



**Tonto Rim Search and Rescue (TRSAR)
Wilderness First Aid Course Policy**

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SECTION I. PURPOSE

This policy provides requirements for the Tonto Rim Search and Rescue Wilderness First Aid (WFA) Course. The training provided in this course gives members the knowledge and skills to enable them to render aid until advanced medical personnel arrive.

This course is intended to serve as a resource for TRSAR when involved in medical situations that go beyond the scope of traditional urban first aid; especially, for those times when a patient requires immediate medical care, or when professional medical care is delayed or not available. This course is intended to provide knowledge and skills necessary to deal with these emergencies in the extreme environments.

SECTION II. REQUIREMENT

A. Prerequisite for the TRSAR Wilderness First Aid Course

1. Must be a TRSAR Member, exceptions will only be made with permission of Course Director.

B. Requirements for Certification

1. Must attend, participate and complete two (2) days, (approximately 16 hour) TRSAR Wilderness First Aid Course.
2. Must be able to demonstrate competency and proficiency in each and every skill taught in the course and be able to perform the skills correctly without guidance.
3. Must pass the TRSAR Wilderness First Aid Course written exam with a minimum of 80%.
4. Outside courses or online courses without "hands on experience" do not qualify for TRSAR certification without prior board approval. Outside courses should match or exceed the standards set in sections "G." and "H." below.

C. Certification Length

1. The certification for the TRSAR Wilderness First Aid Course is two (2) years.
2. TRSAR certifies members internally.

D. Course Instructors

1. If possible, instructors should be TRSAR members.
2. Medical physicians: particularly those with primary care, emergency, or orthopedic training and austere experience and training are considered qualified and should be considered as primary Course Directors.

3. Other personnel trained as EMT's, Paramedics, RN's, WFR with additional "instructor certification" from organizations such as NASAR or ECSI may serve as instructors and with enough teaching experience may elevate to Course Directors. Austere experience and training should also be considered when determining primary Course Directors.
4. Course Directors, at their discretion, may delegate teaching subjects to interested and capable personnel.

E. Course Text and References

1. AAOS "Wilderness First Aid", current edition, Emergency Care in Remote Locations.
2. Auerbach's Wilderness Medicine, current edition, reference text
3. Journal of the Wilderness Medical Society, articles relevant to Search and Rescue
4. Course texts are provided by TRSAR and access to Auerbach's is available via the Course Director

F. Course Objective

1. The primary objective of the is to provide members with a comprehensive skillset for dealing with all manner of injuries from minor to life threatening in the austere environment.

G. Course material will include, but is not limited to, thorough discussion, demonstration and understanding of the following subjects:

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| 1. Legal issues, consent | 16. Upper Extremity/Spine |
| 2. Personal Protection | 17. Diabetes |
| 3. Primary Assessment | 18. Foot Blisters |
| 4. Stop the Bleeding | 19. Abdominal Pain |
| 5. Airway, Breathing, Circulation | 20. Lightning |
| 6. Secondary Assessment | 21. Triage |
| 7. AED | 22. SAR Altered Mental Status |
| 8. EPI Pens | 23. Vaso Vagal Syncope |
| 9. Shocks | 24. Children/Autism |
| 10. Hypothermia | 25. Improvisational Techniques |
| 11. Heat Injuries | 26. Snakes |
| 12. Dehydration / Hyponatremia | 27. Penetrating Injuries |
| 13. Lower Extremity | 28. Burns |
| 14. Chest Injury | 29. Tooth and Eye Injuries |
| 15. Water Purification | |

H. "Hands on Training" is essential, but not limited to the following practice stations. Students rotate stations to learn and practice each and every skill. In future evolutions of the course returning students are given the opportunity to teach and proctor these techniques under supervision.

1. Patient Assessment
2. Wound Dressing and Bandages
3. Ankle Taping
4. Malleable (SAM) Splint Construction including Cervical Collars
5. Carries and Drags
6. Hypothermia Wrap (Cocoon/Burrito)

7. Bleeding Control and Tourniquets (Commercial and Improvised)
8. Pelvic Stabilization and Femoral Traction (Both Improvised)
9. Reduction of Anterior Shoulder Dislocation

- I. Multiple, complex scenarios, using “moulaged” subjects will be developed. Students will be divided into teams to assess, stabilize and transport their subjects. After completion of all groups, scenarios will be debriefed with the group as a whole.
- J. As previously stated, students must fully attend both days and be observed to be active participants in educational process. They must be cooperative and willing to work with their teammates in order to receive certification. Any issues will be resolved by the Course Director.
- K. TRSAR squad members are encouraged to attend official TRSAR trainings. In situations where a squad member is unable to attend a scheduled TRSAR required training, outside training intended to satisfy a TRSAR training requirements must receive prior approval from both the TRSAR Board and the appropriate TRSAR course owner.