

Wilderness First Aid Upgrade

Starts after the Opening Ceremony, Saturday 20 October
Ends Sunday morning at approximately 11:00

This course is designed to help Leaders provide first aid in the context of Scouting when rescue is a few hours away. This is for trips deep in Gatineau Park, camping in the provincial parks like Algonquin where there are access roads to within 100m of all lakes for the park personnel, and other adventures we have for the scouts. This is the basis for all wilderness first aid and it applies to any wilderness trip. On the other hand, if you want to do a trip in a very remote location of our country, to K2, Everest, or deep in the jungles of Africa, then you need a four-day Wilderness First Aid course, as a minimum. One of the very good WFA course providers is Sirius Wilderness Medicine, <http://www.siriusmed.com/>, and is highly recommended.

You should have a current Standard First Aid certificate. This way there will not go into basic first aid and we can concentrate on the wilderness aspect of first aid and the problems we are most likely to encounter in Scouting. You should know how to splint limbs, and how to control severe bleeding, etc. This is definitely not for someone who has not previously received first aid training.

There is no certification on this course; therefore the course itself is free. You only pay for the camp fee.

Participants are expected to bring the following:

- Clothes appropriate for the weather (they will get dirty)
- Appropriate footwear
- Rain gear
- Headlamp and/or flashlight
- Pocket notebook and pencil
- Daypack
- Tarp 8' x 10'
- Foam pad (blue Ensolite preferred)

Course content

The WFA schedule is very flexible and will follow camp schedule

These are some of the topics, not in order

Introduction to Wilderness FA, critical basics
Keeping the casualty warm
Improvisation
Casualty assessment, taking history and vitals
Head and spinal injuries
Scenarios to practice assessment
Fractures and sprains
Medical problems, including abdominal complaints
Importance of hand-washing
Heat related problems, hypothermia, frostbites
Bears, bites and stings
Wound care, burns, infection
Cleaning wounds
First aid kits
What ever else we can put in