Friday, November 18
  - Jakob & Luke's House
  - Jakob's Mom is Cooking!
- Bonfire
  - Friday, November 25
  - Will create a GroupMe for those interested in going together!
- Vertical Training
  - Will resume after Thanksgiving Break!

Belt of Green

Moment of Silence for Lech  
Cave

Once 8th longest Cave now  
9th

# The Deepest Cave

# Food for Thought- Expedition Caving

- Physical Requirement
- Mental Fortitude
- Amount of Time Spent Underground
- Logistics of it All
- Skill Level Needed
- Type of Gear Required

# Veterans Memorial Deep & Punkin Trip

November 11-13  
Aggie Grotto

# Gear

## Grotto

- Helmet
- Vertical gear
  - Harness
  - Chest ascender/croll
  - Chest harness
  - Micro-rack
  - D-ring
  - Cowstails
  - Carabiners
  - Hand ascender

## Individual

- Cave snacks
- Knee/elbow pads
- 3 sources of light
- Extra batteries
- Proper clothing and footwear
- Gloves
- ANY medications you might take
  - I.e. inhaler, if you're diabetic insulin, etc.- this is a very high just in case you never know life is silly sometimes



# Rules & Expectations- Cavers

- ❑ Pack in and Pack out
  - ❑ Anything you bring into the cave will leave with you
- ❑ Communication
  - ❑ Letting others know if you feel unwell or if there is a safety concern
  - ❑ See something say something!
  - ❑ Passing back information about a climb, squeeze, or fragile part of the cave to cavers behind you to make sure everyone is on the same page
  - ❑ Letting trip leaders know truthfully how you are feeling. Communicate any existing injuries that may interfere with any aspect of caving.
- ❑ Following proper caving protocols
  - ❑ Being able to see a headlight in front of you and behind you at all times
  - ❑ Never separating from the group
  - ❑ Staying on trail
- ❑ Ask Questions!
  - ❑ If you are not sure about something, ask!
- ❑ Participating in chore groups
  - ❑ It'll make everything go faster
- ❑ Bring the correct gear
  - ❑ Making sure you have all of the individual items you are in charge of
  - ❑ Make sure you wear comfortable and appropriate clothing
    - ❑ No clothes is not an option! Your torso and legs will be covered!

# Rules & Expectations- Trip Leaders

- ❑ Provide a safe caving environment
  - ❑ Enforcing rules of the cave and caving
- ❑ Leading by example
  - ❑ Following the rules themselves
- ❑ Educating
  - ❑ Passing on helpful information about maneuvers or aspects of caving
  - ❑ Providing opportunities to learn in a safe way
- ❑ Communication
  - ❑ Communicating expectations, rules, safety, and what is going on
- ❑ Attitude
  - ❑ Positive, calm, and serious
- ❑ What do you as members expect out of trip leaders?

# Safety- Punkin

- ❑ You will be vertically checked off
  - ❑ Don't try any sneakies on us guys that's rude
- ❑ If you are within a bodies length of the pit you will be laying down
  - ❑ If you fall in that will be bad and sad
- ❑ Remain cool, calm, and collected
  - ❑ It's okay to be nervous! Just try your best to stay calm! You do better when you are calm!
  - ❑ Trust your training! We wouldn't have checked you off if we didn't believe in you!
  - ❑ A rule of rigging: If you rig it, you drop it first. All of the ropes we rig will be tested by the riggers prior to you getting on rope.
- ❑ Serious
  - ❑ There is time for sillies. It is not now.
  - ❑ Vertical caving is inherently dangerous. Take this stuff seriously.
  - ❑ Pay attention to your surroundings. What are people doing around you. Where are you in conjunction to them?
- ❑ Communication
  - ❑ When you are about to get *on rope* give a loud and clear "On Rope!"
    - ❑ Rope in hand
  - ❑ When you are *completely off rope and out of the fall zone* give a loud and clear "Off Rope!"
  - ❑ If there is an emergency give a loud and clear "Emergency on Rope" then communicate the issue. Try your best to remain calm.
  - ❑ If you see something, say something! Policing each other is one of the best forms of safety. If you are being corrected take it in a positive manner. We are all on the same team and have the same goal!
- ❑ Gear
  - ❑ Check yourself before you wreck yourself.
  - ❑ A trip leader will check your gear before you drop!
- ❑ Watch the speed at which you repel! You can burn through your gloves and actually burn through the rope!

