



Compassionate
instruction for everyone...

Wilderness & Remote First Aid

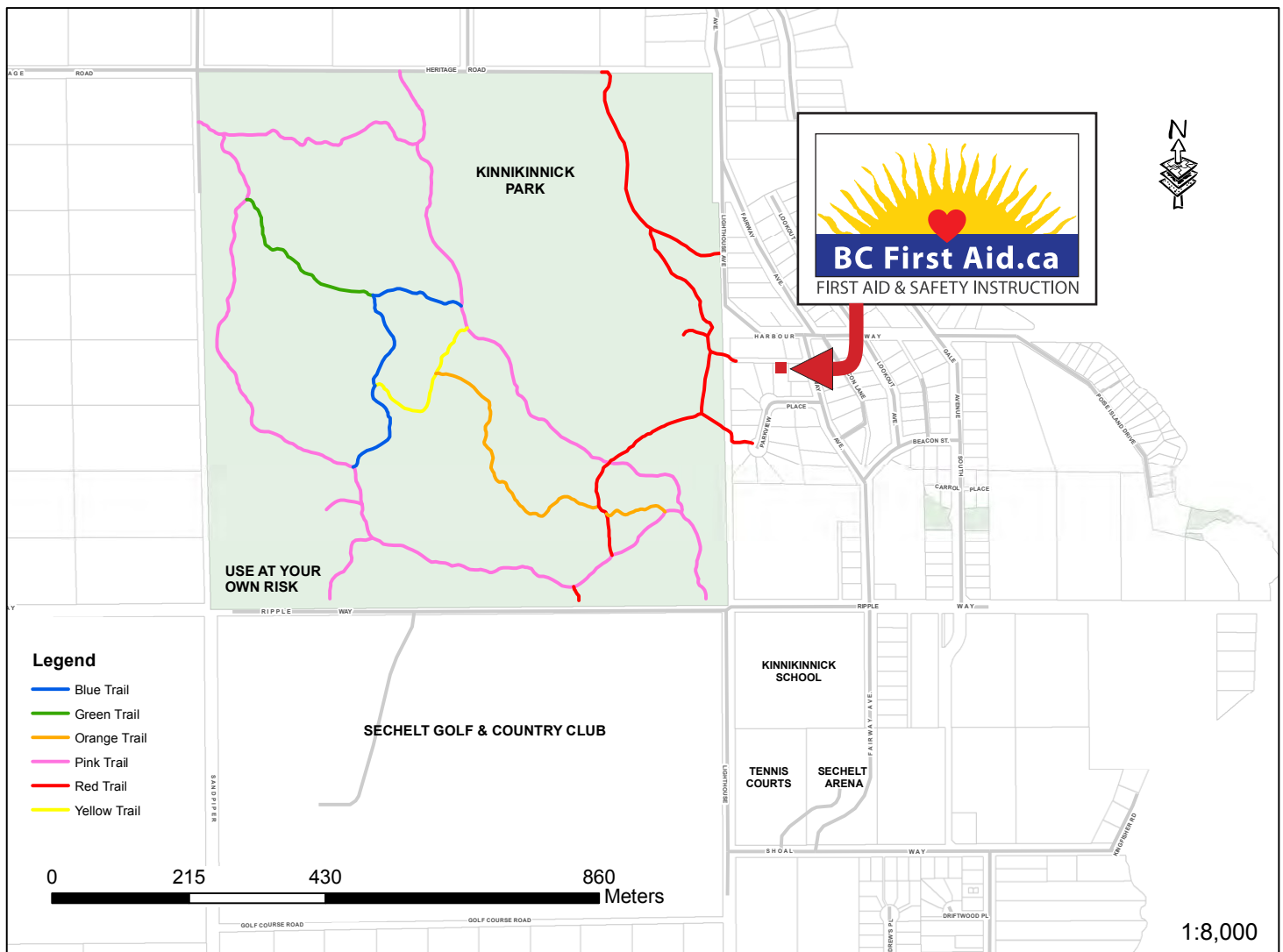
We look forward to having you join us for the Wilderness and Remote First Aid program. This is a fun course that involves a lot of hands-on experience outdoors in a forested setting. Because of the course structure and content, there are some important things to address up front:

- Please review the equipment list and ensure you bring the necessary equipment.
- Please read and sign the 'Risk Awareness and Release' form (Participants under the age of majority must have the appropriate section of the form completed by an authorized parent or guardian.)
- The majority of this course is conducted outdoors, Rain or Shine, please dress appropriately expecting varied terrain including rocks and mud.
- This course involves hands on first aid scenarios, participation and the physical ability to demonstrate the skills during these scenarios is required.
- Please be punctual. Due to the course schedule we can not linger for late-comers.

Should you have any questions prior to the program, don't hesitate to contact us - we would prefer you to be prepared in advance.

phone: 1.877.886.5867
email: info@bcfirstaid.ca

Wilderness & Remote First Aid



Meet at the BC First Aid Training Facility.

Please drive around to the lane to the rear of 6010 Parkview Pl.

Paved parking is available on the property inside the fenced area.

Please do not park in the lane or on the street.

