



**April 24-28, 2017**  
**6:30 PM-9:30 PM**  
**The Settlement Camp Park**

Beacon Recreation is pleased to host Prime Paddlesports SOLO Wilderness First Aid Course at the Settlement Camp Park. Cost per person is \$175  
[info@primepaddlesports.com](mailto:info@primepaddlesports.com) • 646-417-4510

## **WILDERNESS FIRST AID (WFA)**

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.

## **COURSE TOPICS**

Wilderness First Aid (WFA) is SOLO's most popular course and it creates a solid foundation in the basics of backcountry medical care. Started as the "Mountain/Woods First Aid" course in 1975, 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. Topics include:

- Anatomy of a Wilderness Crisis
- Anatomy of the Musculoskeletal System
- Asthma
- Backcountry Essentials
- Cold-Related Injuries
- Environmental Emergencies & Survival Skills (including lightning)
- Heat-Related Injuries
- Medical Emergencies & Critical Care
- Orthopedics
- Patient Assessment System
- Principles of Fracture Care
- Patient Lifting & Moving
- Rescue Plan
- Response & Assessment
- Soft Tissue Injuries & Medical Emergencies
- Spinal Cord Injury Management
- Sprains & Strains
- The Human Animal
- Trauma-Musculoskeletal Injuries
- Trauma-Soft Tissue Injuries
- Universal Precautions
- Use of Epinephrine

## **WHO IS THE WFA FOR?**

The WFA is the perfect course for the outdoor adventure or trip leader who wants or needs a basic level of first aid training for trips with family, friends, and outdoor groups. This course meets / exceeds the American Camping Association's guidelines and is widely accepted by camps, clubs and various other outdoor associations, including outdoor employers who require basic medical training as a minimum.

## **WHAT IS TAUGHT?**

The WFA is 16 hours long and focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Soft Tissue Injuries, and Medical Emergencies.

## **WHERE AND WHEN IS IT HELD?**

This course will be held at the University Settlement Camp in Beacon NY, Monday, April 24th through Friday, April 28th. The class will be held from 6:30 PM to 9:30 PM.

## **HOW MUCH DOES IT COST?**

Prime Paddlesports WFA course cost is \$175 per participant for the program

## **WHAT ABOUT MEALS?**

Participants can bring their dinner if they don't have time to eat at home. Please bring water and snacks.

## **IS THERE AN EXAM?**

There is an ongoing evaluation of practical skills, and there are written quizzes.

## **DO I GET CERTIFIED?**

Participants who successfully complete the course will receive a SOLO WFA certification, which is good for two years.

## **DOES THE WFA COUNT AS CONTINUING EDUCATION?**

The WFA may give continuing ed credits (depending on the specific requirements for your certification) and is approved for re-certifying SOLO's Wilderness First Responder program.

## **WHAT GEAR DO I NEED TO PARTICIPATE?**

One of the tenets of Wilderness First Aid is working with little to no resources, so we are happy to teach this course to folks without supplies. However, in the spirit of "practicing like we play" we encourage participants to bring gear from their preferred sport or discipline.

## **TO REGISTER / POLICIES:**

Email [info@primepaddlesports.com](mailto:info@primepaddlesports.com) and indicate you would like to reserve a space. Please include your address and your cell number. Prime Paddlesports will prepare and send an invoice to you. We require a non-refundable deposit of \$100 reserve your place in the course; remaining balance is to be prepaid prior to the start of the course. Space is limited.

Prime Paddlesports LLC offers no refunds for canceled spaces, but will allow future credit if notice is given two weeks prior to the start of the course. No future credit is given for cancellations two weeks prior to the course, barring extenuating circumstances.

In the event that Prime Paddlesports LLC, has to cancel a course all deposits / payments will be refunded.

## **The SOLO WFA course will be led by: Matt Kane**

- Nationally Registered EMT
- SOLO Wilderness EMT
- SOLO Wilderness Medicine Instructor
- National Ski Patrol Outdoor Emergency Care Technician
- National Ski Patrol Outdoor Emergency Care Instructor
- NYS Basic Ropes Rescue Technician
- Member Cold Spring Fire Dept. - Outdoor / Trail Response
- NYC Outward Bound Schools - Health Director
- Pro Patroller - Victor Constant Ski Area, USMA
- Prime Paddlesports, LLC Owner

Thanks again for your interest in this course, we hope to work with you. Do not hesitate to reach out via email to [info@primepaddlesports.com](mailto:info@primepaddlesports.com) with any questions or by phone at 646-417-4510. Please note that we are often in the field / on the water and phone access is often limited. All messages will be returned as early as possible.

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