

Put these sheets in a ziplock bag and store with your caving gear. That way you'll have it when it needs to be signed. Consider taking photos routinely for when you lose this sheet.

## Membership sign-off sheet

Name: \_\_\_\_\_

**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. Ask questions! Give advice! And always have a good time.**

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

Signature	Date	Comments
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- 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.

Signature	Date	Comments
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- c. Demonstrate elementary climbing skills in a cave.

Signature	Date	Comments
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- d. Demonstrate a working knowledge of belaying methods.

- i. top belay for cable ladder

Signature	Date	Comments
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- ii. bottom belay for rappelling or climbing

Signature	Date	Comments
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- e. Be able to tie a seat harness with webbing.

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

Signature	Date	Comments
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- g. Demonstrate a working knowledge of rappelling and climbing rope in a cave

- i. rappelling

Signature	Date	Comments
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- ii. climbing

Signature	Date	Comments
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- h. Demonstrate how to rig and pad a rope correctly.

- Rigged to a tree
- Rigged to bolts
- Rigged to a natural anchor

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

- bowline
- double fisherman's bend
- bowline on a bight
- bowline on a coil
- prusik
- figure 8
- figure 8 on a bight
- double figure 8
- alpine butterfly
- Münter hitch
- overhand knot
- square knot
- water knot
- helical

[ Signature | Date | Comments ]

j. Complete satisfactorily a comprehensive general information quiz.

[ Signature | Date | Comments ]

k. Be endorsed by a full or associate member in good standing.

[ Signature | Date | Comments ]

l. 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]

[ Signature | Date | Comments ]

m. Be approved by a 2/3 majority vote of the full membership.

[ Signature | Date | 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? Go talk to a member, or just update the Google Doc!

Comments: