

Wilderness First Aid

This is definitely not your local Red Cross first Aid course! The goal of this course is to help the participants deal with medical emergencies in a wilderness setting where qualified medical assistance is more than a hour away and you are the only available medical care for awhile. Participants will benefit more if they have completed a basic first aid course.

"At the heart of wilderness medicine is improvisation", says Dr. Eric Weiss in his book "Wilderness and Travel Medicine" (included in the course materials). By definition, in all wilderness first aid emergencies you are limited to the gear you brought with you and what you can use in your environment. Participants will learn to straighten angulated fractures, clear a spine, reduce a dislocated shoulder and much more using commonly available materials and easily learned techniques.

This a great 16 hour class for those who are looking to experience practical wilderness first aid skills in an outdoor setting. In addition to a half-day of outdoor scenario practice of first aid and emergency leadership skills, this class focuses on practicing skills in and out of the classroom.

A three-year Wilderness First Aid certification is available upon successful completion of this course, including a written closed book exam. There are pre-class reading assignments that are strongly recommended. Materials will be mailed to each participant prior to class.

LOCATION:

Camp Pollock
467 Del Paso Blvd, Sacramento, CA 95815

DATES:

SAT & SUN March 1 - 2, 2008
8AM - 5PM each day

COST: \$110 per person

Includes: Bound Wilderness First Aid Handouts

No refunds

Registration absolutely closes February 1, 2008
No late registrations at the door

The Instructors-

Bobbie Foster, EMT-B

Bobbie has been involved in outdoor recreation/education for 16 years. As an employee of the University of California at San Francisco Medical School outdoor program "Outdoors Unlimited" she served as the coordinator of the whitewater canoeing program, a backcountry skiing leader/instructor, a back packing leader, budgets manager, publicity coordinator and risk management supervisor. She served as First Aid Coordinator and Lead Instructor from 1994 to 2001.

Mel Atwood, WEMT-B

Atwood is a wilderness/urban EMT who has been teaching with Bobbie for 8 years. He is currently working as an EMT in Placer County. He draws upon his experience as an outdoors enthusiast/leader and emergency services provider to give a real world perspective to all instruction.

This seminar is open to all registered Scouting adult and youth leaders. **Basic First Aid training is recommended.** Youth must be 15 years of age or older. Attendance is limited to 3 adult and 2 youth leaders for each unit. Overall attendance is limited to 24 participants. An adult must accompany all youth attendees. Similar leaders of other youth organizations are welcome.

Be sure to obtain a local tour permit.

All participants must bring a Class 2 (or Class 3 if over 40 years old) Medical form the morning of the first class session. The forms can be returned at the end of the course.

Watch for the other quality High Adventure Team Outdoor Awareness Seminars and Clinics:
Paddle Sports Awareness Climbing Awareness
Okpik Cold Weather Camping
Backpacking Awareness Applied Trek Planning

QUESTIONS?

www.gec-
bsa.org/program/training/adulttraining/highadventure
contact your District HAT Director
email chair@gec-hat.org
John Schmeltz (HAT Chair) 916-685-3129
Marcell Vargas (Staff Advisor) 1-800-427-1417

Marcell Vargas (Staff Advisor)
916-929-1417 ext. 107

Golden Empire Council - HIGH ADVENTURE TEAM OKPIK: Cold Weather Camping Awareness Seminar

Registration is available online only!

Please go to <http://www.gec-bsa.org> > **EVENT REGISTRATION** to complete your registration.

Registration Absolutely Closes February 1, 2008!



Wilderness First Aid

**An Awareness Seminar To
Develop Basic Wilderness First
Aid Skills**

Indoor & Outdoor Sessions

March 1 - 2, 2008
Camp Pollock
Sacramento, CA

"It's not what happens to you that matters, but how you react to it that counts."

-Epictetus, 1st Century A.D.

as quoted by Dr. William Forgey in
"Wilderness Medicine - Beyond First Aid"

Presented By:

BSA, Golden Empire Council
High Adventure Team

Get more info at -
www.gec-bsa.org>PROGRAM>HAT



Seminar Topics

Principles of Wilderness First Aid

Take spinal precautions
Prevent hypothermia & dehydration
Treat all life-threatening injuries first
Stabilize before sending for help

Patient Assessment System

Step by step examination
A checklist for every first aid kit
Life-threatening bleeding
Shock & acute stress reaction

Traumatic Injuries

Head & spine
Burns
Wound management
Musculoskeletal

Environmental Emergencies

Hypothermia & frostbite
Heat illnesses
Lightening
Altitude
Snakebites
Spider & scorpion bites

Medical Emergencies

Sudden illnesses
How to prevent sickness
Anaphylaxis

Leadership

Urban Protocols

First Aid kit suggestions

First aid supplies & equipment resources

**This is a 'hands-on' class with
teaching scenarios & a
realistic emergency situation
for the students to respond to.**

**Golden Empire Council - HIGH ADVENTURE TEAM
OKPIK: Cold Weather Camping Awareness Seminar**

Registration is available online only!

Please go to <http://www.gec-bsa.org>>EVENT REGISTRATION to complete your registration.

Registration Absolutely Closes February 1, 2008!