

[Don't trash your signoff sheet! This is a historical document of your great or not-so-great journey in the training program at VPI! Use a ziplock bag to protect from the elements and try to have it handy around trips. Taking photos routinely for when you lose this sheet.]

1

VPI Membership sign-off sheet

Name: _____

This sheet is an integral part of the training program, which leads one down the path to becoming a member of the VPI Cave Club.

After completing these requirements you will have skills that are needed to safely explore vertical and horizontal caves. It's not as hard to fulfill these requirements as it may seem, for you will learn most of them while caving, while others are learned with a little practice and thought. The goal of the training process is for trainees to get their memberships around the time that they start being an asset on cave trips.

a. Read and understand "The Constitution and By-Laws of The VPI Cave Club."

VPI #	Signature	Date	Comments

b. Remain a prospective member for at least

- ☐ 10 weeks during which time you spend
- ☐ 40 hours underground on at least
- ☐ 6 trips on which at least one full or associate member is present.

VPI #	Signature	Date	Comments

c. Demonstrate elementary climbing skills in a cave.

VPI #	Signature	Date	Comments

d. Demonstrate a working knowledge of belaying methods.

i. top belay for cable ladder

VPI #	Signature	Date	Comments

ii. bottom belay for rappelling

VPI #	Signature	Date	Comments

e. Be able to tie a seat harness with webbing.

VPI #	Signature	Date	Comments

f. Demonstrate a working knowledge of change-over from descending to ascending and ascending to descending [with your primary vertical system].

VPI #	Signature	Date	Comments

g. Demonstrate a working knowledge of passing a rebelay while ascending and descending.

VPI #	Signature	Date	Comments

h. Demonstrate a working knowledge of rappelling and climbing rope in a cave

i. rappelling

VPI #	Signature	Date	Comments

ii. climbing

VPI #	Signature	Date	Comments

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2

Name: _____

i. Demonstrate how to rig and pad a rope correctly.

- ☐ Rig to a tree ☐ Rig to bolts ☐ Rig to natural anchor

VPI #	Signature	Date	Comments
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j. Be able to tie and explain the appropriate uses of the following knots, make sure to use appropriate backoffs or lockoffs as necessary.:

- | | | |
|--|---|--|
| <input type="checkbox"/> bowline | <input type="checkbox"/> figure 8 | <input type="checkbox"/> overhand knot |
| <input type="checkbox"/> double fisherman's bend | | <input type="checkbox"/> figure 8 on a bight |
| <input type="checkbox"/> bowline on a bight | <input type="checkbox"/> double figure 8 | <input type="checkbox"/> water knot |
| <input type="checkbox"/> bowline on a coil | <input type="checkbox"/> alpine butterfly | <input type="checkbox"/> helical |
| <input type="checkbox"/> prusik | <input type="checkbox"/> Münter hitch | <input type="checkbox"/> square knot |

VPI #	Signature	Date	Comments
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k. Complete satisfactorily a comprehensive general information quiz.

VPI #	Signature	Date	Comments
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l. Be endorsed by a full or associate member in good standing.

VPI #	Signature	Date	Comments
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m. Submit to the editor a suitable article for publication in "The Tech Troglodyte" allowing reasonable time for review and revision.
editor@vpicaveclub.org with subject TROG [your last name]

VPI #	Signature	Date	Comments
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n. Be approved by a 2/3 majority vote of the full membership.

VPI #	Signature	Date	Comments
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[Optional: these are skills no longer required to become a member, but are interesting/useful to learn]

Climbing on knots :

Carbide lamp test :

Help Improve the Training Program / Comments

We hope the training program has provided you with most of the basic information you need to cave safely and responsibly. Your comments will help us improve it. Did you find errors in the Trainee Trog? Are there other things you think should be covered? Is there too much information on some subjects? Ask questions! Give advice! And always have a good time.

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3

Caving Hours Signoff

Name: _____

Please fill out this sheet to document your caving hours!
Or better yet, consider creating your own personal caving log.

Per the membership requirements, prospective members must have at least 40 hours underground on 6 trips where at least one full or associate member is present.

<u>Cave</u>	<u>Date</u>	<u>Hours</u>	<u>Signature</u>	<u>Comment</u>