

## Membership Requirements Signoff 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 the 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 most of them will be learned while caving, while others are learned with a little practice and thought.

Have an active member of the VPI Cave Club sign this sheet in the appropriate place as you fulfill each requirement. Give this sheet to the vice president when all the requirements have been met (except for the lamp tests and the comprehensive general quiz). GOOD CAVING!!!

1. Read and understand *The Constitution and By-Laws of The VPI Cave Club*.
2. Remain a prospective member for at least 10 weeks during which time he/she/it must spend at least 40 hours underground on at least 6 club trips (see attached sheet for recording of trips).
3. Demonstrate elementary climbing skills.
4. Show a working knowledge of belay methods, including a cable ladder belay.
5. Demonstrate a working knowledge of rappelling and prusiking (with knots) in a cave.
6. Be able to tie a seat with webbing, to the vice president's satisfaction.
7. Demonstrate how to rig and pad a rope correctly.
8. Be able to change-over from ascending to descending and from descending to ascending using the same gear he/she/it uses when caving.
9. Submit to the editor a suitable article for publication in *The Tech Troglodyte* allowing reasonable time for review and revision.

10. Be able to tie and explain the appropriate uses of the following knots:

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

11. Have a working knowledge of a carbide lamp and pass a lamp test.

12. Pass a comprehensive general quiz.

13. Be endorsed by an active member in good standing.

14. Be approved by a two thirds vote of the active membership.

#### **Notes**

- No offense is to be intended by the he/she/it usage. Some people are just so adamant about the he/she that I did not want to exclude anybody else who may complain.
- For The Constitution and By-Laws, knots, techniques, etc. see *The Tech Troglodyte Prospective Member Guide*.
- For additional knot descriptions see *On Rope* by Bruce Smith and Allan Padgett.
- Updated to reflect Spring 2002 constitution changes.

#### **Help Improve the Training Program**

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 *The Tech Troglodyte Prospective Member Guide*? Are there other things you think should be covered? Is there too much information on some subjects? Let us know.