

**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.

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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.

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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].

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- g. Demonstrate a working knowledge of rappelling and climbing rope in a cave, and demonstrate a working knowledge of climbing on knots.

- i. rappelling

Signature	Date	Comments
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- ii. climbing

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- iii. knots

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

- friction wrap?       fixed loop?       bolts?  webbing wrap?

Signature	Date	Comments
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- i. Be able to tie and explain the appropriate uses of the following knots:
- bowline
  - mountaineering bowline
  - 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
  - double fisherman's bend

Signature	Date	Comments
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- j. Complete satisfactorily a comprehensive general information quiz.

Signature	Date	Comments
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- k. Be endorsed by a full or associate member in good standing.

Signature	Date	Comments
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- l. Submit to the editor a suitable article for publication in *The Tech Troglodyte* allowing reasonable time for review and revision.

Signature	Date	Comments
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- m. Be approved by a 2/3 majority vote of the full membership.

Signature	Date	Comments
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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: