



## Stonewall Jackson Area Council



### American Red Cross Wilderness and Remote First Aid Course Camp Shenandoah – March 15<sup>th</sup> - 17<sup>th</sup>, 2019

The Boy Scouts of America requires Wilderness and Remote First Aid certification for all of its high-adventure camps and other programs. This is a great opportunity to be prepared for Philmont, The Summit, and Northern Tier adventures. Many adult leaders and older scouts take the course just to be better able to respond to such events for the benefit of your troop. It is also excellent training for older Scouts. Stonewall Jackson Area Council Camping Committee will be offering ARC Wilderness and Remote First Aid certification this spring.



**Date:** Saturday March 16<sup>th</sup> (9am-6pm) &  
Sunday March 17<sup>th</sup> (9am-4 pm)

**Deadline for Registration: Friday March 8<sup>th</sup>, 2019**

**Lead Instructors:** Jay Fox & Debbie Hoal

**Location:** Camp Shenandoah. Overnight camping on Friday and Saturday nights is available.

**Cost:** \$90: Includes materials and two breakfasts, two lunches and Saturday dinner. Friday night a CPR/AED class will be offered for an additional \$40 fee.

**Prerequisites:**

- **Minimum age of 14 (unit leaders and older Scouts are encouraged to attend). Basic knowledge of First Aid Merit Badge.**
- **Current Adult CPR/AED certification (Adult and Child CPR/AED).**
- *If needed, the CPR/AED course is available on Friday, March 16<sup>th</sup> starting at 6:00 pm for additional fee of \$40. We recommend that you plan on spending the night at camp due to late hour of completion.*
- Ability to learn and perform advanced first aid and other physically-demanding skills, such as evacuating an injured victim

**Description:** Wilderness and Remote First Aid teaches participants how to prevent, assess and treat medical and traumatic emergencies in remote environments or urban disasters where definitive care of a physician and/or rapid transport is not readily available. The course follows the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines as well as requirements of other organizations such as Girl Scouts of the USA and the American Camp Association. It offers enhanced content and topics to meet OSHA's Best Practices for Workplace First Aid Training Programs. It can be adapted to meet the needs of training for youth-oriented organizations, adult participants in outdoor recreational activities or remote locations, and employees working in wilderness and remote settings.



**Major portions of Wilderness and Remote First Aid are designed to be taught outdoors. The course consists of the following lessons:**

- Wilderness and Remote First Aid Kits
- Abdominal Illnesses
- Secondary (Focused) Assessment
- Hypothermia
- Calling for Help and Evacuation Considerations
- Heat-Related Illnesses
- Shock and Heart Attack
- Lightning
- Chest Injuries
- Altitude Illnesses
- Head (Brain), Neck and Spinal Injuries
- Submersion Incidents
- Wounds and Wound Infection
- Allergies and Anaphylaxis

**Length:** 19 hours (over the two days) including practice teaching assignments and breaks.

**Certifications Issued:** Wilderness and Remote First Aid is valid for 2 years.

**Supplies to Bring:** You need bring supplies that you would have on hand for either a day hike or a backpacking trip (or other setting that involves travelling to remote areas) to best replicate the equipment you may be required to use in an emergency. These supplies may include, but are not limited to:



- Day pack or backpack
- Tent and ground cloth/tarp
- Sleeping bag
- Foam sleeping pad
- Flashlight or headlamp
- Hat
- Sunscreen
- First aid kit

Your instructors may contact you to suggest other items.

**Objectives:** Participants in this course will learn to

- Identify how to respond to delayed-help emergency situations
- Identify causes of injuries and how injuries can be prevented in wilderness areas
- Learn to manage emergency situations, including forming teams and assigning tasks
- Learn proper advance preparation for journeys into the wilderness
- Learn the Emergency Action Steps for First Aid Response, to be employed when EMS is not readily available
- Learn basic and more advanced first aid techniques to use when an injury occurs
- Learn how to respond to an emotionally upset victim
- Learn short distance transfer and evacuation techniques
- Experience providing wilderness first aid through the means of scenarios and simulated rescues

**Registration:** Register and make payments on-line at council website. <https://www.sjacbsa.org/>

### What Else?

- \*Camping orientation and survival technique topics are not covered in this course.
- \*CPR skills will NOT be taught or reviewed during the WRFA course but the training offered on Friday for those who require it (see above).
- \*Many of the first aid techniques discussed in this course should be used only as a last resort and not utilized in urban settings when EMS is available within minutes.
- \*Participants will receive the 128-page American Red Cross Wilderness and Remote First Aid Emergency Reference Guide and the American Red Cross Wilderness and Remote First Aid Pocket Guide

Please contact Jay Fox ([jayfox8x@gmail.com](mailto:jayfox8x@gmail.com)) if you have further questions.