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The 16-hour Wilderness First Aid (WFA) course is for all backgrounds, experience levels, skill sets and abilities. It covers treatments for various injuries, illnesses, and environmentally related hazards that may occur while working or playing outdoors. No prerequisites or experience required but participants must be at least 16 years old. We emphasize hands-on scenarios and practice these concepts in the actual outdoors!

COURSE OVERVIEW:

- Documentation (Legal & Medical Terms, Concepts and SOAP Notes)
- Patient Assessment System (PAS)
    - Scene Size-up; Primary Assessment; S.T.O.P. (Stabilize; Think; Observe and Plan) and Secondary Assessment
- CPR and Traumatic Injuries
- Medical & Environmental Emergencies
- Evacuation & Rescue
- Supplies & Planning (First Aid Kits)

COURSE LOCATION: Broken Oak Ranch 28565 San Felipe Rd, Warner Springs, CA 92086

COURSE DATES: Saturday, January 11th and Sunday, January 12th, 2024

COURSE INCLUDES:

Each participant who successfully completes the course will receive the following certifications good for two years:

- Wilderness First Aid 16-Hour Certification Card
- Epinephrine Auto-Injector Use and Administration Certification Card
- CPR Certification Card
- Curriculum Materials *are subject to change

COURSE FORMAT:

Check-in is between 7:30 AM and 7:45 AM on the first day. On subsequent days, please plan on arriving by 7:45 AM to begin class promptly at 8:00 AM. Each day, class will begin promptly at 8:00 AM and run until approximately 5:00 PM depending on class size, questions, and breaks, so be prepared for the course end time to run longer.

The course is held outdoors rain or shine and includes lectures, integrated skills practice, and scenarios. We recommend appropriate outdoor comfortable clothing that will get dirty, we will be on the ground simulating wilderness injuries. It is recommended to bring a junk T-shirt for the possibility of moulage (fake blood) getting on it and/or using it to cut into an improvised splint. Attendance is mandatory for the duration of the course and participants are required to attend all lectures, integrated skills practice, and scenarios.

COURSE LOGISTICS:

The entire course is held outdoors on private property, the Broken Oak Ranch (BOR) located in Warner Springs, California, unless otherwise stated. The BOR is a 118-acrea parcel of

land situated among mountain valleys and plains located at 3600' elevation in Northern San Diego County. It is in a rural area about 30 minutes from the nearest services.
We do offer at no additional cost on-stie primitive camping (no electricity, showers, running water or RV hookups). This is NOT mandatory and there are no set campgrounds. The area is an open space in the meadow that can be used for tent camping; campervans; truck campers; travel trailers; camper trailers; fifth-wheel trailers; pop-up campers and RVs of various sizes. If you choose to camp, **please RSVP an estimated time you plan to arrive,** especially those arriving Friday evening to ensure the gates remain open.

CURRICULM:

The course and certifications are designed to provide each participant with the knowledge and skills needed to handle medical emergencies in remote settings. The curriculum focuses on leadership development, empowerment, and life-saving education. It was developed from guidelines created by the Wilderness Medicine Education Collaborative's Standards of Practice for each level of certification. As a member of the Wilderness Medical Society, we aim to promote and distribute evidence-based treatment guidelines. In addition to these Wilderness Medicine related resources, we also look to organizations such as STOP THE BLEED®, the Defense Health Agency/Deployed Medicine (TCCC, Prolonged Field Care), and the Committee for Tactical Emergency Casualty Care (TECC) for updated trauma care guidelines. Lastly, we lean on the guidance and wisdom of our team medical directors, which range from Physician to Firefighters, to help make our curriculum come to life. We deliver engaging and hands-on instruction from experienced instructors. This course meets or exceeds the minimum requirement for most CPR/First Aid training needs like the Sierra Club Leader COL1 and COL2 (Chapters Outings Leader); NICA (National Interscholastic Cycling Association) Coach Licensing Program Level 3 and the Boy Scouts of America.

WHAT TO BRING:

- **Food and Water:** lunch, snacks, and drinks for each day! Please note this is a rural area and the nearest services are 15-30 minutes one-way so plan accordingly.
- **Comfortable Clothing:** dress for the weather. Clothing layers that allow for all weather conditions including a hat, sunglasses and/or protective eyewear along with hiking boots or sturdy shoes. We recommend clothing that you don't mind getting dirty or possibly damaged, we will be outside simulating wilderness injuries through various scenarios.
- **Gear:** chair, wristwatch with a second hand or digital second (for taking vitals), headlamp, note taking materials, sunscreen.
- **Gear (overnight camping):** tent, sleeping system (pillows, bags, pads), wet wipes, hand sanitizer, food, water, extra batteries for headlamps, etc.