



## **Mid-Atlantic Outdoor Recreation Education**



**OVERVIEW:** Wilderness First Aid (WFA) instruction is for anyone who spends time in outdoor settings where access to emergency medical services (EMS) may be delayed from 1 to 6 hours. WFA provides the first aid principles and skills to respond to emergencies and to give care wilderness and remote environments, as well as urban environments experiencing natural or man-made disasters.

WFA is a dynamic, hands-on, skills-based course that uses a mix of classroom instruction and realistic outdoor teaching scenarios tailored to the training audience. MORE instructors have a unique mix of both professional certifications and real-world experience in remote and wilderness environments.

MORE has taught hundreds of individuals these critical life-saving skills. Clients have included the Pennsylvania Department of Conservation & Natural Resources; Boy Scouts of America; Strawberry Hill Nature Preserve; Girl Scouts of Pennsylvania, NY-NJ Appalachian Trail Conference; Professional Trail Builders Association, and other organizations and individuals.

**COURSE CONTENT:** Skills taught in the course address these and other first aid topics –

- ✓ Primary Patient Assessment
- ✓ Secondary Patient Assessment
- ✓ Shock and Acute Stress Reaction
- ✓ Wounds and Wound Care
- ✓ Musculo-Skeletal Injuries
- ✓ Chest Wall Injuries
- ✓ Spinal Injuries
- ✓ Hypothermia
- ✓ Traumatic Brain Injury (TBI)
- ✓ Burns
- ✓ Abdominal Illnesses and Injuries
- ✓ Patient Movement
- ✓ Heat and Cold Illnesses and Injuries
- ✓ Lighting Injuries
- ✓ Submersion Incidents (Drowning)
- ✓ Snake Bite / Envenomation
- ✓ Documentation of Care
- ✓ First Aid Kits for the Wild
- ✓ Asthma and Anaphylaxis

**LENGTH:** Two Days (Approximately 9 hours per day; Total 18 hours)

### **INSTRUCTOR(s):**

- MORE instructors are all certified instructors, authorized to teach this course. MORE instructors are also certified instructors for American Red Cross CPR/AED. Each MORE instructor has extensive professional experience, education, and training that applies directly to this field. (Individual instructors' qualifications available upon request).

## **APPROPRIATE AUDIENCES**

- The information, techniques, and procedures taught by MORE instructors are designed to teach individuals how to deal with emergency situations by using first aid skills in a delayed-help environment. The course is appropriate for leaders from youth-serving organizations as well as adults who participate in outdoor recreational activities or work in wilderness or remote settings where emergency medical services (EMS) response is more than 1 hour away.

## **CONFORMANCE WITH STANDARDS OF PRACTICE**

- The program offers enhanced content and topics that together exceed the 2013 “Minimum Guidelines and Scope of Practice for Wilderness First Aid” which is a consensus industry standard endorsed by National Outdoor Leadership School (NOLS), Stonehearth Outdoor Learning Opportunities (SOLO), and Wilderness Medical Associates (WMA).

## **CERTIFICATION REQUIREMENTS:**

- ✓ Attend all class sessions and successfully participate in all skill sessions and activities
- ✓ Demonstrate competency in all observable skills
- ✓ Successfully complete all scenarios
- ✓ If required by employer / organization, pass optional final written exam with minimum score of 80%

**CERTIFICATE ISSUED:** MORE Wilderness First Aid

**CERTIFICATE PERIOD:** Valid for two years from date of certification

## **MORE –PROVIDED MATERIALS:**

- *All course materials are provided by MORE*

## **PREREQUISITE REQUIREMENTS FOR COURSE REGISTRATION:**

- Possess current Adult CPR/AED certification (may be offered in conjunction with WFA course)
- Be at least 16 years of age on or before the last scheduled course session

## **COSTS:**

- WFA Course = \$200
- CPR/AED = \$65

***For more information, contact us via email at [info@MORE.com](mailto:info@MORE.com)***