

# CDMC

## Event Report

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### Wilderness First Aid Course (event) [return to Reports list](#)

Sat Apr 12 to Sun Apr 13, 2014

Leader: **Carol Hunter**

Co-Leader:

Dave Woolridge of Ridge Wilderness Adventures, Inc., led nine CDMC members through a two-day 20-hour wilderness first aid course. This is the second year that the CDMC has subsidized participation of members in the wilderness first aid training.

We met on a sunny Saturday at the Comox Lake Campground at 8:30 a.m. and set up our classroom at the picnic shelter on the beach. The course content was based on the Canadian Red Cross Wilderness & Remote First Aid Field Guide, and covered topics from trip leadership and planning to how to deal with an emergency in the wilderness. Dave used a variety of teaching methods including using flip charts to record our ideas, demonstrations, scenarios for students to work through and even homework and tests. The most important component of the programme was the guide for assessment and decision-making, as the scope of this first course could not cover more advanced first aid knowledge.

For me this was a challenging, intense experience, but the environment was very supportive for my learning. For the final evaluation, in the woods near the lake, I had developed the confidence to assess and make decisions on my own; one emergency was my companion falling and breaking his arm four hours from the trailhead, another was finding my companion eviscerated by a tree branch. I hope that I never have to manage such emergencies in the wilderness by myself, but I feel that I am better prepared to respond in an appropriate manner. I thank the CDMC for arranging and subsidizing these wilderness first aid training courses for the benefit of all members.

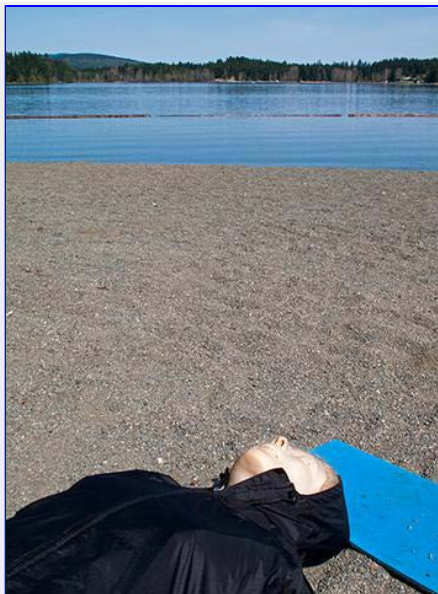
Darrell Tomkins



*Lunch on the Comox Lake  
beach on Day 2*  
[Darrell Tomkins photo]



*Lunch on the Comox Lake  
beach on Day 2*  
[Darrell Tomkins photo]



*CPR Annie*  
*[Darrell Tomkins photo]*

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**Report contributors:** Darrell T,

**Participant list (10 of 10):** pipo D, Ian H, Carol H, Jeanine M, Gordon M, Andy R, Sohlea R, Joan S, Darrell T, Arlene T,

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