

## American Red Cross/BSA Wilderness and Remote First Aid!

Registration begins with an email to [WaRFA@ScoutCPR.org](mailto:WaRFA@ScoutCPR.org)

The American Red Cross working with the BSA and other high adventure oriented youth organizations has developed a new advanced first aid program called **Wilderness and Remote First Aid**. The NBO Scout Training team offers WaRFA training several times each year at BSA Camp Strake and other locations in the Houston area. Our program is designed for mature Scouts, Venture age teenagers and their leaders that plan activities where professional medical response may be delayed. We use age appropriate techniques to deliver this class to our target teenage audience. Leaders are very welcome and are should take this class with their youth members.



Wilderness and Remote First Aid replaces Wilderness First Aid Basics which was the program previously recommended by the BSA. The new WaRFA program meets the current training requirements for Scout groups planning treks to Philmont Scout Ranch. Philmont requires at least one participant, youth or adult, to have current WaRFA training. The Philmont Scout Ranch, many Council and all BSA high adventure bases encourage ALL participants to have this training. Taking this class with the youth members of your planned trek is an excellent way to prepare. The class provides lifelong skills designed to deal with a medical emergency when professional help is delayed.... Skills that you may use to save the life of a Scout, a good friend, a family member or perhaps a total stranger. Adult leaders can be confident that their youth trained trek members are well prepared to take care of them in an emergency.




Wilderness and Remote First Aid is a

hybrid course that builds on skills and knowledge offered in basic community level classes along with an introduction to some of the more advanced techniques presented in programs like BSA Lifeguard, American Red Cross Lifeguarding and First Responder level classes. The skills presented are more or less the same skills taught in a basic level class with additional instruction on how to improvise and adapt them to a delayed care environment. The knowledge presented is tailored to how to help a victim when professional care will be delayed. This includes how to complete a scene size-up, recognize and handle immediate life threatening conditions, techniques to conduct an initial and ongoing patient assessment, techniques to deal with potential head, neck and back injuries and methods to move or transport an injured victim when necessary. Participants learn to see emergencies through the eyes of a professional first responder.

The NBO Scout Training Team offers WaRFA classes at several wilderness settings in the Houston Texas area. The class is 16-20 hours of instruction and includes presentations, videos, demonstrations, patient assessment practice on "real" victims, and realistic, fully moulaged multi-casualty scenarios. Our WaRFA alumni and our EMR/LG trained teenagers are our "victims" The multi-casualty scenarios are the highlight of the class which is a cross between an X-treme First Aid meet and the Texas Chainsaw Massacre. The scenarios require the proper use of the skills and concepts taught in the class and require participants to work together as a team.

The WaRFA class is open to mature teenagers, fourteen and older (or registered Venturers) and adult leaders. Youth and adult participants should be comfortable with basic first aid skills. Current Adult CPR/AED certification is a prerequisite for this class and current basic level certification in First Aid is recommended. The NBO Scout Training team offers basic level CPR/AED and First Aid classes designed for Scouts and Scouters several time a year. The basic level classes are available from The American Res Cross too. See their national website for class locations.

***We need Youth and Adult instructors for our Wilderness and Remote First Aid Program!  
Please email us if you are interested in becoming an instructor!***



*Together, we can  
save a life*

### Training Programs for Scouts

The Woodlands  
Conroe, TEXAS      The Northern Branch Office Scout Training Team

Sam Houston Area Council

University of Scouting Issue

Spring 2015

## Scouting is a game... and Crew-911 knows how to play!

Crew-911 offers area teens, fourteen and older and young adults the opportunity to learn and practice advanced first aid, lifesaving, and rescue skills... Our youth members operate the largest BAT Basic Aid Training program for WEBELOS in the country. Our youth Crew members, adult leaders, and green shirted friends are a part of one of the largest and most unique volunteer Scout training teams in the country. Crew-911 is nationally recognized for our programs, especially the Wilderness and Remote First Aid class and our First Responder/Lifeguarding program for Venturers. Crew-911 has quite a reputation in our District and our Council... for providing a unique service to Scouting, to our Community and having fun doing it!

Crew-911 members have the opportunity to become American Red Cross certified instructors. Our youth and adult instructors have trained over 30,000 Scouts and Scouters in our 24 year history. Many boys and girls and adults have responded with confidence when called on to use skills they learned from our teenage instructors. Over two dozen have now been recognized by both The American Red Cross and the BSA for extraordinary acts of heroism.

