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Mountain Bike Safety
Wilderness First Aid/CPR (8-hour)

We appreciate your interest in the 8-hour Wilderness First Aid/CPR Course. This Wilderness First Aid (8 hr) course is tailored for mountain bikers and professional rescuers. Whether you're new to first aid or have prior experience, this course welcomes students of all backgrounds and skill levels. No prerequisites or previous training are required. You'll gain valuable skills and have an enjoyable experience. Be prepared for a hands-on, activity-filled day of learning in the outdoors!

We are a National Interscholastic Cycling Association (**NICA**) provider for Mountain Bike Safety. Sierra Rescue presents skills and techniques in accordance with practice guidelines established by the Wilderness Medical Society, as outlined in the Wilderness Medical Society Practice Guidelines. The training also follows American Heart Association and OSHA standards.

Students completing the course will receive an 8hr Wilderness First Aid Card and an OSHA-approved CPR Card. Both certifications are valid for 2 years. This training meets or exceeds the minimum requirements for most CPR/ First Aid training needs.

This is a **level 3 NICA compliance** course that highlights OBT (Over-the-Bars) Trauma and C-Spine injuries, high-velocity lacerations and bleed control, helmet removal protocols, and remote logistics and "The 60-minute rule."

This course includes a waterproof Sierra Rescue International Wilderness & Remote Access First Aid Field Guide and a First Aid & CPR kit.

WHAT TO BRING!

- **Food and water**: Lunch, snacks, and water for the day!
- **Comfortable clothing**: Please dress for the weather. You may want to bring a junk t-shirt for fake blood and/or use it to cut into a T-shirt roll for improvised splinting. We also recommend wearing clothing that you don't mind getting a little dirty, as we'll be outside simulating wilderness injuries.

OVERALL BASIC OUTLINE OF THE COURSE:

Basic Life Support and CPR

- Introductions and Paperwork
- How to keep situations from getting worse
- Scene Survey: What to think about first: scene safety, personal safety, method of injury and resources
- Blood-borne pathogens: safety, prevention, and body substance isolation, Hep B, AIDs, etc.
- Primary Survey: BLS: Nervous system: brain and spinal cord; Circulatory System, and Respiratory System
- AED Training
- Hands on practice w/scenarios
- CPR testing

LUNCH

Trauma Continued:

- Stable (sprains) Musculoskeletal Injuries
- Unstable Injuries (breaks, ligaments, etc)
- Dislocations
- Improvised Splinting Lab
- Wounds! Low and high risk, Burns and Blisters
- Wounds Lab: Wound cleaning using realistic props

Environmental Problems

- Cold injuries and Hypothermia
- Hypothermia wraps, keeping someone warm, warming them up
- Heat Injuries and sunburn
- Heat stroke vs. heat exhaustion
- Electrolyte sickness
- Lightning
- Wilderness Toxins such as: rattlesnakes, black widows, poison oak, etc • Allergic Reactions; Anaphylaxis and local
- Environmental Scenarios

Medical Problems:

- Mini Medical Simulations on:
- Heart attacks: Signs and symptoms/treatment
- Asthma
- Stroke/Seizure
- Diabetes

When Requested:

- Pediatric emergencies: Recognition, management, and prevention of infectious diseases, including immunizations, blood-borne pathogens, and prevention of childhood injuries.
- Epinephrine Auto-injector Certification.

This outline will evolve based on the focus of the participants. Our goal is to give you as much as you can handle in a day and still keep it fun and supportive. We will integrate many scenarios that use the skills that we are learning in class.

Please feel free to contact us directly if you have any questions before the class! Thanks for your interest in this course. We look forward to seeing you soon.