



AMERICAN RED CROSS WILDERNESS FIRST AID BASICS

Course Dates:

January 16, 2010 - Saturday 8:30 AM - 5:30 PM
January 17, 2010 - Sunday 8:30 AM - 5:30 PM

Course Description:

American Red Cross Wilderness First Aid Basics course is intended to serve as an educational resource for those involved in activities that take them beyond the scope of traditional urban emergency medical services. In these cases, emergency professional care and evacuation can often be delayed. This course provides individuals with the knowledge and skills necessary to deal with these emergencies until more advanced care can be provided. * **New 2006 ARC ECC Guidelines will be covered.**

Course Objectives:

- Learn how to respond in delayed emergency situations.
- Identify causes and prevention of injuries.
- Learn proper advanced preparation for journeys into backcountry areas.
- Basic and Advanced First Aid techniques.
- Learn Emergency Action Plans for delayed response.
- Participate in short distance transfer and evacuation techniques..
- Perform simulated rescues that test knowledge and skill in backcountry areas.

Prerequisite: Age 15 or above. Participant(s) must be able to short distance hike to remote sites and simulate rescues.

Length: 16 hours

Certificate: Wilderness First Aid Basics

Fee: \$140.00 Fee - Provider discount available for Girl Scouts, & Boy Scouts

Materials Included:

Wilderness First Aid Basics Student Workbook

Wilderness First Aid Mountaineering

“When Help is Delayed” Handbook

Box Lunch (Sandwich, snack, chips, drink) Those attending with special dietary needs are encouraged to pack your own lunch.

American Red Cross Wilderness First Aid Basics trained card & patch will be available based on successful completion of written test and skill assessment (80 % or higher).

What to Bring:

Notebook & Pencils/Pen

Bug Spray/Sunscreen

Day Pack

Drinking Water/Camel Pak

Hat

Hiking Staff

Personal First Aid Kit

Old hiking shoes or boots

Location: Camp Welaka, Girl Scout Camp, 10205 S.E. Girl Scout Camp Road, Jupiter, Florida 33469

Directions: From Palm Beach County take #95 North to Exit 87A/ Indiantown Road. Head East on Indiantown Road (#706). Turn Left on Route US 1. Head north until you reach County Line Road. Turn Left on County Line Road (2.7 miles) to Camp Entrance. Park vehicle(s) in the parking lot across the pavilion with ice cooler.

Registration or Information:

Contact: **American Red Cross - Greater Palm Beach Area Chapter, 825 Fern St., West Palm Beach, FL 33401**

Phone: 561 650-9110; Pre-payment required with registration.

Deadline for registration is **Jan. 14, 2010.** Please bring confirmation of receipt.

Instructor’s Note:

Class size is limited. This is a special interest course is offered to the public, and scouting organizations. The Wilderness First Aid Basics course will be specifically tailored to attendees. Groups will work as teams during scenarios and programs. Additional Wilderness First Aid Patches and First Aid Packs may be purchased through the Red Cross Chapter, W.P.B.