

Wilderness and Remote First Aid

American Red Cross

The Wilderness and Remote First Aid Class is being offered by The Gulf Ridge Council in coordination with Bob Donaghy Enterprises – CPR Training Center

An American Red Cross Authorized Provider

Location: Camp Brorein – 16901 Boy Scout Rd, Odessa, FL 33556

The class will be outdoors in a wooded area of the camp—dress for the weather!

Date: March 24-25, 2012, Saturday/Sunday, from 8:00 AM to 5:00 PM

Cost: General Public \$110, and Venture Crew and Registered Scout Leaders \$100

You must be 14 years old and have a current CPR/AED Certification by the last class day.

Registration Deadline: March 8, 2012 - 20 students max in class

Registration Form – Please PRINT clearly

Full name _____

Mailing Address _____

Phone number where you can be reached _____

Email address _____

Date of birth _____

Current CPR/AED expiration date _____ Certifying Agency _____

Scout Affiliation _____

To register call Instructor Bob Donaghy at 813-334-7412 and

Make payments directly to the Gulf Ridge Council Training Account with a copy of this form.

Mail this form to Bob Donaghy Enterprises, 18806 Arbor Drive, Lutz, FL 33548-5041 or

Fax the form to 813-949-7106 or Email the form to rdonaghy@tampabay.rr.com.

Registration will be confirmed after receipt of payment and the registration form.

If you need CPR Certification, call Bob Donaghy at 813-334-7412.

A CPR for Community and Workplace class will be offered 2-3 weeks prior to the WRFA class.

Welcome Letter to Wilderness and Remote First Aid Course Participants

Dear Course Participant,

Thank you for enrolling in the American Red Cross Wilderness and Remote First Aid course. The dates, time, and location of the class meetings as well as directions are listed below:

Dates: March 24-25, 2012

Time: 8 AM to 5 PM

Location: Camp Brorein – 16901 Boy Scout Rd, Odessa, FL 33556

Directions: Take Gunn Hwy to Race Track Road, go west to Boy Scout Rd, go North to Camp Brorein on the right.

The primary purpose of the American Red Cross Wilderness and Remote First Aid course is to provide individuals a foundation of first aid knowledge and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response, such as wilderness and remote environments. In this course you will also develop leadership skills and learn how to help prevent, plan for and respond to emergencies.

Successful course completion requires participation in all course activities and skill sessions. Some practice sessions may require strenuous physical activity, including walking uphill or on uneven terrain. Please wear layers of comfortable clothing appropriate for all weather conditions. You are encouraged to check with your health care provider before participating in the skill sessions in this course. If you need any accommodations or modifications or if you have any questions regarding your ability to participate fully in this course, please contact your course instructor or Red Cross Chapter before the course begins. Before attending the first class, please be sure you have read the attached document, Health Precautions and Guidelines During Training.

It is suggested that you bring with you any supplies you would normally have on hand for either a day hike or a backpacking trip to best replicate equipment you may be required to use in an emergency situation. These supplies may include, but are not limited to, a day pack or backpack, a tent and **ground cloth or tarp**, a **sleeping bag**, a **foam sleeping pad**, a flashlight or headlamp, a hat, sunscreen and a **first aid kit**. Additional items include:

1. **pocket knife, water bottle, hiking poles/sticks**, rain gear/poncho, trash bag, bear bag and rope, signaling device
2. wear clothes that you don't mind getting dirty as we will be on the ground outside.
3. extra old clothes in your pack to use as first aid supplies

It is not intended for you to go out and purchase items for this class, but rather to pack and bring those items appropriate for the type of wilderness activities you participate in, such as backpacking/camping. As a result of this class you may identify some items to add to your wilderness first aid kit or to your pack that could be used as improvised first aid items.

Upon successful completion of the Red Cross Wilderness and Remote First Aid course, you will receive a Red Cross certificate indicating Wilderness and Remote First Aid, which is valid for 2 years. **Please bring your current CPR/AED Certification Card to the first session.**

Please pack a lunch as there will not be time to go out for lunch since we have a lot of material to cover. A folding camp chair is suggested. **If you or your parents or guardians (for minors) have questions, please call the local Red Cross chapter or your Red Cross Instructor, Bob Donaghy, at 813-334-7412.**

Sincerely,

Bob Donaghy

American Red Cross Instructor

Tampa Bay Chapter

Attachment: Health Precautions and Guidelines During Training