

Bio - Debbie Spoons

Debbie Spoons has been a member of the Mountain Rescue Association (MRA) and the Utah County Sheriff's Office Search & Rescue since 2010. She has served as the Cave Rescue Sgt. on the SAR team. Debbie has attended many high angle & advanced high angle rescue trainings. She is an avid caver and has been caving for many years throughout the US and overseas. She has attended numerous National Cave Rescue Commission (NCRC) week long training classes and has helped teach at many regional cave rescue trainings. She was a presenter at the 2015 Mountain Rescue Association conference in Washington state on the topic of cave rescue. Debbie has a real passion for teaching people about caving safely and especially teaching cave rescue techniques. She holds several positions in the National Speleological Society (NSS), is a member of the BSA National Climbing Task Force and wrote the new national cave training program, "Cave Safely Cave Softly" for the Boy Scouts of America.