



**Would you like to go on a Canoe Trip?
Would you like to be certified in
Canoeing and First Aid?**



When: Tues evening Aug. 25 (6:00 pm) until Sun. Aug. 30 (5:00 pm), 2009

Where: McGowan Lake and Fisher Lakes System, Keji area, N.S.

Cost: \$ 425.00 per person (plus HST)

Instructors: Blair Doyle & Deborah Moore-Boylan

To Register: Confirm space is still available and forward the attached registration form and medical form with \$150.00 deposit.

Contact: 222-0868 / 434-9122 / adventure@hfx.eastlink.ca
www.WRFA.ca

Equipment: Necessary gear for canoe tripping. You can provide your own or we have gear available. More detailed information will follow upon registering.

Food: Meals and stoves are provided. You may want to carry along your own favorite float snacks



Besides a very unique Canoe and First Aid training experience you receive:



Red Cross Wilderness and Remote for
Outdoor Leaders First Aid Certification
- and -

CRCA Flatwater A, B, C +
(*Canoe level attained based on performance*)

Canoe/ Kayak N.S. through Paddle Canada (CRCA) offer training in canoe skills and safety. These skills are an advantage for any outdoor enthusiast operating in a professional or recreational capacity. Anyone in wilderness and remote settings will soon discover that they must gain a different mind-set when 911 is not coming in 15 min. A Wilderness and Remote First Aid program will give the participant appreciation for the realities of dealing with emergencies far from the roadside. Combining the two certifications in a moving trip format is a natural amalgamation of skills, safety and environment.

Given the environment, this program will be a very active and experiential approach to learning.

August Trip- Equipment List

Canoeing

- Sleeping Bag (2-3 season)
 - Sleeping Pad (Ensolite, Thermorest)
 - Ground Sheet
 - 10x12 tarp/plastic (6 mil)-shelter construction (sleeping/cooking/emergency)
 - 3-4 Person Tent
 - Repair Kit (for all gear)
 - Rope (various lengths)
 - Glow Sticks
 - Topo Map & Compass
 - Small Bucksaw
 - Rain Gear (top/bottom)
 - Water Bag
 - Eating Utensils/Cooking Utensils
 - Mess Kit (pot/bowl/mug)
 - Personal Water Bottle
 - Stove (fuel/funnel)
 - Flashlight (extra batteries)
 - Whistle
 - Matches (strike-anywhere stored in waterproof containers)
 - Pocket Knife
 - Personal Hygiene (tooth brush/paste/soap/towel/tampons)
 - Sunscreen/Lip Protection
 - Sunglasses
 - Journal & Pencil
 - Personal First Aid Kit (containing personal medications)
 - Toilet Paper & Trowel
 - Fire Starters/Candle
 - Plastic Bags
 - Sturdy Footwear
 - Ball Cap/Wool Hat
 - Head Mesh for bug protection
 - Fly Repellant
- Dress: Include wool or synthetic materials as much as possible, and still think in terms of layering
- 3-4 Pairs of Wool Socks
 - Clothes for the day: T-shirt, long-sleeve shirt, pants, sweater, and windbreaker
 - Back-up clothes: T-shirt(s), long-sleeve shirt, pants, sweater, long underwear, underwear, fleece, shorts

Canoeing Equipment

- Paddle (fitted properly for the individual)
- Extra paddle for every canoe
- PFD for every participant with a whistle attached
- Painters
- Bailer and Sponge
- Kneeling Pads
- Canoe Repair Kit
- Eyeglass Strap
- Flashlight
- Canoe shoes (old sneakers)
- Throw Bag
- Extra Rope (securing packs and gear)

*Make sure all gear is water proofed in plastic bags or zip-lock bags.

APPLICATION FORM

Course Dates applied for: _____

Name: _____

Mailing Address: _____

Postal Code: _____

Phone: (H) _____

(O) _____

Email: _____

Age: _____ Favorite color: _____

Previous Outdoor and canoeing experience:

Reasons for taking this course: _____

Any food particulars we should be aware of?

Have you had any First Aid in the past? _____

If so, what level? _____

Please send this form and cheque or money order deposit of \$150.00 payable to (deposit non-refundable 30 days before program):

Doyle Adventure & Safety, 28 Virginia Ave., Dartmouth, N.S. B2W 2Z7



**Canadian Red Cross
Authorized Provider**

MEDICAL INFORMATION FORM

NAME: _____ SEX: Male: _____ Female: _____

HEALTH CARD #: _____ Expiry: _____

BIRTHDATE: _____

HOME ADDRESS: _____

TELEPHONE: _____

IN CASE OF EMERGENCY NOTIFY: _____

ADDRESS: _____

PHONE: _____

FAMILY DOCTOR (name and phone):

MEDICAL CONCERNS: i.e. allergies, seizures, chronic conditions, etc. Please be specific.

