



**CANADIAN
RED CROSS** **CROIX-ROUGE
CANADIENNE**
TRAINING PARTNER PARTENAIRE
DE FORMATION

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Thank you for enrolling in a *RED CROSS WILDERNESS* first aid course offered by Horizons Adventures. The 4.5-day course will be intensive and will cover a wide range of topics. CPR Level C option has been included in the course. There is a multiple-choice review as well.

Course will begin **1:00 pm on Monday afternoon**. Please be prompt and arrive on time as the days will be long and full. The following day will also begin at 9:00 am. There will be breaks for refreshments 1 hr. at mid-day on each of the full days. Be prepared to stay until about 5:00 pm on each of the following days.

You can expect to spend several hours outside each day, so bring appropriate outside clothing, including rain wear, bug shirt, sun protection and solid footwear for bush walking. Course content includes practise scenarios that require participants to role play as first aid patients and rescuers. Make up including simulated blood and other wounds can stain clothing and gear. Make every attempt to bring clothing that can withstand rough treatment. Other equipment that will be useful includes the following.

- COVID SAFE FACE MASK
- Vaccination proof if available
- Paper and writing utensils (Pen and Pencil; Pencils are best)
- Clip board
- Sleeping pad or foam (used for Simulation)
- Sleeping bag or **blanket** (used for simulation)
- Tarp **and** groundsheet (used for simulation)
- Backpack to store all above materials

Please read and fill out the waiver form attached to this letter. For those without a printer, I will have blank copies.

Thank you again for your registration and paperwork.

I look forward to meeting you.

Yours truly,

Rick Wise

Instructor

Horizons Adventures



Wilderness First Aid Course

Price \$535/person,

Cover the essentials of dealing with disaster and medical emergencies in remote environments.

- >CPR-C
- > Planning
- > Bone, muscle and joint injuries
- > Your health
- > Sudden medical emergencies
- > Assessment
- > Environmental emergencies
- > Airway emergencies > Poisons
- > Breathing and circulation emergencies
 - > Extended care
- > Cardiac and respiratory arrest (includes CPR-C)
- > Evacuation: transporting the ill or injured
- > Wound care injured person
- > Head and spine injuries
- > Musculoskeletal Injuries
- >Evacuation and Communication

Includes any other content required by specific legislation

WILDERNESS FIRST AID

DAY 1- 1:00 pm to 5:00 pm

Registration and introduction

Review of Evaluation Criteria – Test and Simulation

Wilderness Emergency Care

CPR and AED with Wilderness protocols

Leader Responsibilities and Liability

Review of Principal Body Systems

- ✓ Overview of Homeostasis

Respiratory, Cardiovascular, Central Nervous Systems

Backcountry Management of Shock

Leadership and Accident Scene Management

Patient Assessment System (SOAP)

Scene survey & safety

Primary survey

- ✓ Backcountry implications of CPR
- ✓ Airway management
- ✓ Spinal cord injury management

DAY 2- 9:00 AM – 5:00 PM

Secondary survey

- ✓ Vitals - establishing a baseline
- ✓ Medical history
- ✓ Physical exam
- ✓ Recording observations, assessment

Long-term patient care and monitoring

- ✓ Diabetes
- ✓ Allergic reactions

Simulation

DAY 3- 9:00 AM – 5:00 PM

Backcountry Wound Management

- ✓ Bleeding
- ✓ Preventing infection
- ✓ promoting healing
- ✓ Dressing and long-term care

First Aid Kits and Supplies

Backcountry Water Disinfection

Traumatic injuries

- ✓ Head injuries
- ✓ Spinal injuries
- ✓ Chest injuries
- ✓ Abdominal injuries

DAY 4 – 9:00 AM – 5:00 PM

Environmental Emergencies

- ✓ Hypothermia and frostbite
- ✓ Toxins, bites, stings
- ✓ Lightning
- ✓ Submersion accidents

Musculoskeletal injuries

- ✓ Anatomy
- ✓ Types of injuries
- ✓ Assessment
- ✓ Management
- ✓ Practical and Simulations

DAY 5 – 9:00 AM – 5:00 PM

Medical Problems and Emergencies

- ✓ Epilepsy and seizures
- ✓ Gastrointestinal disorders
- ✓ Medications

Simulations

Course Review

Course Debriefing