



Wilderness First Aid

An Awareness Seminar
To Develop Basic Wilderness First
Aid Skills

SACRAMENTO

Indoor & Outdoor Learning

February 8th & 9th, 2020

Camp Pollock

467 Del Paso Blvd, Sacramento, CA

Registration absolutely closes February 3, 2020

YUBA CITY

Indoor & Outdoor Learning

March 14th & 15th, 2020

Yuba City High School

850 B St, Yuba City, CA

Science Wing, Rm 305/307

Registration absolutely closes March 9, 2020



Golden Empire Council HIGH ADVENTURE TEAM Upcoming Courses

OKPIK Cold Weather Awareness

Indoor: December 7, 2019

Outdoor: January 11-12, 2020

Basic Backpackers Awareness

Indoor: April 13-14, 2019

Outdoor: June 8-9, 2019

Paddle Sports Awareness

Indoor: May 8, 2019

Outdoor: May 18-19, 2019

Wrap-Up: May 29, 2019

Registration is available online only!

Please go to [http://www.gec-
bsa.org](http://www.gec-bsa.org)>**EVENT REGISTRATION** to
complete your registration.

***"It's not what happens to you that matters,
but how you react to it that counts."***

-Epictetus, 1st Century A.D.

As quoted by Dr. William Forgey in "Wilderness
Medicine - Beyond First Aid"

Presented By:

BSA, Golden Empire Council
High Adventure Training Team



Wilderness First Aid

An Awareness Seminar
To Develop Basic Wilderness
First Aid Skills

SACRAMENTO

Indoor & Outdoor Learning

April 2020

Saint Mel's Parish Church

4745 Pennsylvania Ave, Fair Oaks, CA 95628

Registration absolutely closes April 2020



Wilderness First Aid

This is definitely not your local Red Cross first Aid course! The goal of this course is to help the participants deal with medical emergencies in a wilderness setting where qualified medical assistance is more than an hour away and you are the only available medical care for a while. Participants will benefit more if they have completed a basic first aid course.

"At the heart of wilderness medicine is improvisation", says Dr. Eric Weiss in his book "Wilderness and Travel Medicine". By definition, in all wilderness first aid emergencies you are limited to the gear you brought with you and what you can use in your environment. Participants will learn to straighten angulated fractures, clear a spine, reduce a dislocated shoulder and much more using commonly available materials and easily learned techniques.

This a great 16 hour class for those who are looking to experience practical wilderness first aid skills in an outdoor setting. In addition to a half-day of outdoor scenario practice of first aid and emergency leadership skills, this class focuses on practicing skills in and out of the classroom.

A two-year Wilderness First Aid certification is available upon successful completion of this course. There are pre-class reading assignments that we strongly recommended. Materials will be mailed to each participant prior to class.

DATES: SAT & SUN, 8AM - 5PM each day

COST: \$190 includes NASAR Certification

Includes: Bound Wilderness First Aid Handouts

Bring a sack Lunch & Note materials

Only 24 students per class, No refunds
No late or at the door registrations
Cost Center – **1-6801-520-20**

The Instructor-

Bobbie Foster, EMT-B

Bobbie has been involved in outdoor recreation/education for 25 years. As an employee of the University of California at San Francisco Medical School outdoor program "Outdoors Unlimited" she served as the coordinator of the whitewater canoeing program, a backcountry skiing leader/instructor, a back packing leader, budgets manager, publicity coordinator and risk management supervisor. She served as First Aid Coordinator and Lead Instructor from 1994 to 2001. In 2001, she started Foster Calm to train leaders in the skills of Wilderness First Aid.

This seminar is open to all registered Scouting adult and youth leaders. Similar leaders of other youth organizations are welcome.

Basic First Aid training & CPR are recommended.

Overall attendance is limited to 24 participants.
Attendance is limited: 3 adult & 2 youth leaders / unit.
Youth must be **15 years** or older.
An adult must accompany all youth attendees.

Be sure to bring your paperwork.

All participants must bring a Medical form the morning of the first class. Also bring a sack Lunch.

Watch for the other quality High Adventure Team Outdoor Awareness Classes:
Paddle Sports Awareness
Okpik Cold Weather Camping
Backpacking Awareness

QUESTIONS?

Contact your HAT Chairman
Bruce Somers @ 916 813-2333
Email: bruce.somers@sen.ca.gov

This is a 'hands-on' class with teaching scenarios & realistic situations for the students to practice their response.

Seminar Topics

Principles of Wilderness First Aid

Take spinal precautions
Treat all life-threatening injuries first
Prevent hypothermia & dehydration
Stabilize before sending for help

Patient Assessment System

Life-threatening bleeding
Shock & acute stress reaction
Step by step examination
A checklist for every first aid kit

Traumatic Injuries

Head & spine
Burns
Wound management
Musculoskeletal

Environmental Emergencies

Hypothermia & frostbite
Heat illnesses
Lightening
Altitude
Snakebites
Spider & scorpion bites

Medical Emergencies

Sudden illnesses
How to prevent sickness
Anaphylaxis

Leadership

Urban Protocols

First-Aid kit suggestions

First Aid supplies & equipment resources for emergencies