

WILDERNESS FIRST AID CLASS

By SOLO Southeast Nantahala Outdoor Center

Event coordinated by **NICA/TN League Mountain Bike Teams**: Marshall County & Paducah–McCracken County Schools

➤ **Event Dates:** Saturday, June 17th & Sunday, June 18th

Location:

KY Dam Village State Resort Park Lodge
113 Administration Dr.
Gilbertsville, KY 42044
Phone: (270) 362-4271

Course Certifications:

- **2-Day WFA (2 year certification)**
 - Cost: Approx. \$150 each (depending on final size of class)
- **ASHI CPR and AED (2 year certification)***
 - Cost: additional \$35 each – this will be conducted on Friday night
- **Signing Up:** Please contact Rodney Souder - rpsouder@gmail.com / 270-519-4595 or Steve Beckett - beckett5@bellsouth.net / 270-519-8756



For more information & reservations, contact a SOLO representative at:
 828.785.5082
 solo@noc.com

Wilderness First Aid Class

This 16-hour Wilderness First Aid course provides students with an introductory understanding to wilderness first aid. Hands-on course labs, scenarios and repetition ensure students are engaged and learning for the duration of the course. NOC Wilderness Medicine courses combine multiple styles of learning to help you learn and remember course information after the course is complete.

Below is a general itinerary of a typical clinic. Our experienced instructors tailor each day to the goals and needs of the group.

Day	Activity	Time
Day 1 8:30am - 5:00pm	Introductions	30 min
	Wilderness vs. Urban Care	20 min
	Initial Survey (DR)	15 min
	Primary Survey (ABCDE)	2 hrs
	Secondary Survey (Vitals, PE, AMPLE HX)	1 hr
	Documentation (SOAP)	15 mins
	Moving Pts. (Log Rolls & BEAM)	1 hr
	Shock	20 min
	Musculoskeletal Injuries	1 hr 45 mins
	Scenarios	2 hrs 10 min
Day 2 8:30am - 5:00pm	Review	30min
	Soft Tissue Injuries	2 hr
	Environmental Concerns – Heat	30min
	Environmental Concerns – Cold	45min
	Allergies	30min
	Breathing Issues – Asthma and Hyperventilation	30min
	Bites and Stings	15min
	Diabetes	10min
	Lightning	10min
	Course Conclusion	45min