MEDICATIONS	DOSAGE	FREQUENCY

Have you had any recent injuries or illnesses? If yes, please explain:

I HEREBY DECLARE THAT ALL THE INFORMATION PROVIDED IS CORRECT AND ACCURATE TO THE BEST OF MY KNOWLEDGE.

SIGNATURE: _____

PARENT/GUARDIAN SIGNATURE: _____ (If under 19 yrs. of age)

Wilderness and Remote First Aid

This is an experiential based 36 - 40 hour advanced first aid course designed for Outdoor Leaders who will be managing wilderness activities within hours of advanced medical care. This course will enable participants to have an appreciation for the realities of providing First Aid in a Wilderness/ Remote Environment. Emphasis will be on practical skills, decision-making, dealing with the outdoors and confidence building.

Introduction

Wilderness and Remote First Aid vs. Urban First Aid

The Outdoor Leader's Role and Responsibilities

Principle Body Systems - Homeostasis

Shock & Backcountry Management of Shock

Emergency Action Principles & SOAPNOTE

- Accessing E.M.S.
- Primary Survey
- Secondary Survey / Complete Assessment

Obstructed Airways (Adult, Child, Infant)

Rescue Breathing (Adult, Child, Infant)

CPR (Adult, Child, Infant)

Backcountry Realities of CPR

First Aid kits and Supplies

Backcountry water disinfecting

Soft Tissue Injuries

- Wounds & Cleaning
- Burns and Blisters

Head and Spinal Cord Injury Management

- Immobilization and Evacuation Issues

Minor Head Injuries

- Eyes, Ears, Nose, Mouth, Dental

Musculoskeletal Injuries

- Sprains, Strains, Fractures
- Reduction and Improvised splinting

Medical Conditions

- Poisoning, Allergic reactions
- Seizures, Diabetes, Stroke
- Gastrointestinal vs. Acute Abdominal

Environmental Emergencies

- Thermoregulation - Hypothermia and Hyperthermia
- Cold Related Injuries
- Water Related Injuries
- Lightning

Second Aid and Evacuation (ground / water / helicopter)

Nova Scotia Trip and Safety Issues

Course Debriefing and Exam

Flatwater A

Safety

- Swimming
- Retrieving a swamped canoe
- Canoe over canoe rescue

Theory

- Equipment selection
- Equipment knowledge
- Equipment care
- Safe canoeing procedures

Skills (Tandem)

- Launching and removing canoe
- Entering and exiting canoe
- Paddling positions
- Balancing
- Pivots
- Sideward displacement
- Forward straight line
- Stopping
- Landing
- Lifts and carries

Prerequisites: There are no canoeing prerequisites for Flatwater Level A.

Flatwater B

OVERVIEW: This is also a very basic, experience-oriented introduction to canoeing.

Safety

- Swimming and treading water
- Retrieving a swamped canoe
- Canoe over canoe rescue

Theory

- Equipment knowledge
- Outdoor precautions
- Safe canoeing procedures
- Government regulations

Skills (Tandem)

- Trimming
- Changing positions
- Inside and outside turns
- Inside and outside circles
- Inside and outside landings
- Reverse straight line
- Lifts and carries

Prerequisites: CRCA Flatwater Level A

Flatwater C

OVERVIEW: This level builds on the skills introduced in Flatwater A and B by refining the techniques and performing the maneuvers with more precision.

Safety

- Swimming and treading water
- Canoe over canoe rescue
- Reentering canoe

Theory

- Outdoor precautions
- Windy weather precautions
- Environmental awareness

Skills (Tandem)

- Pivots
- Sideward displacement
- Forward straight line
- Inside and outside circles
- Inside and outside landings
- Reverse straight line
- Lifts and carries
- Transporting canoe on vehicle
- Canoe tour

Prerequisites: CRCA Flatwater Level B

Canoe Tripping Level 1

Canoe Tripping Level 1 provides an introduction to canoe tripping for those with little or no tripping experience. Emphasis is on wilderness canoe camping skills and safety.

SAFETY

- Swimming and treading water
- Retrieving a swamped canoe
- Canoe over canoe rescue
- Self rescue
- Line toss and rescue
- Communications

THEORY

- Canoeing heritage
- Canoe design and construction
- Trip planning
- Canoe tripping gear
- Clothing and personal effects
- Tools and repair kits
- Canoeing first aid
- Weather interpretation
- Environmental practices and concerns

SKILLS

- Canoeing
- Food and menu planning
- Packing
- Navigation
- Campsites and shelters
- Fires and stoves
- Knots and lashings
- Portaging
- Canoe trip

Prerequisites: CRCA Flatwater Level C, equivalent certification, or comparable skills and experience (with the permission of the Course Director).