



SOLO Wilderness First Aid and CPR (16 hours)

Increase your level of outdoor safety by learning the basics of backcountry medical care by taking a Wilderness First Aid (WFA) course. The WFA is the perfect course for mountain bikers, hikers, climbers, outdoor enthusiasts, and outdoor leaders who wants a basic level of first aid training for short trips with family, friends, or outdoor groups.

This 16 hour course focuses on the basics of Response and Patient Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue injuries, and Medical Emergencies. Adult and child SOLO CPR certification training is also provided as a part of this course meeting the ILCOR/AHA 2015 guidelines for CPR skills.

Kingdom Adventures Mountain Guides, LLC serves as the authorized sponsor of SOLO Wilderness First Aid (WFA) and SOLO CPR courses in Northern Vermont.

Professional Credential: SOLO Wilderness First Aid (WFA) and SOLO CPR

Instructor: John Kascenska

Who participates?

The WFA is the perfect course for mountain bikers, hikers, climbers, outdoor enthusiasts, and outdoor leaders who wants a basic level of first aid training for short trips with family, friends, or outdoor groups.

[REGISTER today at www. LyndonState.edu/Professional](http://www.LyndonState.edu/Professional)