



## Wilderness First Aid

An Awareness Seminar  
To Develop Basic Wilderness  
First Aid Skills

SACRAMENTO  
Indoor & Outdoor Learning  
May 21 & 22, 2022

Saint Mel's Parish Church  
(at the School gym, turn west into the parking  
lot from Pennsylvania Avenue)  
4745 Pennsylvania Ave, Fair Oaks, CA 95628

Registration closes April 22, 2022

If you miss this registration deadline, contact  
Charles Potter directly at 916-201-6622 or  
[Charles.potter@cdtfa.ca.gov](mailto:Charles.potter@cdtfa.ca.gov) to see if there any  
remaining openings.



### 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. Upon registration you will receive an email regarding materials to review prior to class.

**DATES: May 21-22, 2022 SAT & SUN, 8AM - 5PM each day**

**COST:** \$130 for the two-day class only. If you also need the NASAR card (National Association for Search and Rescue) for attending a BSA high adventure camp, bring an additional \$30 upon arrival. You will also need to separately pay your provider for your COVID test of choice – **See "COVID-RELATED REQUIREMENTS"** of this flyer

**Includes:** Wilderness First Aid Handouts  
**Bring** a sack Lunch & Note materials

### 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 BSA medical form the morning of the first class.

### COVID-RELATED REQUIREMENTS

Given the nature of this training, you will be in very close contact with other participants during this training. Therefore, by registering, all registrants agree to either: (1) obtain a negative PCR test within 72 hours of Saturday May 21, 2022 and provide the results upon arrival; or (2) purchase and bring a rapid COVID test kit, take the test at St. Mels upon arrival, and obtain a negative result. If neither of these requirements is met, you will not be able to take the class. If you test positive, you can apply your fees to a future class with Safety Training Pros / Foster Calm Wilderness Training.

In addition to the foregoing COVID requirements, all participants agree to wear a mask at all times (even for the outdoor portion), since we will be in very close proximity to other participants

### QUESTIONS?

Contact your HAT Chairman  
Charles Potter @ 916-201-6622  
Email: [charles.potter@cdtfa.ca.gov](mailto:charles.potter@cdtfa.ca.gov)