Looking for a great summer job? Trained Crew-911 youth members are in demand for Summer Camp aquatic staff positions at our SHAC camps as well as Summer Camp programs across the country. Our guys with EMR certification have the opportunity to staff at BSA National high adventure bases. Area pools also recognize Crew-911 trained Lifeguards as among the best around.

Need Community Service Hours? The hours rack up fast and our members have fun too. You can earn volunteer hours for Scout advancement, high school credit, Order of the Arrow Service Hours along with the satisfaction of helping your community. Crew-911 youth members provided over 4,000 hours of volunteer service last year.

Want to earn the Venturing First Aid Ranger Elective? Combinations of our Wilderness and Remote First Aid, Emergency Medical Response and our American Red Cross certified youth instructor programs will make meeting the required training a fun experience. The advanced programs also help meet the requirements for Sea Scout Quartermaster.

Want to be the lead volunteer at an American Red Cross First Aid Station? Crew-911 members provide first aid support for many Council events. Our guys handle First Aid for Scout Fair every year and we provided First Aid coverage for SHAC Jam. Trained members get the opportunity to staff American Red Cross stations at a variety of Houston area events too.

Considering a medical or EMS career? Our advanced training is a great way to start. Over twenty-five Crew-911 alumni have gone on to become Physicians, Surgeons, Registered Nurses, Research Physicians and EMT professionals. In Montgomery County, the Paramedic that you see responding may have begun his training with our EMR/LG program.

Applying to College or for a job? First Responder, and American Red Cross-Instructor certification sure looks good on your resume. Crew Membership along with lots of volunteer and community service hours helps too.

Train with us or join Crew-911! We are the largest First Aid-CPR/AED, Wilderness and Remote First Aid, Canoeing/Kayaking, Emergency Medical Response/Lifeguarding, BAT Basic Aid Training youth training resource in our Council! Our programs are available to Boy Scouts, Girl Scouts, other approved youth groups and their adult leaders. American Heritage Girls, Civil Air Patrol members are very welcome too. Check us out. [www.scoutcpr.org](http://www.scoutcpr.org) Crew-911 may be just what you are looking for.



**Interested in Joining Crew-911? Email us: [C911@scoutcpr.org](mailto:C911@scoutcpr.org)**

## Emergency Medical Response "First Responder" Training...



American Red Cross Emergency Medical Response is a class designed for our older Scouts who want advanced First Responder training. This class includes extensive rescue training, advanced CPR and First Aid skills, spinal injury management, extracting victims from unusual positions, emergency child birth, oxygen administration, blood pressure monitoring and use of Automated External Defibrillators. The class includes ARC/BSA Lifeguard Training. Emergency Medical Response with Lifeguard Training requires over 90 hours of classroom, pool and skills practice. This class is scheduled once each year beginning the first Sunday in January.

The Emergency Medical Response class is open to all registered Scouts and Scouters, 15 years old and older. Preference is given to our youth BAT and CPR-FA instructors. We suggest that all participants have a current Community CPR or a CPR-FPR card. There are strict age and swimming prerequisites for the Lifeguard Training portion. Scouts must have the recommendation of their Scoutmaster, parents permission and approval from the Course Director to participate. The academic material is presented at a Junior College level. This is not an easy course... but the reward for successful completion is great!

Those who successfully complete the class will receive certificates in Oxygen Administration, Preventing Disease Transmission, Automated External Defibrillation, CPR for the Professional Rescuer and Lifeguarding. The training looks really good on a teenagers summer job resume! Area pools and the Summer Camp Staff recruiters know the value of this advanced training. What a great way to get started in a medical or EMS career! This training meets or exceeds the recommendations from Philmont for tour leaders and participants and covers the medical specialty option for Venturing Ranger.



Scouts with Emergency Medical Response training will have the opportunity to staff American Red Cross First Aid Stations at area concerts, athletic events and at the annual SHAC Scout Fair. They may also serve as senior waterfront staff for the Deer Lake Canoe Clinic. Girl Scout leaders often offer part-time job opportunities helping with aquatic events at local camps. Emergency Medical Response trained Scouts are a welcome addition to any high adventure patrol. Many BSA high adventure camps aggressively recruit our "First Responders" too.

The first class meeting is always the first Sunday in January at the ARC/NBO office in The Woodlands. This class is "College Level" and requires 9 to 10 weeks to complete. Space is very limited in the Emergency Medical Response class and early reservations always are encouraged.