Detailed Directions are available on the www.BCFirstAid.ca web site

Wilderness & Remote First Aid

Equipment List (should have)

- Headlamp with extra batteries
- High Energy Snacks/Food Bars (personal)
- Water and Gatorade crystals are recommended
- Compass and map, GPS
- Communication Device cell phone, 2 way family radio and or sat phone
- Signaling device
- Knife
- Fire Starter and Candle
- Toilette Paper
- Rope
- Hat: ball cap/touque
- Dress - In layers, include synthetic or wool materials
 - Hat or toque
 - Gloves or Mittens
- Sunscreen SPF 30 minimum
- Lip Protection
- Sunglasses

- Bug Protection
- Thermal Wrap
- Jello Powder (with sugar)
- Day Pack
- Whistle - Fox 40 with lanyard recommended
- Socks - extra pair
- Matches: strike-anywhere & stored in a waterproof container and/or a lighter

Required Equipment

- Pen/Pencil
- Paper/notebook
- 2 Large Ziploc bags
- 1 Large Orange Plastic Bag
- Water Bottle
- Flashlight with extra batteries
- Sturdy Footwear - waterproofed boots
- Rain Gear

Please feel free to bring other gear that you use on a regular basis outdoors or any other gear that you have -found useful

We Provide:

First Aid Training Kit Supplies, Tarps, Blankets, Props

We use made up wounds and simulation make-up to create effects. The make up is 'supposed to' wash out but please be aware of what you are wearing.



Risk Awareness and Release

Canadian Red Cross Wilderness & Remote First Aid Program

I, _____ (“Participant”) acknowledge that I am being granted access to the Canadian Red Cross Society’s (“CRC”) (The CRC term includes throughout this document, its directors, officers, employees, volunteers, agents and Authorized Providers) Wilderness & Remote First Aid Program (“Program”). In consideration of CRC accepting my application and admitting me into the Program, I agree to the following terms and conditions of my participation:

1. I acknowledge that I have read descriptive materials provided to me about the Program and have had ample opportunity to ask questions about it. I understand that there are dangers and risks, sometimes extreme, to me in participating in the Program, arising from many factors over which CRC has no control, including:
 - a. *Terrain* – Wilderness training exposes participants to rugged and unpredictable slopes, water hazards and surface conditions, which may increase risk of injury.
 - b. *Falling objects* – These may be experienced in wilderness settings. It is impossible to predict when they may occur.
 - c. *Weather* – Weather conditions may be inclement and extreme and can change rapidly without warning. It is my responsibility to wear proper and sufficient clothing and equipment at all times.
 - d. *Modes of transportation* – There may be increased risk involved in transportation in wilderness environments, whether on country roads and pathways or in off-road locations, and whether by motor vehicle, boat or other machine.
 - e. *Skills of Instructors* – Although CRC uses only trained personnel in the Program, there may be differences in the capacity of different Instructors to respond to conditions and circumstances arising in wilderness locations.
 - f. *Conduct and skills of other Program participants* – A participant in the Program may in various situations face increased risk due to inexperience, poor judgment, negligence or deliberate acts or omissions by another Program participant.
 - g. *Practising First Aid procedures* – risks arise in practising first aid procedures on or with fellow participants: e.g. inappropriate touching; rough handling of body parts; lifting; being transported by stretcher or other means; being constricted by bandages; being injured by first aid equipment.

I voluntarily accept those and all other risks arising for me in the Program, including the risk of serious bodily injury, death, and property damage or loss, whether caused by negligence or by any other cause.

2. I understand that there are rules that apply to all participants in the Program, and that it is my responsibility to learn and observe these rules as they exist from time to time. The rules are available from my Program Instructor.
3. I understand that CRC provides no security to protect my property while I am participating in the Program, and that it is my responsibility to safeguard my property.

4. I accept that where transportation is provided to a site during the Program in a vehicle not owned by CRC, whether or not operated by CRC; CRC is not responsible for my safety or to insure me against risk of injury, and my only recourse, if any, is against the owner of the vehicle and that person's insurer, and not against CRC or its insurer.
5. I fully accept, without recourse against CRC, all risks of injury, illness, theft, loss, or related damages which may result from my participation in the Program, whether during or outside regular Program hours.
6. I waive all rights and entitlement to seek damages or other recourse from CRC, and to bring any action, cause of action or claim for damages for any loss sustained by me as a result of my participation in the Program. I release CRC from liability for injury or loss of any kind arising from my participation in the Program, whether the injury or loss was caused by negligence or by any other cause.
7. I confirm that I am of the age of majority and that I have read and understood this Risk Awareness and Release, intending it to be binding upon my heirs, executors and assigns and all members of my family.

Dated this _____ day of _____, 20 ____.

Name of Participant
Signature of Participant

If the Participant is not of the age of majority, the following must be confirmed on his or her behalf by an authorized parent or guardian:

1. I have read the terms of this Risk Awareness and Release (including the provisions that follow) and have reviewed them with the Participant, who has confirmed that s/he has understood them and accepts them.
2. I have read descriptive materials provided to me about the Program and have had ample opportunity to ask questions about it. For myself, and on behalf of the Participant, I consent to the Participant entering this Program and I accept all of the terms of the Risk Awareness and Release, intending this document and its terms to be binding upon me and upon the Participant, and upon his/her heirs, executors and assigns and all members of his/her family, as well as my own.
3. I release CRC from liability for any loss the Participant, I or my own family may suffer as a result of the Participant's participation in the Program, whether caused by negligence or by any other cause.
4. I warrant to CRC that I have legal authority to act on the Participant's behalf in signing this Risk Awareness and Release.

Dated this _____ day of _____, 20 ____.

Name of Participant
Parent/Guardian's Signature