



Winona Family YMCA

SKILLS BEYOND THE TRAIL

Wilderness & Remote First Aid

September 20-21
9am-5pm



Every adventure deserves a safety plan

Designed for scouts and scout leaders, outdoor enthusiasts and anyone who works or spends time in remote environments, this course teaches advanced skills to be used in emergencies when help from professional first responders may be far away. Based on the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines, this course aligns with OSHA's Best Practices for Workplace First Aid Training Programs.

Prerequisites: Must be at least 14 years old and hold current adult CPR/AED certification.

Member: \$190

Non-member: \$200

Financial Assistance is available!

Space is limited, register today!

**Register in person or online by
9/17/25 at www.winonaymca.org**

Training includes:

- Learn about Emergency Situations
- Head/Brain, Neck & Spinal Injuries
- Hypothermia
- Heat Related Emergencies
- Allergies & Anaphylaxis
- Bone and Joint Injuries
- Burns, Wounds and Infections
- 2 year American Red Cross certification upon completion



American
Red Cross

**Proud Provider of
Red Cross Training**

Questions? Contact Erin at EJohnson@winonaymca.org