

CDMC

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Sat Apr 16 to Sun Apr 17, 2016

Leader: **Juanita Wells**

Co-Leader:

Seven members attended the advanced level of this course held over two days out at the picnic and campground area of Comox Lake.

The course is run by Ridge Wilderness Adventures. RWA was founded in 2005 by Dave Wooldridge who holds many certifications for instructing various levels of first aid and canoeing. Dave has taught first aid for many of the BC Search and Rescue Teams on the mainland as well as for the Department of Fisheries & Oceans and was part of the Red Cross instructor trainer team working with BC RCMP on first aid equivalencies. RWA is the top Wilderness First aid producer for the Red Cross.

Over the weekend participants did a review of level one which includes Standard First Aid, CPR C with AED and shelter building.

The advanced part of the weekend was a more in-depth look at the material from level one including the following: helmet removal, traction & realignment of fractures, tourniquets, jaw thrusts, the criteria for discontinuing spinal precautions and stretcher building.

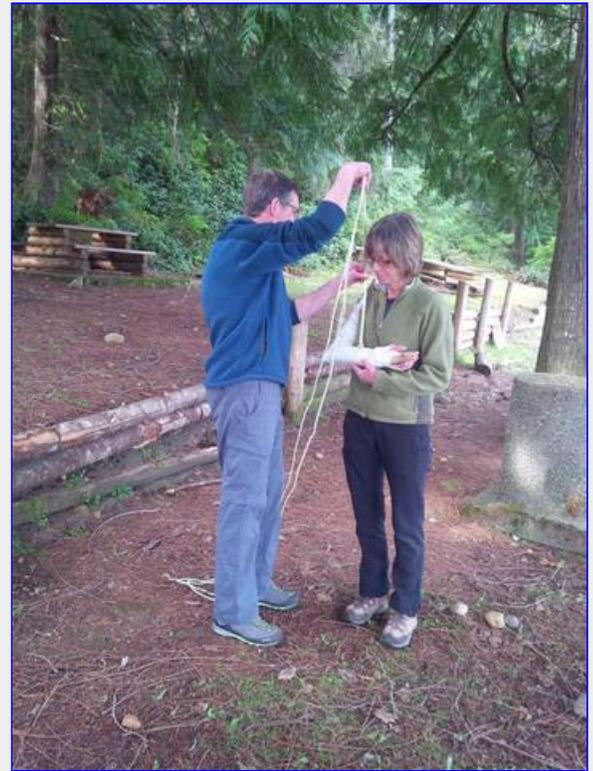
Scenarios were also practiced extensively to teach participants how to deal with an injury in a group setting. Even though all participants took the course material very seriously I would like to thank all of you for your humour and encouragement to all others as it made for an awesome weekend of fun learning.

A special thankyou also goes out to Chelsea, our instructor, for her encouragement, excellent teaching skills and great imagination. (P.S. Chelsea, I think you need to find us a better place to rent our horses from, lol!!)

Kudoos to you all!



John & Susan
[Juanita Wells photo]



Robert & Debra
[Juanita Wells photo]



Tourniquet practice
[Juanita Wells photo]



Burritos
[Juanita Wells photo]



Carol with her new tie, lol!
[Juanita Wells photo]



Improvising
[Juanita Wells photo]



Preparing to transport to safety
[Juanita Wells photo]



Treating casualties of the flying picnic tables!
[Juanita Wells photo]



Help! Robert fell out of the boat!
[Juanita Wells photo]



Carol & Julianna having a bit of fun. :)
[Juanita Wells photo]

Report contributors: Juanita Wells,

Participant list (7 of 7): John Gray, Susan Holvenstot, Carol Hunter, Debra McFadyen, Robert McFadyen, Juanita Wells, Julianna Wells,

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