

Wilderness First Aid Courses Offered with Goal to Save Lives and Limbs *Catalina Council, BSA (Boy Scouts of America) Hosts Courses Open to All*



Many gather at Double V Scout Ranch to take the hands-on Wilderness First Aid Course.

TUCSON, ARIZ (May 25, 2023) – A two-day Wilderness First Aid course, open to the public, teaches people what to do when emergency responders aren’t quickly available. Twelve attended the most recent event including Scouts, Scout leaders, and individuals from community organizations, including hiking and mountain bike groups. Tucsonan John Longhofer—previously an American Red Cross Instructor—teaches the organization’s Wilderness First Aid course across Southern Arizona and around the nation spreading awareness and providing hands-on learning for youth and adults.

Situations from simple to life-threatening emergencies can happen at any moment. The 16+ hour course covers various potential scenarios and how to handle them in the event of an emergency — minor or major, indoors or outdoors. The ARC curriculum includes Basic First Aid, CPR and AED training, and advanced First Aid is provided through hands-on scenarios in an outdoor environment. It is recommended for people 14 years and older with refresher courses encouraged every 2 years.

“A lot of it is common sense for signs and symptoms — being able to diagnose what the issue is and try to help yourself or someone else so they have a better outcome,” Longhofer said, who has been involved in numerous situations, minor to life-threatening, and has helped save lives all over the country.

Longhofer teaches various individuals, from youth that are active in outdoor recreational activities, to company staff. “Everyone needs to have basic first aid skills—especially CPR and AED use. It could save

your life or someone else's." His courses are open to all, but Scouts, Scout leaders and community youth groups that give their time back to the community get the \$150 course at half price.

The next Wilderness First Aid course will be held on Saturday, October 28, through Sunday October 29 from 8 a.m. to 5 p.m. at the Double V Scout Ranch, 3801 South Kinney Road. Registration opens Thursday, June 1, 2023. Visit catalinacouncil.org to learn more or contact johnlonghofer@gmail.com to schedule your organization's First Aid course.

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