

VOYAGEUR QUEST

Wilderness Advanced First Aid - 40 HR

Date: May 8-12, 2023

Location; Voyageur Quest Outfiter Algonquin Park Access #1

Court Cost: \$585 plus HST

Meals and Accommodation cost: \$338 plus HST



This Red Cross Wilderness First Aid comprehensive course takes place at Algonquin Park Access #1 and offers relevant and realistic first-aid training for seasonal outdoor activities and wilderness endeavors and pursuits. Ideal for wilderness guides and anyone who leads recreational wilderness trips

The 4.5-day course will be intensive and will cover a wide range of topics. CPR Level C option has been included in the course. There is a multiple-choice review as well.

Course will begin **1:00 pm on Monday afternoon**. Please be prompt and arrive on time as the days will be long and full. The following day will also begin at 9:00 am. There will be

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breaks for refreshments 1 hr. at mid-day on each of the full days. Be prepared to stay until about 5:00 pm on each of the following days.

You can expect to spend several hours outside each day, so bring appropriate outside clothing, including rain wear, bug shirt, sun protection and solid footwear for bush walking. Course content includes practise scenarios that require participants to role play as first aid patience and rescuers. Make up including simulated blood and other wounds can stain clothing and gear.

Make every attempt to bring clothing that can withstand rough treatment. Other equipment that will be useful includes the following:

- COVID SAFE FACE MASK
- Paper and writing utensils (Pen and Pencil; Pencils are best)
- Clip board
- Sleeping pad or foam (used for simulation)
- Sleeping bag or blanket (used for simulation)
- Tarp and groundsheet (used for simulation)
- Backpack to store all above materials

Please read and fill out the waiver form attached to this letter. For those without a printer, I will have blank copies.

Thank you again for your registration and paperwork.
I look forward to meeting you.

Yours truly,
Rick Wise
Instructor

This course covers the essentials of dealing with disaster and medical emergencies in remote environments:

- CPR-C
- Planning
- Bone, muscle and joint injuries
- Your health
- Sudden medical emergencies
- Assessment
- Environmental emergencies
- Airway emergencies
- Poisons
- Breathing and circulation emergencies

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- Extended care
- Cardiac and respiratory arrest (includes CPR-C)
- Evacuation: transporting the ill or injured
- Wound care injured person
- Head and spine injuries
- Musculoskeletal Injuries
- Evacuation and Communication

ITINERARY WILDERNESS ADVANCED FIRST AID MAY 8-12, 2023

MONDAY MAY 8, 2023 - DAY 1 (Half Day)

12:30pm Rendezvous at VQ base Algonquin Park Access #1

1 pm Course start time: 1pm to 5:00 pm
Registration and introduction
Wilderness Emergency Care
CPR and AED with Wilderness protocols
Leader Responsibilities and Liability
Review of Principal Body Systems
 Overview of Homeostasis
Respiratory, Cardiovascular, Central Nervous Systems

Backcountry Management of Shock
Leadership and Accident Scene Management

Patient Assessment System (SOAP)
Scene survey & safety
Primary survey
 Backcountry implications of CPR
 Airway management
 Spinal cord injury management

5 pm Course End time

TUESDAY, MAY 9 - DAY 2

9:00 am Course Start time

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Secondary Survey

Vitals- establishing a baseline

Medical history

Physical Exam

Reoccurring observations, assessment

Long-term patient care and monitoring

Diabetes

Allergic reactions

Simulation

Backcountry Wound Management

Bleeding

Preventing infection

Promoting healing

Dressing and long-term care

First Aid Kits and Supplies

Backcountry Water Disinfection

Traumatic injuries

Head injuries

Spinal injuries

Chest injuries

Abdominal injuries

5 pm

Course End time

WEDNESDAY, MAY 10, 2023 - DAY 3

9:00 am

Course Start time

Environmental Emergencies

Hypothermia and frostbite

Toxins, bites, stings

Lightning

Submersion accidents

Musculoskeletal injuries

Anatomy

Types of injuries

Assessment

Management

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Practical and Simulations

THURSDAY, MAY 11, 2023 - DAY 4

9:00 am

Course Start time

Medical Problems and Emergencies

Epilepsy and seizures

Gastrointestinal disorders

Medications

Simulations

Course Review

Course Debriefing