Registration begins with an email to [EMR@ScoutCPR.org](mailto:EMR@ScoutCPR.org)

## CPR/AED and First Aid Training... for Scouts and Scouters!

The American Red Cross CPR/AED program is perfect training for the Boy Scout First Aid Merit Badge and meets the minimum recommended training for Scouters. The class offers a balance of basic level skills training and accident prevention. The new on-line participant material offers those who have taken the class previously a fresh approach to training that may save your life... or the life of a friend!

The class covers Responding to Emergencies, Adult CPR with AED and First Aid. The video segments show realistic scenarios and the class emphasis is on providing appropriate care quickly and with confidence. Adult CPR/AED certification is now a prerequisite for Wilderness and Remote First Aid training.

See The [ScoutCPR.org](http://ScoutCPR.org) Web site for our current schedule and registration information

**Mature teenagers, sixteen and older can train to become FA-CPR/AED for the Lay Responder Instructors. The instructor certification along with completion of any of the advanced programs we offer meets the elective requirements for the First Aid Venturing Ranger award. Email us for details... [C911@scoutcpr.org](mailto:C911@scoutcpr.org)**

## The Deer Lake Canoe Clinic - Kayaking Too!

The Deer Lake Canoe Clinic was a fun weekend designed to provide teenage boys and girls with water safety and boat handling skills instruction. Over the twenty plus years The NBO Scout Training Team offered the training to over 6,000 Scouts and Scouters. Adults saw the "Principles of Scouting" in action each weekend... The students just learned safe boating skills and had a lot of fun too!

A few years ago, our Council dropped the requirement for adult flat water training. Interest in our programs continued though and participation, especially Scouting youth, actually increased. Out spring and fall clinics remained popular and were almost always sold out! Unfortunately it became more and more difficult for us to operate our programs at Camp Strake. There were no real alternatives the council offered. In 2013 we chose to pull all our programs from Camp Strake and moved the canoe program to GSUSA facilities.



The American Red Cross dropped support for the Fundamentals of Canoeing program in 2008. We continued to operate the program here in Houston as a Chapter Supported program. Unfortunately, all ARC support for the existing canoe program was terminated in 2014 leaving us without a certification class!

Coming this fall, 2015 at a venue yet to be determined we plan offer a new Canoe and Kayak program that is yet to be developed! The new program will likely offer:

### BSA Canoe Merit Badge

**A basic level skills class similar to the ARC Fundamentals of Canoeing program but based on BSA Paddle Craft Safety. An advanced skills class with perhaps a moving water component.**

We will announce the new program on our webpage by mid-August and we are planning our first test class perhaps September 26-28. The cost of the new program and the format will be very similar to our previous classes. To be sure, our program will follow BSA guidelines for training and will be designed especially for mature teenagers!

## "BAT" Basic Aid Training...WEBELOS ReadyMan!

Our youth BAT Instructors provided the American Red Cross BAT "Basic Aid Training" program to over 300 area 4th and 5th grade boys and girls last year. BAT is a truly fun class designed especially for our WEBELOS and Junior Girl Scouts. The American Red Cross BAT program teaches accident prevention and beginning first aid skills to fourth and fifth grade boys and girls. Our all day program meets most of the requirements for the WEBELOS Readyman badge and is fun too.



The BAT class is made up of 12 modules each demonstrating a first aid, accident prevention or safety skill. The class begins with First Thing First which explains what to do in an emergency. The class gets acquainted with the American Red Cross child mannequin "Junior" to learn the rescue breathing skill. The All Choked Up module teaches abdominal thrusts, Ouch teaches minor wound and burn care, Famous Fire Facts reinforces basic fire safety, Poison Patrol discusses how to prevent and treat poisoning. Other modules such as Water Whiz cover basic water safety including an introduction to BSA safe swim defense. Safe Wheels is a bicycle safety module.

Just Say No, Cautious Kids and Lost and Found provide the boys and girls with age appropriate information on ways to stay safe and avoid dangerous situations.

The BAT class is a combination of videos, demonstrations, skill practice, hikes, outdoor activities, games and contests. Lunch is always good too! Guest speakers often stop by. The BAT program is definitely not a boring lecture class! The American Red Cross certified teenage instructors keep it interesting and keep the class moving.

See The [ScoutCPR.org](http://ScoutCPR.org) Web site for our current schedule and registration information  
**We have a youth BAT-Instructor program for Venture Age Teenagers!**