

April 23, 2022

Thank you for enrolling in a *RED CROSS WILDERNESS* first aid course offered by Horizons Adventures. The 2.5-day course will be intensive and will cover a wide range of topics. CPR option has been included in the course. There is a multiple-choice review as well.

Course Location is the Lions Club/Fire Hall #8, in Whitefish and will start at 1:00 pm. Please be prompt and arrive on time as the days will be long and full. The following day will 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. Participants may be required to take a COVID survey questionnaire each day before entering the facility.

You can expect to spend several hours outside each day, so bring appropriate outside clothing and solid footwear for bush/snow walking. Course content includes practice scenarios that require participants to “role play” as first aid patience 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 and necessary includes the following.

- 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. You should be able to fill it out on your computer and email it back. You can also access it Online from our website at this link - <https://horizonsadventures.ca/registration-information/> . All else failing, I will have blank copies.

Thank you again for your registration and paperwork. I look forward to meeting you.

Yours truly,

Rick
Instructor
Horizons Adventures

Wise



Wilderness First Aid Course

Price \$325/person, (Group Rates available)

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

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

Includes any other content required by specific legislation for Remote Locations.

WILDERNESS FIRST AID

DAY 1 –Afternoon 3-4 hrs.

- **Registration and introduction**
- Review of Evaluation Criteria – Test and Simulation
- Wilderness Emergency Care
- CPR and AED with Wilderness Protocols

DAY 2- 9:00-17:00

- Review of Principal Body Systems
 - ✓ Homeostasis and body systems
- Respiratory, Cardiovascular, Central Nervous Systems

Backcountry Management of Shock

Accident Scene Management

Patient Assessment System (SOAP)

Scene survey & safety

Primary survey

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

Secondary survey

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

Tramatic Injuries

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

Long-term patient care and monitoring

- ✓ Diabetes
- ✓ Allergic reactions
- ✓ Epilepsy and seizures

Simulation

DAY 3 9:00-17:00

Backcountry Wound Management

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

First Aid Kits and Supplies

Backcountry Water Disinfection

- ✓ Hypothermia and frostbite
- ✓ Lightning

Musculoskeletal injuries

- ✓ Anatomy
- ✓ Types of injuries
- ✓ Assessment

Simulations

Course Review

Course Debriefing