

# Wilderness First Aid Class

7-8 February 2004

The Sierra Club requires that outing leaders be trained in first aid (<http://mitchell.sierraclub.org/outings/policy/FirstAid/index.asp>). For simple outings, 6-8 hours of training every three years is considered sufficient. The Loma Prieta Chapter has been offering such classes for some time; they are also available through the American Red Cross. For more challenging outings, a 16 hour Wilderness First Aid or 80 hour Wilderness First Responder class is either recommended or required. The Chapter's first 16 hour WFA class will be taught by Bobbie Foster of Foster Calm in February 2004.

Foster Calm Wilderness First Aid teaches patient assessment and response to such conditions as shock, bleeding, head and spinal injuries, musculoskeletal injuries, wounds, heat, and cold in a non-urban setting.

Bobbie has been involved in outdoor recreation/education for 12 years. As an employee of the University of California at San Francisco Medical School outdoor program "Outdoors Unlimited," she served as the coordinator of the whitewater canoeing program and was a back country skiing leader/instructor, a back packing leader, budgets manager, publicity coordinator, and risk management supervisor. In 1994, she found her true passion in the field of first aid. She served as OU First Aid Coordinator and Lead Instructor from 1994 to 2001, when she set up her own instructional company. Often assisted by her husband Atwood and several graduates of previous classes seeking additional training as volunteers, she teaches a range of classes at various locations (often including OU) throughout northern California. For more information, see <http://www.fostercalm.org>.

The Loma Prieta Chapter WFA class will convene at 8 AM, Saturday, 7 February, 2004, in the Raptor Suite (large, first-floor meeting room) at the Peninsula Conservation Center, 3921 East Bayshore Road, Palo Alto (for a map, see <http://lomaprieta.sierraclub.org/directory.html>). The Saturday class will run until 5 PM with a one-hour break for lunch. The schedule Sunday will be the same except that part of the afternoon will be devoted to 'scenarios' in which students will practice their skills, and there will be a test.

To enroll in the class, complete the application and send it with a check for \$80 payable to "Sierra Club Loma Prieta Chapter" to

Dick Simpson  
3326 Kipling Street  
Palo Alto, CA 94306-3012

To the extent possible, applications will be processed in the order received except that Sierra Club members will receive priority until two weeks before the class. You will be notified of your status when your application has been received. If accepted, the instructor will mail you a packet of materials a couple weeks before the class

If you have questions or must cancel, contact Dick Simpson (see below) as soon as possible. Your refund (if any) will depend on when you cancel and whether there is a qualified replacement available to take your place.

Class Coordinator: Dick Simpson [rsimpson@stanford.edu](mailto:rsimpson@stanford.edu) 650-494-9272

9 November 2003

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Application

Please complete and return with a check for \$80 payable to "Sierra Club Loma Prieta Chapter" to:

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Applications will be handled as nearly as possible on a first-come, first-served basis except that Sierra Club members will receive preference until two weeks before the class.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone (desirable) \_\_\_\_\_

Work Phone (optional) \_\_\_\_\_

E-Mail (if any) \_\_\_\_\_

Sierra Club Membership Number \_\_\_\_\_

Are you less than 18 years old?

What are your wilderness interests (backpacking, peak climbing, river running, etc.)?

If you are, or have been, a Sierra Club outing leader, please summarize that experience:

If the class is full, would you prefer to be kept on a waiting list or have your application canceled and your check returned immediately (circle one)?

Wait List

Cancel

9 November 2003