

**Camp Workcoeman**  
**Wilderness First Aid Training & CPR Training**  
**June 5th-6th, 2026**

**Start Time:** 6:00pm on Friday  
**End Time:** 6:00pm on Saturday

Registration Closes on April 30th at 11:59pm

**Pre-requisite:** On-line portion that must be completed prior to arrival  
Participants can complete this in phases as they have time, online training information will be emailed well in advance, and will take approximately eight hours to complete.

**Accommodations:** Overnight accommodations will be provided. Participants are welcome to bring their own tent. Friday cracker barrel, Saturday breakfast and lunch will be provided.

**Lead Instructor:** Karen Dietz, [friendsoftroop3@gmail.com](mailto:friendsoftroop3@gmail.com)

**Description:** Wilderness first aid is a training course that focuses on prevention, assessment, and treatment for an ill or injured person in a remote environment where definitive care by a physician and/or rapid transport is not readily available.

WFA prepares participants to identify and address medical issues that can arise in the backcountry. Treatment skills are taught as well as educating adults to recognize illnesses early and minimize the potential for injury. The skills learned in this WFA course can save lives.

WFA is not just for the backcountry. It is just as relevant in urban areas during hurricanes, floods, fires, or mass casualty events when emergency services might be strained. WFA knowledge can be lifesaving.

## Registration Options

### **Option A: Red Cross CPR and Wilderness First Aid: \$325**

The participant will have the opportunity to become Wilderness First Aid certified and receive CPR certification from the Red Cross

### **Option B: Wilderness First Aid: \$300**

The participant will complete Wilderness First Aid Training

### **Option C: Red Cross CPR: \$25**

The participant will complete Red Cross CPR Training. Anyone registering for this option only will need to attend the Friday evening portion of this training weekend.

### **Option D: Wilderness First Aid Trainer Course: \$300**

The participant will be trained to become a trainer in Wilderness First Aid, meaning they can lead the course themselves after completion. Participants must have a Wilderness First Aid and CPR Certification that does not expire before June 15th, 2026 to be eligible.

*\*Participants in the trainer course must register by March 31st and be prepared to meet via Zoom with Wilderness First Aid Instructors beforehand to prepare for the course.*