

American Red Cross - Wilderness & Remote First Aid
December 8-10, 2023
Camp Wisdom Scout Camp
6400 W Red Bird Ln, Dallas, TX 75236
Course Director - Rick Diamond 469-644-0168

Welcome to the American Red Cross *Wilderness & Remote First Aid* (WRFA) course presented by the T1KFirstAid Team. Our Team is comprised of Instructors and Volunteers from around the Dallas Area, and our program is an outdoor oriented first aid training program. This is a minimum 16-hour first aid course for backcountry situations when EMS is not readily available. Our goal is to provide you with the knowledge and skills required to meet the standards set by the American Red Cross and the Boy Scouts of America.

The course includes classroom presentations and skills practice as well as outdoor activities including realistic scenarios and other problem solving opportunities. This program is an overnighter at Camp Wisdom Scout Camp, and camping space is available for Friday and Saturday evening.

Those camping Friday night must notify the Course Director by Wednesday, November 29th. A campsite is reserved for participants. Text "Friday Night" to 469-644-0168 with name, cell #, email, and whether youth (<18) or adult (>18).

The course fee includes: Course materials, Facility fees, Camping fees, Saturday lunch and dinner (Breakfast for those taking CPR Check, and camping Friday night), and Sunday breakfast and lunch. Saturday evening will feature at the conclusion of class a movie or other activity. It is highly recommended that students plan to camp to avoid missing any instruction time. The class requires that no instruction time be missed and everyone participates in the activities. There are no exceptions to this rule in order to receive a certificate of completion.

Wilderness and Remote First Aid Class Starts Saturday at 8:00 a.m. Sign in starts @ 7:15 a.m.

Current certification in Adult CPR/AED is required to receive a certificate in Wilderness and Remote First Aid.

If not certified currently in Adult CPR/AED, you may obtain certification by notifying the Course Director before November 29th, and completing the American Red Cross Adult CPR/AED online study. You must take the course assigned by the Lead Instructor in order to take the in-person practical portion of the Adult CPR/AED Friday night. The online portion takes 65 minutes on average. Bring the online completion certificate to Camp Wisdom Friday night, December 8th, and attend the in-person portion of Adult CPR/AED. The classroom portion begins at 7:00 p.m. and will last approximately 90 minutes (time is less or more dependent on number of students). There is a separate fee of \$35 for Adult CPR/AED which must be paid at the time of the class. You will receive your certification in Adult CPR/AED upon successful completion of the class. Payment is made to [Venturing Crew 1000](#). (\$36 if paying by credit/debit card)

You **do not need to and should not wear uniforms to class** this weekend. You need to wear comfortable clothing suitable for staining, ripping, tearing, muddying, drenching, or (fake) bloodying. Prepare for warm and cool weather, wet and dry conditions, and shoes comfortable for walking on uneven terrain.

For those who notify Rick Diamond they are camping Friday night, breakfast will be provided Saturday morning at 7:00 a.m. at the Dining Hall. For those not camping on Friday night and arriving for registration on Saturday morning at 7:15 a.m., your first meal will be lunch.

Bring with you:

- **BSA Annual Health and Medical Record Part A&B (This will be returned at end of course)
- **Current Adult CPR/AED certification** (This is mandatory) or complete the online portion of Adult CPR/AED described above and attend Friday night.
- *** A coffee mug (insulated is best with a spill proof top)
- At least one one-quart water bottle
- A seat cushion (classroom time is long and the chairs are hard)
- Gear you would normally carry on a day hike
- Camping gear you need to camp (tent, ground pad, sleeping bag, chair, etc.)
- Personal First Aid kit
- Toiletries and towel (showers are available)
- Any medications you are currently taking (these remain with you, just a reminder)
- A pen (or two) and a small notebook for taking notes
- A headlamp or flashlight

** <https://www.scouting.org/health-and-safety/ahmr/>