

# C911

The Woodlands  
Conroe, TEXAS



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save a life*



**American  
Red Cross**

## **Training Programs for Scouts**

**The Northern Branch Office Scout Training Team**

Sam Houston Area Council

University of Scouting

February 11, 2012

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



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 especially 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 encouraged to 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 plan-

ning 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 level of training. Taking this class along with the youth members of your planned trek is an excellent way to prepare. The class provides life-long skills designed to deal with a medical emergency when professional help is delayed.... Skills that may be used 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 are taught to see an emergency situation through the eyes of a professional first responder.

The NBO Scout Training Team offers WaRFA classes at several wilderness venues 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. The multi-causality scenarios are the highlight of the class. 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 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 at BSA Camp Strake and other locations in the Houston area.

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

## ***The Deer Lake Canoe Clinic - Kayaking Too!***



The Deer Lake Canoe Clinic began offering canoe training to Scouts and Scouters In 1992. Roger Smith started the program as “in-house” training for Troop 777 Venture Scouts offering the American Red Cross Fundamentals of Canoeing class. The program quickly grew into a George Strake District training opportunity for all area Troops. Word got out and the program really began to take off.

An Advanced Fundamentals class and an Instructor Class were added in 1994 and the first Fundamentals of Kayaking class was added in 1996 as well as program changes to accommodate our LDS Scouts. American Red Cross Basic Water Rescue and Small Craft Safety Classes were added in 1998 along with the Texas Parks and Wildlife Department Boater Basics program. We now have Troops, Posts, Crews and Ships attending from all over our Council and neighboring Councils. The Deer Lake Canoe Clinic is available to all registered Boy Scouts, Venturers and their leaders. Girl Scouts and American Heritage Girls are welcome too. Since 1992, over 7,000 Scouts and Scouters have attended the Deer Lake Canoe Clinic.



The Deer Lake Canoe Clinic is a fun weekend designed to provide teenage boys and girls with water safety and boat handling skills instruction. The format is like a BSA summer camp program with a large and active youth staff. Our youth staffers are all ARC trained Instructor Aids. Adults will see the “Principles of Scouting” in action all weekend... The students just have fun!

Adults are welcome too. The Deer Lake Canoe Clinic program is recommended by the Sam Houston Area Council for Adult Flat-water Training. We recommend that adults plan to take the Fundamentals of Canoeing class the year before their Scouts are scheduled to take the class. Leaders can then take the “Review” Class or the Instructor Class while their Scouts complete Fundamentals. Following this plan better prepares Scout leaders to safely conduct flat-water outings and help the Scouts use their newly learned paddling skills.

The Deer Lake Canoe Clinic is scheduled twice each year at BSA Camp Strake. The Spring class is coordinated with the Scout Fair dates and our Fall clinic is usually the last or next to last weekend in September.



## ***Join Our Training Team!***

Scouters and mature teenagers, sixteen and older, can train with us to become FA-CPR/AED-Instructors. Qualified candidates should be prepared to demonstrate Adult, Child and Infant CPR/AED skills in good order and easily pass the basic level written tests. You will also need to complete Fundamentals of Instructor Training. The FIT class is now available on-line. The FA-CPR/AED-instructor program requires 12 hours of class time and is generally offered on a two-day Saturday/Sunday format. We encourage eligible youth candidates to train as instructors.

We also offer a Basic Aid Training- Instructor program for mature teenagers, fifteen and older. BAT is a program designed especially for fourth and fifth grade boys and girls. BAT-Instructor is good way to begin training as a FA-CPR/AED-Instructor. Our youth instructor program can become a part of the Venturer Ranger electives too.



## 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 now 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. 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 Ventureing 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.

## ***CPR/AED and First Aid Training... for Scouts and Scouters! The certification period is now two years!***

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 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 FA-CPR/AED program uses the very successful watch and learn format too.

The class covers Responding to Emergencies, Adult CPR with AED and First Aid. The DVD 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.

Please remember that advance reservations are required. The scheduled classes fill up fast. Check our web site for the current schedule. You can register on-line for our CPR and BAT programs too. Lunch is included in the \$25.00 class fee.

***See our web site for our FA-CPR/AED Schedule***

## **"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.



The cost for the BAT class taught at Camp Strake is \$20.00 per person which includes a BAT workbook, a special embroidered patch and completion certificate plus a great lunch served in one of Camp Strake Dining Halls. Check-in for our BAT class begins at 8:00 AM and the class starts promptly at 8:30 AM. We coordinate our class completion time to coincide with our adult CPR/FA class which is usually around 4:00 PM. The Conference Center is located at Boy Scout Camp Strake which is just south of Conroe, Texas. See our web site for directions. Our May 2012 BAT class will meet at The Grand Lake Dining Hall.

Please read our adult supervision policy. Our staff will do every thing we can to assist you with this requirement. Remember, advance reservations are required and most of our class dates fill up fast. Please email us if you need to add to your reservation. We will try very hard to accommodate you and your WEBELOS. We can usually work it out. The reservation deadline is 9:00 PM Monday evening the week of the scheduled class.

You can register your Scouts on-line. Please email us if you are having difficulty registering on-line. Please make checks payable to "NBO Scout Training Team". Bring your check along with a copy of your reservation form with you when you check in Saturday morning. Reservations are usually acknowledged by email by Tuesday before the scheduled class date. Additional information will be provided with your confirmation email. Please do not mail applications to our PO Box. We now process all applications for CPR/FA and BAT classes by our on-line system or by email.

BAT classes are held in conjunction with our adult CPR and First Aid training. Cub leaders and parents can take advantage of the adult training while the WEBELOS participate in the BAT class. Our Boy Scout and Girl Scout instructors actually run the BAT class. Star, Life and Eagle Scouts and our Girl Scout staffers are great role models for our younger Scouts. Our BAT class is a fun experience.



**Check [www.scoutcpr.org](http://www.scoutcpr.org) for the current class schedule**