

# WFA COURSE PARTICIPANT GUIDE

Spring 2019

## COURSE DATES & LOCATION:

### Dates:

Friday, April 5<sup>th</sup>, beginning at 5:00pm, through Sunday, April 7<sup>th</sup>, ending at 12:30pm\*

\*All times are approximate and subject to change

### Location:

GNFC Camp Scouthaven

10784 NY-98, Freedom, NY 14065

**Course Director:** Stephen Stouter ([gifco147@gmail.com](mailto:gifco147@gmail.com) or 716-583-3003)

### COSTS:

\$75.00, includes WFA/CPR Certification fees, WFA Handbook, meals and camping

### ELIGIBILITY:

Adults (18 and over) – Current BSA registration

Youth (<18) – Current BSA registration, >14 years old and 1<sup>st</sup> Class (or higher) rank

### PREREQUISITES:

Proof of current CPR/AED certification is required in order to issue a WFA certification.

### CLASS EXPECTATIONS and FORMAT (*PLEASE READ CAREFULLY*):

This WFA course reviews and adapts basic first-aid skills to wilderness or remote environments where resources may be limited and outside assistance or transport to definitive medical care will be delayed or unavailable.

**It is expected that ALL participants will be able to demonstrate basic knowledge and skill of the first-aid principles described in the BSA handbook for ranks Tenderfoot through 1<sup>st</sup> Class.**

Your full attention and participation will be required in the course. The WFA Weekend is a minimum of 16 hours that includes classroom and outdoor sessions. The Saturday training sessions will run as long as 14 hours. Successful completion of this program requires your full commitment and active participation for the duration of the course. There will be simulations in which you will be required to act as patient or as a rescuer; this requires physical contact where you will touch others and be touched. You must also be physically capable of participating in simulated emergencies in an outdoor environment.

**Failure to meet these minimum expectations may result in students not earning their certification.**

## LODGING:

All students must bring the gear needed for basic weekend campouts. Cabin bunking *may* be available on a limited, first-come, first-served basis, but students should bring their own shelter (e.g.: tent). ***Commuting to/from camp for the training sessions will not be permitted without prior Course Director approval.***

## MEALS:

- The following meals are included in your registration fee:
- Friday night: Crackerbarrel
- Saturday: Breakfast, Lunch, Dinner, Snacks
- Sunday: Breakfast
- Beverages (Water & Coffee, Bug Juice) will be available throughout the day.
- **Remember to bring your own mug & water bottle!**

**NOTE:** Any special dietary needs should be communicated to the Course Director as soon as possible so that staff can work to meet your needs. In the event we are not able to accommodate your specific needs alternate arrangements will be discussed with you.

## PERSONAL GEAR & CLOTHING:

Students are encouraged to bring any other supplies they would like/need for training sessions including pens, notebooks, etc.. Student handbooks will be provided as part of your registration fee.

This course will contain outdoor hands-on sessions. Students must come dressed and prepared for the anticipated weather conditions so that they may safely and comfortably participate in all training sessions.

## MEDICAL ISSUES/CONCERNS:

Any pre-existing medical issues/concerns should be communicated to the Course Director as appropriate.

ALL participants should bring a completed & signed BSA Health Form, Parts A&B (Consent, Release, & Health History) with them to the course.

Any real injury or illness must be immediately reported to a member of the course staff for proper follow-up and documentation.

## ADULT SUPERVISION:

Program staff will provide the appropriate number of Instructors and support staff to deliver the WFA program. ***It is the responsibility of unit leaders, trek guides and/or guardians to provide appropriate adult supervision (e.g.: 2-deep, co-ed) for their youth.*** Behavioral and related issues may result in students being dismissed from class without expectation of certification or refund.

## COURSE MATERIALS:

Included in the course fee is the ECSI Wilderness First Aid Field Guide, Second Edition. This is an excellent resource and is made to handle the rigors of outdoor use. Additional handouts and materials may be distributed by instructors.

## BASIC COURSE SCHEDULE

Please Note: While our Instructors and Staff will work diligently to maintain this schedule all times are subject to change so as to best meet student and instructor needs.

### **Friday** (4 hours of instruction)

5:00pm ..... Student arrival & registration

..... Set up of personal gear/tents

6:30pm ..... Evening training session begins (CPR)

9:30pm ..... Evening training session ends

10:00pm ..... Crackerbarrel

11:00pm ..... Lights-out

### **Saturday** (12 hours of instruction;)

7:00am ..... Reveille

7:30am ..... Breakfast

8:00am ..... Morning training session begins

*(Video: NOLS Initial & Focused Assessments)*

*(Field Exercise 1: 1st steps; initial & focused assessments)*

12:30pm ..... Break for lunch

1:00pm ..... Afternoon WFA training session begins

*(Field Exercise 2: 1st steps, assessment, ABCDE treatment, Shock)*

5:30pm ..... Break for dinner

6:00pm ..... Evening WFA training session begins

*(Field Exercise 3: 1st steps, assessment, treatments)*

10:00pm ..... Crackerbarrel

*(Video: Linville Gorge fall & rescue/Sugemery)*

11:00pm ..... Lights-out

### **Sunday** (4 hrs. instruction)

7:00am ..... Reveille

7:30am ..... Breakfast

8:00am ..... Morning WFA training session begins

11:00am ..... Final exam & field practical

*(Field Exercise 4: 1st steps, ABCDE response, including environmental issues, shock, injuries and treatments, and patient transport)*

12:30pm ..... Wrap-up & Dismissal

## WFA BASIC COURSE CONTENT

- + Welcome & Instructor introductions
- + Site & program logistics (dining, classrooms, latrines, emergencies, etc.)
- + Introduction to Wilderness First Aid
- + Patient Assessment, Initial
- + Patient Assessment, Focused
- + Chest Injuries
- + Shock
- + Head (Brain) and Spinal Injuries
- + Bone and Joint Injuries
- + Wounds and Wound Infection
- + Abdominal Problems
- + Hypothermia
- + Heat Exhaustion/Heat Stroke
- + Lightning
- + Altitude Illness
- + Submersion Incidents
- + Allergies and Anaphylaxis
- + Wilderness First Aid Kits
- + Final Exam & Practical Skills Scenarios

# NOTES

