

American Red Cross - Wilderness & Remote First Aid

Session 1A, May 9th - 10th, 2025

Session 1B, May 18th, 2025 (afternoon)

Session 2, May 16th, 17th, 18th, 2025



Camp James Ray Scout Camp, 2026 Mill Creek Rd.
Pottsville, TX
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 Scouting 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 overnigher at Camp James Ray Scout Camp, and camping space is available for Friday and Saturday evening. This course also counts as being trained in standard first aid.

The course fee includes: Course materials, Facility fees, Camping fees, Saturday breakfast, lunch and dinner; Sunday breakfast for Session 2. 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 Friday night at 8:00 PM. Sign In starts @ 7:00 PM, Saturday class start at 8AM.

Those who successfully complete this class will receive Wilderness & Remote First Aid certification. If you are not current in Adult CPR/AED you must obtain certification prior to the Wilderness and Remote First Aid course. Adult CPR/AED certification is accepted from American Red Cross, American Heart Association, American Safety & Health Institute, American EMS Safety Services, Emergency University, National Safety Council, or CPR for the Professional. A current copy of certification or digital link to verify currency is required at check-in. Please call Rick Diamond if you have questions about acceptance of other CPR certifications.

If you need CPR/AED Certification: You may obtain Adult CPR/AED by completing the on-line portion of the American Red Cross Blended Learning course, and accomplishing an in-person demonstration of the skill on the Friday night prior to your beginning the WRFA training. You will receive certification in American Red Cross Adult CPR/AED and receive a certificate that is valid for 2 years. This is a **separate fee of \$35.00** to be paid by cash or check on Friday night.

To take the the Adult CPR/AED course, you must accomplish the following: Text "CPR/AED" to **469-644-0168** no later than May 2nd, and include the following information:

Your Name (as it will be recorded by the American Red Cross)

Your Email Address (the email address must be unique to each person as it associated with an individuals course record by the ARC)

Your Phone Number

When you text the above information you will receive an email by the American Red Cross via Salesforce, with a link to the American Red Cross Learning Center. You will be able to complete the self-study portion of the Adult CPR/AED course prior to arriving Friday night.

Ensure you print and bring with you the completion certificate for the self-study portion of the course. Allow 60-90 minutes to complete the online portion. (Those have never taken CPR/AED may take slightly longer, while those who have may take less time)

The Adult CPR/AED practical session will begin at 6:15PM, on Friday night, and conclude by the start of the WRFA class at 8PM. You will receive your certification in Adult CPR/AED upon successful completion of the class. Payment is made to Venturing Crew 1000. (The Venturing Crew sends one single payment to the American Red Cross for all students who successfully complete the online and in-person sessions.

You do not need to and should not wear uniforms to class this weekend. You need to wear comfortable clothing suitable for kneeling, bending, and stretching. We call these "play clothes", or clothes you don't mind 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.

Bring with you:

****BSA Annual Health and Medical Record Part A&B** (This will be returned at end of course)

Current CPR/AED certification (This is mandatory) or complete the online portion of Adult CPR/AED 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