

WILDERNESS FIRST AID (WFA) CERTIFICATION COURSE WITH OPTIONAL AHA CPR/AED CERTIFICATION



Are you PREPARED to act appropriately in the event of an accident or injury on a hike, campout, or extended backcountry trip? Accidents happen. People get hurt, sick, or lost. The temperature drops, the wind picks up, and it starts to rain. Would you know what to do? Many backcountry emergencies are preventable, and even when bad things happen, sometimes the wrong care can make things worse. By learning a few basic skills, you can make the difference between a good outcome and a bad one—and maybe even save a life.

The Lincoln Heritage Council BSA in conjunction with SOLO Wilderness Medicine is offering a Wilderness First Aid certification course. Wilderness First Aid (WFA) creates a solid foundation in the basics of backcountry medical care. Started by SOLO as the “Mountain/Woods First Aid” course in 1975, and continually updated and improved since that time, this was the first course of its kind in the United States, and it is the curriculum upon which all other backcountry medicine courses are based. SOLO is the most respected and experienced wilderness medical school in the world with the highest instructor qualifications of any other provider. Three courses are being provided in Spring 2023.

WHEN: Saturday/Sunday, March 4-5, 2023
Saturday/Sunday, April 1-2, 2023
Saturday/Sunday, April 29-30, 2023
7:30 am to 5:00 pm both days

OPTIONAL AHA CPR/AED: Friday, March 3, 2023
Friday, March 31, 2023
Friday, April 28, 2023
6:00 pm to 9:30 pm

WHERE: Harry S. Frazier Jr. Scout Reservation, Leadership Development Center - 37.898172, -85.662052
950 Terry Drive, Shepherdsville, Kentucky 40165 (1/2 hour S of Louisville, KY; 2 hours S of Indianapolis, IN/Cincinnati, OH)

DESCRIPTION: WFA is 16 hours long (two days) and focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies—see course outline below.

WHO: The WFA is the perfect course for the outdoor enthusiast or trip leaders who wants a basic level of first aid training for outdoor trips with Scouts, family, friends, and outdoor groups where definitive medical care is at least an hour away. This course is accredited by the Wilderness Medical Society and meets all requirements for the American Camp Association and the Boy Scouts of America. Minimum age is 14. Youth attending must be accompanied by a parent or unit leaders to comply with BSA Youth Protection guidelines.

COST: \$165.00 per individual for WFA course alone and \$60.00 per individual for CPR/AED certification alone, or \$200.00 for both, and if paid 15 days in advance. Within 15 days, \$175/\$70 or \$225 for both. Fee covers facility use, instruction, class materials, certification fees, equipment, handouts, textbook, certification card(s), and refreshments. Payment via Venmo, PayPal, personal check or unit check.

REGISTRATION AND CONTACT: A minimum of 15 (fifteen) class participants are required to run the course and ensure the best learning environment. We ask that you please reserve your spot 15 days in advance by calling the instructor Douglas Wagoner at 812-725-4001 or email at djwclimber@yahoo.com. Payment is due upon registration or within a week if mailing a personal or unit check. If course is cancelled due to low enrollment, full refunds will be issued.



CANCELLATION POLICY: Cancellation 31 days prior to the start of the course, fully refunded. Within 30 days, tuition may be transferred to another person or to another scheduled course.

METHOD OF COURSE INSTRUCTION

This course is designed to introduce you to the basics of wilderness emergency medicine. This course combines both hands on learning and classroom instruction. The course is split up into learning modules. Classroom instruction will be followed by scenarios conducted outside the classroom. About a third of this class time will be outdoors practicing wilderness first aid skills in scenarios.

COURSE OBJECTIVES

Students will learn basic wilderness first aid and safety principles. This will include learning to:

- Differentiate between wilderness and urban emergency care.
- Demonstrate and become proficient in the patient assessment system - primary and secondary surveys.
- Identify signs, symptoms and treatment for shock.
- Treatment and care of soft tissue injuries specifically; cuts, scrapes, lacerations, punctures, avulsions, blisters and burns.
- Identify signs and symptoms of musculoskeletal injuries specifically; sprains, strains, fractures and dislocations and how to immobilize these injuries.
- Care for patients with environmental emergencies such as hypothermia, hyperthermia, bites, stings and lightning.
- Recognize and treat anaphylaxis reactions.
- Identify signs, symptoms and treatment for patients with potential spinal injuries.

WFA COURSE TOPICS

What is Wilderness First Aid?

Anatomy of a Wilderness Crisis

Anatomy of the Musculoskeletal System

Asthma

Backcountry Essentials/Building Medical Kits

Cold-Related Injuries

Environmental Emergencies & Survival Skills

Heat-Related Injuries

Medical Emergencies & Critical Care

Orthopedics

Patient Assessment System

Patient Lifting & Moving

Legal Implications

Principles of Fracture Care

Rescue Plan

Response & Assessment

Soft Tissue Injuries Backcountry

Spinal Cord Injury Management

Sprains & Strains

Treatment Techniques

The Human Animal

Trauma—Musculoskeletal Injuries

Trauma—Soft Tissue Injuries

Universal Precautions

Use of Epinephrine

Building and Maintaining a Medical Kit

COURSE TEXT

SOLO Wilderness First Aid book is PROVIDED the first day of class.

