



**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**. The Whitefish location is [4895 Greater Sudbury Regional Road 55](#), Greater Sudbury, ON P0M 3E0. 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 practice 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
- 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** 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**