

American Red Cross Wilderness and Remote First Aid Course Camp Shenandoah – March 14th – 16th, 2025

The Boy Scouts of America requires Wilderness and Remote First Aid certification for all of its high-adventure camps and other programs. This is a great opportunity to be prepared for Philmont, The Summit, Sea Base and Northern Tier adventures. *Many adult and youth leaders take the course just to be better able to respond to such events for the benefit of their troop.* Virginia Headwaters Camping Committee will be offering ARC Wilderness and Remote First Aid certification this spring.



Date: Saturday March 15th (9am-6pm) and Sunday March 16st (9 am-5 pm)

Instructors: Jay Fox ARC FA/CPR/AED Instructor Trainer and trained Camping Committee members.

Location: Camp Shenandoah. Overnight camping on Friday and Saturday nights is available on your own at camp.

Cost: \$85: Includes course materials. You will need to provide your own food and snacks. CPR/AED class will be offered Friday night (13th) to those who need (must have current CPR/AED training to take WRFA). Cost for CPR/AED is an additional \$40.

Deadline for Registration: Monday March 10th

Prerequisites:

- **Minimum age of 14 (adult leaders and older Scouts are encouraged to attend). Basic knowledge of first aid at level of First Aid Merit Badge.**
- **Current Adult CPR/AED certification.**
- *If needed, the CPR/AED course is available on Friday, March 14th starting at 7:00 pm for additional fee of \$40. You may wish to spend the night at camp on your own due to late hour of completion.*
- Ability to learn and perform advanced first aid and other physically-demanding skills, such as evacuating an injured person.

Description: Wilderness and Remote First Aid teaches participants how to prevent, assess and treat medical and traumatic emergencies in remote environments or urban disasters where definitive care of a physician and/or rapid transport is not readily available. The course follows the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines as well as requirements of other organizations such as Girl Scouts of the USA and the American Camp Association. It offers enhanced content and topics to meet OSHA's Best Practices for Workplace First Aid Training Programs. It can be adapted to meet the needs of training for youth-oriented organizations, adult participants in outdoor recreational activities or remote locations, and employees working in wilderness and remote settings.



Major portions of Wilderness and Remote First Aid are designed to be taught outdoors. The course consists of the following lessons:

- Wilderness and Remote First Aid Kits
- Abdominal Illnesses
- Secondary (Focused) Assessment
- Hypothermia
- Calling for Help and Evacuation Considerations
- Heat-Related Illnesses
- Shock and Heart Attack
- Lightning
- Chest Injuries
- Altitude Illnesses
- Head (Brain), Neck and Spinal Injuries
- Submersion Incidents
- Wounds and Wound Infection
- Allergies and Anaphylaxis

Length: 19 hours (over the two days) including practice scenarios and breaks.

Training Card Issued: Wilderness and Remote First Aid, valid for 2 years.

Supplies to Bring: You need bring supplies that you would normally have on hand for either a day hike or a backpacking trip (or other settings that involves travelling to remote areas) to best replicate the equipment you may be required to use in an emergency. These supplies may include, but are not limited to:

- Day pack or backpack
- Tent and ground cloth/tarp
- Sleeping bag
- Foam sleeping pad
- Chair
- Flashlight or headlamp
- Hat
- Sunscreen
- First aid kit

Objectives: Participants in this course will -



- Identify how to respond to delayed-help emergency situations
- Identify causes of injuries and how injuries can be prevented in wilderness areas
- Learn to manage emergency situations, including forming teams and assigning tasks
- Learn proper advance preparation for journeys into the wilderness
- Learn the Emergency Action Steps for First Aid Response, to be employed when EMS is not readily available
- Learn basic and more advanced first aid techniques to use when an injury occurs
- Learn how to respond to an emotionally upset person
- Learn short distance transfer and evacuation techniques
- Experience providing wilderness first aid through the means of scenarios and simulated rescues

What Else?

- *Camping orientation and survival technique topics are not covered in this course.
- *CPR skills will NOT be taught or reviewed during the course (see above). It is taught separately Friday evening.
- *Many of the first aid techniques discussed in this course should be used only as a last resort and not in urban settings when EMS is available within minutes.
- *Participants will receive the 128-page American Red Cross Wilderness and Remote First Aid Emergency Reference Guide and the American Red Cross Wilderness and Remote First Aid Pocket Guide.

Please contact Jay Fox (jayfox8x@gmail.com) if you have further questions (program) or Robert Clemmer. Robert.Clemmer@scouting.org for registration.

**Virginia Headwaters Council, BSA
American Red Cross Wilderness First Aid Training Registration
March 14-16, 2025**

On-line Registration Site: <https://scoutingevent.com/763-wrfa25>