



Standard Health Practices

GREETINGS!

We wanted to take this opportunity to speak on and address our feelings on the current situation, as it relates to our Wilderness Medical Programs and general Health and Welfare of our Participants.

Germes & Viruses have been a plague on humanity from the beginning, which is why we address their prevention as a top priority.

First and always foremost we want Course participants to feel safe when attending our Courses! This refers to ALL aspects of our course delivery!

Many of you who have taken previous medical course have “simulated BSI” (gloves, masks etc..) well, now, we will do it, we view it as a “real World” exercise. In the back country hygiene and personal accountability go a long way, and we are letting these attributes shine!

We welcome your input in the continued development of our overall safety plan.

Some of our standards are:

- If you wish, wear a face covering while indoors working with other Participants in small group settings.
- Practice good community hygiene, wash your hands, keep your fingers out of your eyes, cover your mouth when you cough, sneeze or yawn, keep your fingers out of other peoples, mouth, nose, and eyes, don't share drinks, cigarettes, spit bottles or soda/pop. You know, like everything you were taught in Kindergarten!
- Utilize supplied gloves and masks while participating in Sims and PAS Drills (primary rescuer)
- Wipe down contact surfaces and equipment after use with supplied disinfectant.
- If your sick, stay at home, don't risk it, contact your Senior Instructor, we will work it out!

While not making lite of our current National Situation, it is our belief that with proper care and mitigation, SARS-CoV-2 (COID 19) can be mitigated with the same common-sense practices provided for other respiratory illnesses.

AS ALWAYS PLEASE FEEL FREE TO REACH OUT TO US WITH INPUT AND CONCERNS WHILE ON COURSE!