# Safety-Deep

- ❑ Follow *all* trip leader instructions
- ❑ Bring in all of the required gear: headlamp, batteries, etc.
- ❑ Make sure you can see the headlamp in front of you and behind you at all times. It is very important to stay together.
  - ❑ Separating from the group without communication and trip leader approval will result in the entire group leaving the cave immediately. Doing this is a huge safety risk and just not a very cash money thing to do.
- ❑ Pass it back Ags!
  - ❑ Pass back instructions! The trip leader at the beginning will give instructions to the person behind them about route, squeezes, etc., pass that back to your buddy behind you
  - ❑ Communicate if you need help, begin to feel unwell, or need some encouragement. We're here to help and help you have a safe and fun experience!
- ❑ Climbs
  - ❑ There are places where you have to climb upward. Remain out of the fall zone when necessary but spot when necessary. A trip leader will instruct on this. \*demonstrate the spot positions Luke!
- ❑ Attitude
  - ❑ Be willing to listen and learn
  - ❑ There is a time to be silly and a time to be serious. This is serious time. We can still have fun but just know when to focus up!
  - ❑ Be a team player! Watch out for each other! We are all on the same team!
- ❑ Eating
  - ❑ There will be a time when we stop for a bite to eat and a blackout. Make sure you eat in a way to minimize the possibility of crumbs. This helps keep the cave environment pristine. \*Jenna demonstrates cave fine dining

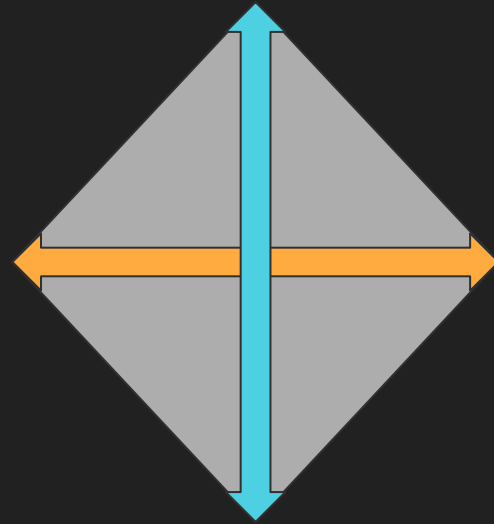
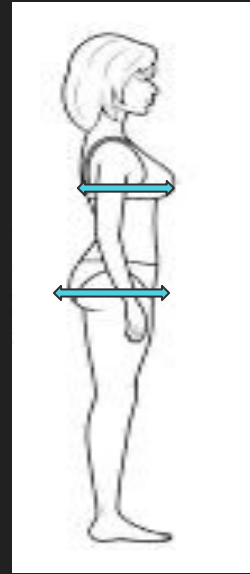
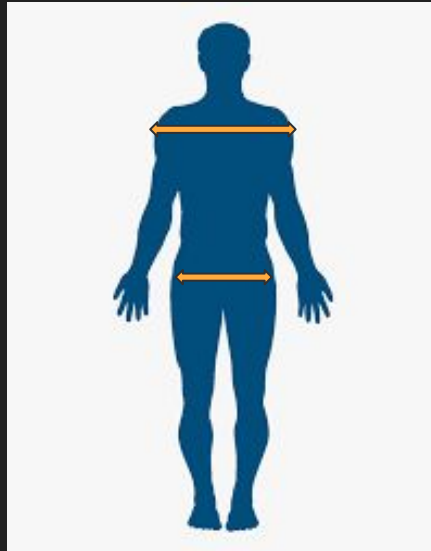
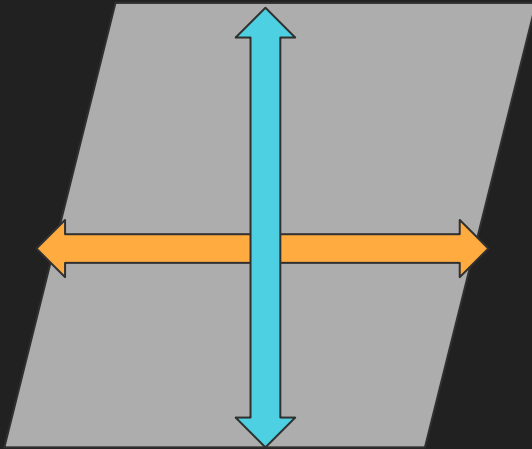
# Navigating Squeezes

