



**CANADIAN
RED CROSS**

TRAINING
PARTNER

**CROIX-ROUGE
CANADIENNE**

PARTENAIRE
DE FORMATION

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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 in Whitefish is [4895 Greater Sudbury Regional Road 55](#), Greater Sudbury, ON P0M 3E0 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 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 and necessary 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



Remote First Aid Course

20 Hours

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 –Evening or 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