COURSE SCHEDULE

Day I

Morning Module (4 hours): Introduction, course overview, primary and secondary survey - 2 scenarios. Scenarios are focused on thorough primary and secondary surveys.

Afternoon Module (4 hours): Musculoskeletal injuries. Sprains, strains, fractures and dislocations - 2 scenarios and practice time for splinting. Scenarios are focused on resetting fractures and dislocations, splinting and evacuations.



Day II

Morning Module (4 hours): Review day one material and then soft tissue injuries, shock and spinal injuries - 2-3 scenarios, involving at least one musculoskeletal injury along with bandaging and long term wound care.

Afternoon Module (4 hours): Environmental Emergencies. Hypothermia, hyperthermia, lightning, bites, stings, and anaphylaxis - 2 scenarios including a lightning strike and an environmental emergency. Backcountry essentials.

CERTIFICATION PROCESS

- ✓ **Practical Skills:** Part of the certification will be based on knowledge of and demonstration of (to the best of your physical ability) wilderness first aid skills.
- ✓ **Participation and Attendance:** Be on time for both days of class and return from breaks promptly.
- ✓ **Quizzes:** There are a total of four quizzes, one for each of the four modules. Quiz material is covered in the classroom and practiced during scenarios.
- ✓ **Written Exam:** A cumulative written exam will be issued upon course completion ensure knowledge of course materials that were practiced during the course (only for university credit courses).

EXPECTATIONS AND CERTIFICATION POLICY

Attendance- Because of the certification requirements for this class, if you miss more than one hour of course time, you will not receive certification. There are no refunds for any portion of the class missed.

CPR/AED: In conjunction with this WFA course, an American Heart Association Heartsaver CPR certification course for Adult / Child and Infant CPR with AED will be offered on Friday evening beginning promptly at 6 pm and concluding by 9:30 pm. Each CPR/AED Course is limited to 12. If more than 12 wish to register, another session may be added from 3 pm to 6 pm.

REQUIRED GEAR FOR COURSE

You should plan to wear, or have clothing with you, that will be appropriate for the season and location where this portion of the course will take place. Weather permitting; we will be spending a significant portion of the class time out-of-doors. The following list is to SUPPLEMENT the clothing you will be wearing and is to be considered a minimum. You are free to supplement it with anything else you would normally carry. You will be using your equipment to provide care, build splints, and to keep yourself and OTHERS warm.

Suggested Items

- Backpack (preferably 3000 cu. inches or larger)
- Sleeping bag (blankets will also do)
- Sleeping pad-self inflating, air pad, or closed-cell foam
- Tent, tarp or plastic sheeting (10'x10')
- 2 Water bottles (1 liter/quart or larger)
- Hiking boots or sturdy shoes
- Raingear tops and bottoms
- Layers of clothing (mainly for patient care, so have plenty)
- 1 pair of warm gloves or mittens
- 2 pair of warm socks
- Stocking cap, toboggan or balaclava
- Bandanas(the more, the better)
- Notebook with pen/pencil
- Headlamp
- Watch
- Pocket Knife
- Accessory cord, webbing, or rope (have plenty)



All these items should be packed in your backpack for scenarios. You may also bring equipment for other outdoor sports (skiing, kayaking, canoeing, cycling, etc.) and learn to use them in providing care.

ADDITIONAL ITEMS FOR COURSE

Bring paper and a pen, lunch, water bottle, and the required gear with you both days (list is above).

LUNCH

One hour is allotted for lunch each day. It is recommended that you pack a lunch/snacks/beverages. Depending on the preference of the group, the lunch period may be shortened to allow earlier dismissal. Adequate time is not available to go out. Coffee, tea and hot water is provided each morning.

WHAT SETS A SOLO WILDERNESS MEDICINE COURSE APART FROM OTHER COURSES/PROVIDERS?

There are many “wilderness first aid” courses and courses of similar names in the marketplace with course fees ranging from \$50-\$300. Please note that many of these courses are not certification courses, are not accredited or recognized in the outdoor industry, and/or have weak instructor credentials. SOLO has been the industry leader in wilderness medicine education for over 40 years and is the largest and longest running wilderness medicine school in the world. With a rich history, ongoing curricula development, unique teaching style, education innovation, expertise, experience, and commitment to excellence, a SOLO course provides the best value for your learning experience. Contact your instructor if you have questions about this or other courses.

INSTRUCTOR

The lead instructor for the Wilderness First Aid course will be Douglas Wagoner. Douglas is a lifelong outdoor adventurer, active in Scouting since 1980, and has been a professional outdoor guide and outdoor educator since 1991. Independently or through his outdoor school, Wilderness You, is a recommended training provider for the Lincoln Heritage Council, BSA; Girl Scouts of Kentuckiana; along with other scouting organizations and outdoor groups. A well-traveled and seasoned adventurer, he has held numerous wilderness medical/search & rescue certifications and continues to develop his wilderness acumen and instructor credentials. He has been teaching wilderness medicine courses for over 15 years and is currently certified as a National Registry Emergency Medical Technician (EMT), Wilderness EMT, American Heart Association Basic Life Support Instructor, American Heart Association Heartsaver® First Aid/CPR-AED Instructor, active in local search & rescue, and is a senior instructor for SOLO Wilderness Medicine School.

