



# IAN Summer Workshop 2018 – Wilderness Training

## Ingawanis Woodland Bremer County

### 2588 Hawthorne Avenue, Janesville

(Please note this location is **different** than the Ingawanis Adventure Base or the Ingawanis Boy Scout Camp)

#### Wednesday, August 1

- 10:00 - 10:30 a.m. Registration Eagle Lodge - Introductions, hand out gear, set up campsites, review schedule
- 10:30 - 11:30 a.m. Wilderness First Aid, Mark Curran, CrawDaddy Outdoors - Introduction and assessment I

Everyone should be prepared for injuries and medical problems when situation arise where professional medical care is not readily available. Wilderness First Aid (WFA) training prepares you to deal with emergency situations when help is an hour, day, or even a week away. Thus, you could find yourself in a "wilderness" situation in your own home. WFA training does not teach first aid skills, but instead teaches you to make proper assessments and informed decisions for giving treatment to injured or ill persons in remote areas. This course is a 16-hour, 2-year certification from the Emergency Care & Safety Institute (ECSI). Your fee includes a weather-resistant Field Guide that can be a valuable resource to you at home or on your next backcountry adventure.

- 11:30 a.m. - 12:30 p.m. Lunch - Sack lunch (Bring your own)
- 12:30 - 1:30 p.m. Wilderness First Aid: Assessment II
- 1:30 - 2:15 p.m. Leave No Trace Basics, Heather Hucka, Story CCB
- 2:15 - 2:30 p.m. Break
- 2:30 - 5:00 p.m. Wilderness First Aid: Chest Injuries, shock, head and spine injuries, bone and joint injuries
- 5:00 - 6:00 p.m. Camp stove use and supper preparation
- 6:00 - ???? p.m. Dinner (Dehydrated Meals) and round table discussion: Different type of trips and marketing

#### Thursday, August 2

- 7:30 - 8:30 a.m. Breakfast preparation and meal, lunch preparation
- 8:30 - 11:30 a.m. Wilderness First Aid: Wounds, wound infections, abdominal problems, hypothermia, heat problems
- 11:30 a.m. - 12:30 p.m. Lunch on trail
- 12:30 - 2:30 p.m. Wilderness First Aid: Lightning, altitude sickness, submersion incidents, allergies, anaphylaxis
- 2:30 - 2:45 p.m. Break
- 2:45 - 4:45 p.m. Wilderness First Aid: Final scenario, wilderness first aid kits, closing and evaluations
- 4:45 - 6:00 p.m. Food planning, preparation, dehydration, dietary planning – Sondra Cabell, Buchanan CCB
- 6:00 - ???? p.m. Dinner (Store Bought Meals) and round table discussion: Evening activities, safety, and emergency procedures

#### Friday, August 3

- 7:30 - 8:30 a.m. Breakfast preparation and meal
- 8:30 - 10:30 a.m. Round table discussions: Pre and post trip meeting and evaluations, travel and transportation
- 10:30 - 11:00 a.m. Discuss IAN Trip Leader Standards
- 11:00 a.m. - 12:00 p.m. Clean-up gear and head home (Lunch will be on your own)

## Summer 2018 IAN Workshop - August 1st - 3rd

Wilderness Committee, Bremer County Conservation, CrawDaddy Outdoors - Wilderness Training

Ingawanis Woodland Bremer County - 2588 Hawthorne Avenue, Janesville

Name \_\_\_\_\_

Affiliation \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Alternate Phone # \_\_\_\_\_

\*E-mail \_\_\_\_\_

\*(Please indicate if this is a new e-mail address or you need to be added to the listserv)

### Meals (please check all that apply)

Wednesday Dinner - Dehydrated Dinner Potluck	Herbivore ____ Carnivore ____	\$6.00 ____
Thursday Breakfast - Backpack Breakfast		\$3.00 ____
Thursday Lunch - Backpacking Lunch		\$5.00 ____
Thursday Dinner - Store Bought Backpacking Meals	Herbivore ____ Carnivore ____	\$5.00 ____
Friday Breakfast - Backpack Breakfast		\$3.00 ____

Special Dietary Needs: \_\_\_\_\_

### Additional Expenses:

Workshop Fee (Required) \$95.00

Membership - If not already a member \$20.00 \_\_\_\_\_

Meal Total \_\_\_\_\_

**Total** \_\_\_\_\_

Please make checks payable to:

IAN Treasurer

Mail Payment Form to:

Emily Herring, IAN Workshop Coordinator

2349 233rd Street

Marshalltown, IA 50158

**No Late Registration Allowed - Registration Deadline July 9th, 2018**

**Workshop Fee includes class to become 2-year certified from the Emergency Care & Safety Institute**

*Please contact the Emily Herring at eherring@marshallcountya.gov or 641-752-5490 with any additional questions. If your payment will not arrive by the registration deadline, please let Emily know by calling or emailing. If your registration form is not received by the deadline, you will not be able to register. No exceptions. If you cancel after the deadline, some or all of the fee will be kept.*