



AMERICAN RED CROSS WILDERNESS AND REMOTE FIRST AID

Course Dates:

March 20, 2010 - Saturday 8:30 AM - 5:00 PM

March 21, 2010 - Sunday 8:30 AM - 5:00 PM

Course Description:

The new 2010 American Red Cross Wilderness and Remote First Aid 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, EMS response 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. It complies with federal OSHA regulatory requirements for employee training. The majority of training will be in an outdoor environment. C.E.U's are available .

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.
- Perform simulated rescues that test knowledge and skill in backcountry areas.

Prerequisite: Age 14 or above. Participant(s) must be able to short distance hike to remote sites and simulate rescues.

Proof of an Adult CPR/AED certificate from American Red Cross or recognized training agency.

This is a new 2010 mandatory prerequisite.

Length: 16 hours

Certificate: Wilderness First Aid Basics

Fee: **\$140.00 Fee** **Discount available for Girls Scouts, Boy Scouts, and GWP Volunteers**

Materials Included:

Wilderness and Remote First Aid Emergency Reference Guide

WFRA Pocket Guide

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

American Red Cross Wilderness and Remote First Aid trained card 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: **Grassy Waters Preserve-8264 Northlake Blvd., West Palm Beach, Fl. (Everglades Pavilion, north campus)**

Directions: Grassy Waters Preserve is located 4 miles west of I- 95 on Northlake Blvd. Turn at the North Entrance off at the Florida Fish and Wildlife Conservation Commission. Follow the road (North) to the Everglades Pavilion Building.

Registration or Information:

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

Phone: 561 650-9115; Pre-payment required with registration.

Deadline for registration is **March 18, 2010.** Please bring confirmation of receipt and CPR certificates.

Instructor's Note:

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