

January 27 and 28, 2024

Wilderness and Remote First-Aid Certification Course Announcement and Basic Information

Description: This is a 16-hour, skills-based course designed to prepare 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. All scenarios will follow the principles of *Leave No Trace* and are based upon the instructors' experiences at Philmont Scout Ranch and other wilderness medical environments including military deployments, wilderness search and rescue, Wildland Fireline, and National Park Backcountry EMS. Upon successful completion of this course the participants will receive a 2-year Wilderness and Remote First-Aid Certification by the American Red Cross. This certification is endorsed by the Boy Scouts of America.



Course Prerequisites: Participants must be at least 14 years of age and have a current CPR/AED certification. *[If you wish to attend and do not have current CPR/AED certification we will offer a limited number to attend a Red Cross Certification Course on Friday Evening 6 pm, January 26, 2024, at Camp Coker. Advanced registration is required. There is an additional fee of \$50.00 to attend the CPR/AED. Please contact Karen at knbeattie@sc.rr.com].*

Course Location: COPE Training Center located at Camp Coker, 2056 Camp Coker Road, Society Hill, SC 29593 <https://indianwaters.org/camps/coker/>

Course Date and Time: 0830 on Saturday January 27, 2024, until 1200 on Sunday January 28, 2024

Course Instructors:

- Dr. Paul Beattie, PT, Wilderness EMT and Certified Wilderness and Remote First-Aid Instructor, Back Country Ranger Grand Teton National Park; Clinical Professor Emeritus, University of South Carolina, Columbia, SC.

January 27 and 28, 2024

- SFC Michael Jackson (Ret), Michael Jackson, MS, Fellow American Wilderness Medical Society, DiMM, NRP, US Army Special Forces Combat Medic 18-D and Medical Instructor, Ft Bragg, NC, Wilderness Paramedic, Diploma in Mountain Medicine.
- Karen Beattie PT, 500-RYT, Wilderness First Responder Certification, Back Country Ranger Grand Teton National Park.
- Lt Col Darren Hearn PhD, PT, Wilderness EMT, Human Performance Specialist US Army Special Forces, Ft. Bragg, NC, Back Country Ranger Grand Teton National Park.

Course Cost: \$150.00 (add \$50.00 if you want to take the CPR/AED course on Friday evening)

Course Schedule:

Friday January 26	
CPR/AED Lay Responder Certification if needed. 6 pm start time. (advanced registration required)	
Saturday January 27	
Lesson	Scenario/Activity
Introduction and Overview, Medical-Legal Issues of Wilderness Care	Team member roles and responsibilities
Wilderness and Remote First Aid Kits	Review gear, creative uses of equipment
Assessment 1-Primary Assessment	Scenario 1- Primary scene and patient assessment
Assessment 2- Focused Assessment	Scenario 2 – Focused patient assessment
Stay or go? Go slow or go fast?	Calling for help
Shock and Heart Attack	Immediate care, concerns for longer-term care on site
Chest Injuries	First aid for chest wall trauma
Head, neck, and spinal injuries	Cervical collar skill practice Log rolling and BEAM skill practice Scenario 3- Spinal injury
Bleeding emergencies, wounds, and wound infections	Scenario 4- Controlling severe bleeding Tourniquets and pressure dressings Wound care in the field

January 27 and 28, 2024

Bone and Joint injuries	Evening Scenarios 5 and 6 -Field treatment of bone and joint injuries, multiple trauma

Sunday January 28	
Lesson	Scenario
Burns	Scenario 7: Acute management of burn wounds
Abdominal illness and trauma	Identifying red flags for abdominal pain Treatment of abdominal wounds
Hypothermia	Scenario 8: Treatment for Hypothermia, management of a mass casualty scene
Heat-related illness	Hydration Treatment of heat-related emergencies
Lightning and animal encounters	Safety and prevention Immediate care and scene management
Altitude illness	AMS, HAPE, HACE
Water purification	Strategies based upon equipment availability
Submersion incidents	Immediate care for submersion
Altered Mental Status: Allergies and Anaphylaxis; blood sugar emergencies	Demo EpiPen
Summary and closing remarks	

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

What to expect: Instructors will be at Camp Coker by early evening on Friday to provide the CPR/AED training for those participants who need certification. Course participants are welcome to arrive Friday evening or early Saturday morning. Please let us know in advance if

January 27 and 28, 2024

you prefer to arrive on Friday night. Be prepared to camp-out and be sure to have your tent, sleeping bag and other gear appropriate for the weather. Plan to bring all your own food and cooking gear for the weekend.



- 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 onsite.
- Toilet facilities are available.
- You will need to do some lying on the ground so wear old clothes that are warm enough for winter 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 or snow.
- During the day we will travel in the woods around Camp Coker carrying the gear described below.
- You will need to carry a backpack with all your gear for the day (jacket, knit cap, gloves, bandana, raingear, water, lunch, and snacks). Also, in your backpack you should have a sleeping bag, foam pad, and a headlamp (with extra batteries). 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.
- 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 (non-latex), at least 2 surgical face masks and 1-2 bandanas. We will use these items during training, be sure that your kit is easily accessible in your backpack.
- It will be helpful for notetaking to download and/or print out the Red Cross student manual for Wilderness and Remote First Aid from the following website:
<https://sbbchidaho.org/PDF/FirstAidManual.pdf>

Sign-in is from 0800-0830 on Saturday morning. We will begin instruction at 0830. There is a 1-hour lunch break from 1200-100 and a 1-hour dinner break from 530-630pm. 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. If you have any questions, please contact Karen Beattie at knbeattie@sc.rr.com.