

THE NEWSLETTER
OF THE AMERICAN
CAMP ASSOCIATION
VIRGINIAS

Around the Campfire

FALL 2012

SPECIAL POINTS OF INTEREST:

A camp counselor's
unexpected adven-
ture. p. 4

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[The article on the following two pages is shown as it appeared in this newsletter on pages 8 – 9. Articles from pages 1 – 7 have been removed for ease of reading. For the full newsletter, click "Fall 2012" at <http://www.acacamps.org/virginias/newsletter>]

Injury Care: The Real How-to

By Matthew Rosefsky

Before, "my first aid training was to stop the bleeding and call 911. After the [SOLO Wilderness First Aid] class, I am very confident that I could handle many of the problems that can arrive in the back country. But what made the class exceptional was the way Matt lead the instruction. Matt provided the theory, the background behind the theory, an explanation of why the body was reacting to a certain situation and the symptoms that it produced. This was great for me because memorization has never been my strong point, but if I understood the basics I can always figure out the next step which will stay with me much longer."

~Joseph Sites, June 9, 2011

The "wilderness" in Wilderness First Aid (WFA) is defined as – regardless of location – when from time of injury or illness until arrival at hospital will be more than an hour. Is your camp's location as such, or do some of your trips venture to places where walking or paddling out followed by driving to a hospital will take more than an hour total? If yes, you are in the wilderness realm. "Wilderness" even can be an urban area, when disaster strikes: people trapped in collapsed buildings, EMS is overwhelmed, and it will be much more than an hour from time of injury until arrival in hospital. When we're outside this "Golden Hour," some



care giving protocols change – certain injuries can't wait longer than an hour to be treated by ER staff, and it becomes the initial caregiver's responsibility to render treatment.



"Lots of great info -- way more than basic first aid courses I've taken."

Anonymous, April 2011

There are many first aid courses out there. Are you confident with your staff's ability not only to retain book and lecture knowledge, but also to go beyond the knowledge and truly be adept at hands-on care? If your staff has received top-notch hands-on training, your campers and staff will be safer medically, and your camp will be more protected – beyond medical concerns.

"I feel that I learned more in your 16 hour [2-day] WFA course than I have in 20 years of regular first aid training. The practice/scenarios were great ways to gain the knowledge." -Charles Perry, 4/18/2012

As a Wilderness EMT; an outdoor adventure guide for 11 years with 500+ backpacking, hiking, caving and other expeditions led; and an instructor for SOLO – the oldest continuously-operating school of wilderness medicine in the world, and run by a physician – I absolutely love sharing with people the best ways to give care to someone who is hurt and beyond the quick reaches of 911 and EMS. I'm honored to teach adults, as well as youths ages 12+ with solid attention spans – it's great for parents to know that their loved ones are safer no mat-

ter where they are.

I hope to see you in one of my regularly-scheduled ACA-approved 2-day WFA classes

listed at www.solowfa.com. There are no prerequisites at all. If you would like to receive an email just a few times per year updating you on the course schedule, or if you would like to schedule a course at your location, please contact me at 434-INJURED (465-8733) or [matt \(at\) solowfa \(dot\) com](mailto:matt@solowfa.com).

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Wilderness First Aid Courses ~ Autumn 2012

September 29-30: Charlottesville, VA

October 6-7: Richmond, VA

November 10-11: Blacksburg, VA

December 1-2: Warrenton, VA (Northern VA area)

January 19-20, 2013: Norfolk, VA (Tidewater / Hampton Roads area)

Registration Online, Testimonials, More Info: www.solowfa.com or call 434-INJURED (465-8733)

Overview:

This Wilderness First Aid (WFA) course is ACA-approved and necessary for camp counselors to care for someone injured or fallen ill, when it's more than an hour from time of injury / illness to EMS' arrival. Hands-on learn how to save life and limb during the critical minutes or hours before ambulance / hospital hand-off. The SOLO WFA course blends classroom instruction and outdoor rescue scenario practice, resulting in a 2-year WFA certification, and also counting as WFR recertification. The 2-day class runs 8:30am - 6pm each day. Fee: \$175; 10% of course proceeds go to a 501(c)(3) non-profit community organization. No prerequisites. For adults and youths ages 12+.

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For those interested in the 8-day Wilderness First Responder curriculum, I plan to return to Green Adventure Project (on the grounds of Triple C Camp, Charlottesville, VA) in the spring of 2013; please contact me if you're interested and I'll try to schedule it to match your availability.

I am grateful for the many kind feedback comments students have given to me over the years. Here are a few more I'm honored to have received. Thank you for all that you do to get more people safely out enjoying physical activity and nature.

*"It was the *very best* first aid I ever attended and I've attended many."*

Anonymous, March 2012

"Beyond expectations. It was an extremely well-taught course using experiential learning that will transfer to actual use if ever needed." *Anonymous, April 2011*

"This is the second time I have taken WFA, the previous time was with a different instructor through a different organization. The difference between the two courses was black and white, bravo Matt." -Peter L., 5/6/2010

"Best one [instructor] of my now-4 WFA or BWFA courses -- thank you." Anonymous, March 2012

Matthew Rosefsky,

Wilderness EMT and Instructor

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ACA Virginias Fall 2012 Conference Schedule

Wednesday October 10

Sponsor: Campwise

10:00 am - 3:00 pm	LCOL Meeting
10:00 am - 4:00 pm	Standards
3:30 pm - 4:15 pm	Check-in
4:15 pm	Welcome
4:45 pm - 6:00 pm	

Keynote:

"Crisis Response for Camps: Principles and Strategies"
Ann McCollum

6:00 pm - 6:45 pm	Dinner
7:00 pm - 8:15 pm	Breakout Session #1 "Crisis Response for Camps: Principles and Strategies" Ann McCollum
8:30 pm - 10:00 pm	Baggo Tournament



Thursday, October 11

Sponsor: The Camp Doctor

8:00 am - 8:45 am	Breakfast
9:00 am - 10:15 am	Breakout Session #2 <ul style="list-style-type: none">Panel Discussion, Part 1, "Lessons Learned - the June 2012 derecho storm.""Training Your Staff to be Risk Managers", Ann McCollum
10:30 am - 11:45 am	Breakout Session #3 <ul style="list-style-type: none">Panel Discussion, Part 2, "Lessons Learned - the June 2012 derecho storm.""Risks Worth the Advantage Gained", Jennifer Pharr Davis"Healthy Camp Study Report" - Barry Garst
12:00 pm - 12:45 pm	Lunch
12:45 pm - 1:15 pm	Virginias Annual Meeting
1:30 pm - 2:15 pm	Cracker Barrels
2:30 pm - 3:45 pm	
	Keynote: "Camp's Life-Long Influence" Jennifer Pharr Davis
4:00 pm	Closing