



# Wilderness First Aid Basics

## November 18-19, 2006

### Sponsored By

## Capitol Area Council B.S.A.

**Location:** Lost Pines Scout Reservation which is located near Bastrop, TX. From Austin, take Highway 71 to Bastrop. Then from Bastrop, take Highway 95 north (from Elgin take Highway 95 south). Turn on to FM 1441, the entrance to the camp is approximately three miles on the right.

**Schedule:** Check-in starts at 8am, Saturday, November 18 at LPSR Dining Hall. Class begins promptly at 9am and will run late Saturday night. We begin Sunday morning with a brief interfaith service and continue until mid-afternoon.

**Description:** The Transylvania County Chapter of the American Red Cross developed the 16 hour Wilderness First Aid Basics course to meet the requirements for organizations based in the Southern Appalachian Mountains, but is a good basic course in backcountry emergency response for almost any location 30 minutes or more from regular Emergency Medical Service (EMS) response. Even though the emergency workers near these areas may be trained to search for and rescue those in need, there may be a delay in the notification of assistance, the time required to get to the patient, or in moving the patient to more advanced treatment. This course combines classroom lecture, skills practice, and realistic scenarios to teach assessment, basic and advanced first aid techniques, extended care, transports and evacuations, and dealing with emotionally upset patients. Basic first aid skills are covered making this course appropriate for anyone regardless of experience level. Those who successfully complete this class (including passing a written test) will receive the American Red Cross "Wilderness First Aid Basics" card which is valid for 3 years. The class has no prerequisites, however, current American Red Cross First Aid and Adult CPR skills will be helpful. While some preliminary victim recognition and assessment skills will be discussed CPR skills will NOT be taught during the course. A minimum age of 15 is recommended for participants due to the serious nature of the course and scenarios.

**What to bring:** Participants should bring camping equipment including tent, sleeping bag, and ground pad; clothing appropriate for work outside in early spring (inc. rain gear); water bottles or hydration system; and pencil and notebook for note taking.

**Fee:** Registration and fee of \$80 must be received at Council office by 5:00 pm on November 3. Includes meals and materials. Class size is limited to 30, so please register early to avoid disappointment! Previous classes have filled well in advance. Units will be responsible for two deep leadership.

**Contact:** For additional information, contact Douglas Hearn at [doug-hearn@austin.rr.com](mailto:doug-hearn@austin.rr.com).

Registrations with payment to be turned in to the Capitol Area Council BSA office located at 7450 Ed Bluestien Blvd., Austin, Texas 78723. The main telephone number is (512) 926-6363.

Name - \_\_\_\_\_ Organization (District / Unit) - \_\_\_\_\_

Address - \_\_\_\_\_

Day Phone - \_\_\_\_\_ E-mail - \_\_\_\_\_

Special Needs (including allergies)- \_\_\_\_\_

Special Dietary Needs - \_\_\_\_\_

**Please contact the Council Office on refund policy.**