



## **Wilderness First Aid**

**An Awareness Seminar  
To Develop Basic Wilderness First  
Aid Skills**

### **SACRAMENTO**

#### **Indoor & Outdoor Learning**

**February 8<sup>th</sup> & 9<sup>th</sup>, 2020**

Camp Pollock

467 Del Paso Blvd, Sacramento, CA

Registration absolutely closes February 3, 2020

### **YUBA CITY**

#### **Indoor & Outdoor Learning**

**March 14<sup>th</sup> & 15<sup>th</sup>, 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**

**Cycling Awareness Training**  
**September 7, 2019**  
**Again May 9, 2020**

### **OKPIK Cold Weather Awareness**

**Indoor: December 7, 2019 &  
Outdoor: January 11-12, 2020**

### **Basic Backpackers Awareness**

**Indoor: April 25-26, 2020 &  
Outdoor: June 6-7, 2020**

### **Paddle Sports Awareness**

**Indoor: May 13, 2020 &  
Outdoor: May 16-17, 2020**  
**Wrap-Up: May 27, 2020**

**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 18<sup>th</sup> & 19<sup>th</sup>, 2020**

Saint Mel's Parish Church

4745 Pennsylvania Ave, Fair Oaks, CA 95628

Registration absolutely closes April 13, 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](mailto: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