

Course Outline

CPR/AED: Participants are required to have a current certification in CPR at the start of the course from a nationally recognized provider. In addition to the WFA course, an American Red Cross certification course for Adult/Child and Infant CPR with AED will be offered on April 22, 9am. Participants are not required to register for the WFA course in order to take this CPR/AED course.

GEAR: Participants will need to bring personal clothing and equipment (the list is provided upon registration).

COURSE TIMES: The course begins at 8am on Saturday and Sunday (both days required) and finishes at 5pm each day. One hour is provided each day for lunch.

WHO: The WFA is the perfect course for the outdoor enthusiast or trip leader who wants a basic level of first aid training for short trips with family, friends, and outdoor groups. It also meets the ACA and BSA guidelines. This course can also be used to re-certify for Wilderness First Responder. Please note: this is a certification course taught by highly trained instructors and is endorsed by the Wilderness Medical Society.

COST: \$165 per individual for the WFA course for Active/Retired Military, Dependents, DOD Civilians and any other authorized participants. It is \$185 for all other participants. Fee covers instruction, class-materials, equipment, handouts, textbook and certification card.

CONTACT: A minimum number of twelve (12) class participants are required to ensure the best learning environment. We ask that you please reserve your spot at least 10 days in advance by calling (845) 938-8811 or (845) 938-2503. Upon registration, participants will receive more details concerning packing list, directions, course syllabus, lodging/camping information, etc.

Course Topics

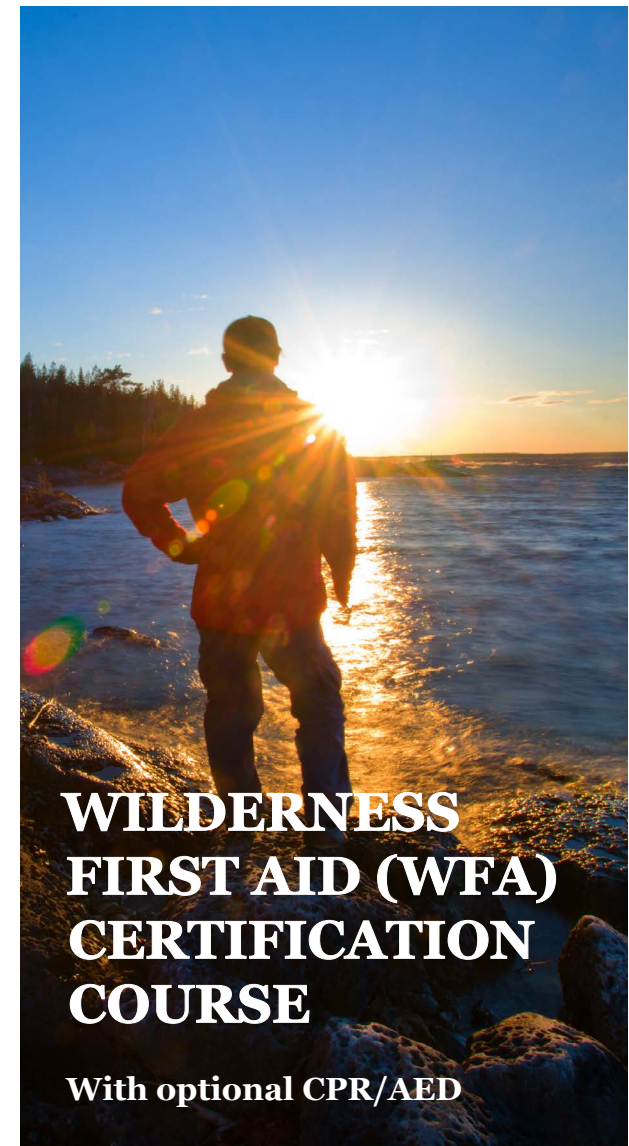
What is Wilderness First Aid?

- Anatomy of a Wilderness
- Anatomy of the Musculoskeletal System
- Asthma
- Backcountry Essentials
- Building Medical Kits
- Cold-Related Injuries
- Crisis Rescue Plan
- Environmental Emergencies & Survival Skills
- Heat-Related Injuries
- Medical Emergencies & Critical Care
- Orthopedics
- Patient Assessment System
- Patient Lifting & Moving
- Principles of Fracture Care

- Response & Assessment
- Soft Tissue Injuries Backcountry
- Spinal Cord Injury Management
- Sprains & Strains
- Treatment Techniques
- The Human Animal
- Trauma - Musculoskeletal Injuries
- Trauma - Soft Tissue Injuries
- Universal Precautions
- Use of Epinephrine



Register at <https://tinyurl.com/zg2ra68>
(845) 938-2503/8811



Saturday and Sunday, April 29 & 30, 8am-5pm
Optional CPR/AED: April 22, 9am

Round Pond Road, West Point, NY
(located off of Route 293)
(845) 938-2503/8811



Course Description

Accidents happen. People get hurt, sick, or lost. The temperature drops, the wind picks up, and it starts to rain. Would you know what to do? Many backcountry emergencies are preventable, and even when bad things happen, sometimes the wrong care can make things worse. By learning a few basic skills, you can make the difference between a good outcome and a bad one and maybe even save a life.

West Point Family and MWR – Outdoor Recreation has partnered with SOLO Wilderness Medicine to offer a Wilderness First Aid (WFA) certification course. WFA creates a solid foundation in the basics of backcountry medical care. Started by SOLO as the “Mountain/Woods First Aid” course in 1975, and continually updated and improved since that time, this was the first course of its kind in the United States, and it is the curriculum upon which all other backcountry medicine courses are based. SOLO is the most respected and experienced wilderness medical school in the world with the highest instructor qualifications of any other course provider.

This WFA course is 16 hours long, and is taught over the span of two days. It focuses on improving the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies - see course outline, on front right flap.

SOLO is the oldest continuously operating school of Wilderness Medicine in the world.



Learn from certified instructors from SOLO Wilderness Medicine.



Hands-on mock scenarios to prepare you for any situation.