Wilderness and Remote First Aid Certification Course February 16 & 17, 2019

Course Announcement and Basic Information

Description: This is a 16-hour, skills-based course designed to prepare course participants to evaluate, provide first-aid treatment and when necessary, safely transport injured or sick individuals who may be encountered in a remote or wilderness environment. Weather permitting, the entire course will be held outside and will employ a variety of teaching scenarios as described in the schedule listed below. Upon successful completion of this course participants will receive a **2-year basic Wilderness and Remote First-Aid Certification by the American Red Cross. This certification is endorsed by the Boy Scouts of America.**

Course Location: Camp Coker, Society Hill, SC 1915 Camp Coker Rd, Society Hill, SC 29593

Course Date and Time: 0830 on Saturday February 16 until 1200 on Sunday February 17

Course Instructors: Roger Coward and Dr. Paul Beattie: Certified American Red Cross Wilderness and Remote First-Aid Instructors; SFC Michael Jackson: US Army Special Forces Combat Medic and Instructor, Ft Bragg, NC; Karen Beattie Advanced Wilderness Life Support Certification, Sonny Williams Emergency Medical Technician, Dr Terry Hassler Orthopedic Surgeon, and Amy Fraley MS, ATC, Athletic Trainer, University of South Carolina Course

Prerequisites: Participants must be over 14 years of age and have a current CPR/AED certification.

Course Cost: $75.00.

Sign-up/RSVP: Roger Coward at 843-616-3550/ rogercoward@aol.com

Course Schedule:

Lesson	***Activity/Scenario***
Saturday February 16	
Introduction and Overview	
Wilderness and Remote First Aid Kits	
Assessment 1-Primary Assessment	Scenario 1- Primary scene assessment
Assessment 2- Focused Assessment	Scenario 2 – Focused assessment
Calling for help	
Shock and Heart Attack	
Chest Injuries	First aid for sucking chest wound
Head, neck and spinal injuries	Cervical collar skill practice Log rolling and BEAM skill practice Scenario 3-Spinal injury
Wounds and wound infection	Tourniquet demo Scenario 4-Controlling severe bleeding Wound care
Bone and Joint injuries	Evening Scenarios 5 and 6-Bone and joint injuries, multiple trauma
Sunday February 17	
Burns	Scenario 7: Burn wounds
Abdominal illness	
Hypothermia	Scenario 8: Hypothermia
Heat-related illness	
Lightning	
Altitude illness	
Submersion incidents	Scenario 9: White water rescue
Allergies and Anaphylaxis	Demo Epi Pen

Evaluation: There is no written examination for this course. Participants must demonstrate proficiency in all skills indicated in the course syllabus.

What to expect: We will camp at the COPE Learning Center in Camp Coker on Friday and Saturday nights. Be prepared to camp-out and be sure to have your tent, sleeping bag and other gear. Plan to bring all your own food for the weekend.

• We have a designated, covered outdoor area for cooking and eating. You must bring your own stove if you plan to cook. It is also a good idea to bring a backpacking stove as you may need to have this for some of the scenarios. In addition to your meals be sure to bring plenty of snacks and a water-bottle. There is potable water available.

• Toilet facilities and showers are available. During the day we will travel in the woods around Camp Coker carrying the gear described below.

• You will need to do some lying on the ground so wear old clothes that are warm enough for the late February weather. Rain pants are helpful if it is likely to be wet. It is a good idea to have a complete change of clothes in case we have rain.

• You will need to carry a backpack with all of your gear for the day (jacket, knit cap gloves, rain-gear, water, lunch and snacks). Also in your backpack you should have a sleeping bag, foam pad, and a headlamp. We will use these items when treating patients. If the weather is cold or rainy you will need to construct emergency shelters for you and your patient - ponchos, small tarps and lots of rope always help. Be sure to have extra batteries for your headlamp.

• Bring a pad and pen.

• Assemble and bring a personal first aid kit in a large baggie that includes: 1-2 ace bandages, 1 roll of Coban elastic dressing, a roll of duct tape or adhesive tape, 2 rolls of 4 or 6-inch Kerlix gauze, at least 5 pairs of disposable exam gloves (nonlatex), and 1-2 bandanas. We will use all of these items during training, be sure that your kit is easily accessible in your backpack.

Schedule: Several instructors will be at the Camp Coker Learning Center by early evening on Friday. Course participants are welcome to arrive Friday evening or early Saturday morning. There is some limited space available in the COPE dormitory facilities but you should come prepared to campout.

Registration is from 0800-0830 on Saturday morning. During this time we will register you with the American Red Cross and you will pick-up your course materials. We will begin instruction at 0830. There is a 1-hour lunch break from 1200-100 and a 1-hour dinner break from 530-630. You will be able to snack during the course. The evening instruction and scenario runs from 630-930 pm. We begin instruction at 0800 on Sunday morning and end at 1200.

Driving Directions to the COPE Learning Center at BSA Camp Coker:

1915 Camp Coker Rd, Society Hill, SC 29593

From Florence, SC: Go North on US Hwy 52 to Society Hill, SC (26 miles). Turn left at the Camp Coker sign on Pressley Avenue. Pressley Ave. becomes SC-S-13-144 (4 miles). Turn right on SC S 13-115 Camp Coker Road. Camp Coker is on the left (1 mile).

If you have any questions please contact:

Roger Coward at 843-616-3550/ rogercoward@aol.com