- Push your bag through first. The person on the other end of the squeeze can pull it out once you get close enough!
- Many, many, many methods!
  - On your back
  - On your stomach
  - Worm method
  - One hand about your head method
  - What works well for one person, might not work for you



# Food for thought

- Caving sometimes can be an art! Passing a squeeze is one of those times.
- Think about the widest parts of your body and widest part of the squeeze. How can you make those fit together?



# Oh no, I'm stuck and I can't get out!

- Remain Calm! Hyperventilating causes your rib cage to expand -> making you more stuck
- Communicate to the person in front of you that you are having trouble
- Group members behind can push on feet; group members in front can help move dirt/rocks out of the way
  - Do not pull on their hand! While in a squeeze it is very easy to dislocate someone's shoulder this way

# I've fallen and I can't get up!

- Remain calm, positive, and collected.
- For cuts on arms/legs try your best to put them above your heart level to slow the bleeding.
- If there is lots of blood try to lay down a poncho/tarp to minimize impact to the cave.
- Your trip leader has first aid supplies! Follow their directions.
- For injuries where the caver will not be able to exit by themselves
  - Conserve lights! While you are waiting for help to come try and turn off some headlamps.
  - Make the caver as comfortable as possible.
  - Wrapping the caver in an emergency blanket will help them retain vital body heat especially if losing any amount of blood.
- If a tourniquet is applied take note of the time it was applied. This will be very important to medical staff.
- Any head, neck, or spine injury attempt to stabilize the neck as best as possible.
- A position to help people going into shock in laying on their back, knees bent, and arms down at their sides with palms down.



Housekeeping

# Drivers

- Picking Cars tonight!
- Jakob Denton
- YuChen Yang
- John Piperato

# Chore Groups

- **Cooking**
  - Tristan Barron- TL
  - Josie Shaw
  - Caleb Crubaugh
  - Austin Vance
  - Duncan Redheedran
  - Bianca Mendoza
- **Cleaning**
  - Izzy Peterson- TL
  - Tyler Jackson
  - Wolff Morales
  - Ben Walker
  - Daniel Newsome
  - Kyle Welborn
  - YuChen Yang
- **Gear**
  - Jenna Crabtree-TL
  - Jakob Denton-TL
  - Luke Fuka-TL
  - Evan Bowen- TL
  - John Piperato
  - Hannah Walker

# Bathroom

- Put the flag down if using the bathroom
- Put the flag up when you are done
- Don't go in front of the bathroom if the flag is up

# Decon Gear

- If you are bringing *anything* to D&P that was in a previous cave it needs to be
  - Washed in *hot* water
  - If it is metal or plastic it needs to be showered in a mix of water & isopropyl alcohol
    - At least 70% isopropyl alcohol

Tent Buddies?  
Plan this now!

# Group Meals

- Breakfast
  - Brekky Tacos
    - Egg
    - Cheese
    - Bacon
    - Rotel Can
- Dinner
  - Pork gyros
  - Fries
  - Squishy potato dough things that I wanna try out
- Breakfast
  - Biscuits & Sausage-Gravy

# Monies

- \$15 minimum
- \$1.65 sticker charge
- Split gas
- Split food