



# SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



<b>Course Title</b>	<b>Outdoor Wilderness First Aid Provider Course (OWFA)</b>
<b>Course Description</b>	For Individuals or Interest group who wants to be certified competent to be train in Outdoor Wilderness First Aid skills with improvised methods.
<b>Course Objective</b>	By the end of the course, learners will have the relevant knowledge and application skills in Outdoor Wilderness First Aid to apply during an emergency or accident: <ol style="list-style-type: none"> <li>1. Packing of an Outdoor Wilderness First Aid Kit with additional resources.</li> <li>2. Perform Improvised carrying techniques.</li> <li>3. Perform various techniques of bandaging for Outdoor emergencies.</li> </ol>
<b>Course Module Description</b>	Chapter 1: Essential of Outdoor First Aid Chapter 2: Exposure to Outdoor Injuries Chapter 3: Soft Tissue Injuries Chapter 4: Casualty Transportation Chapter 5: Case Simulation
<b>Ratio</b>	Lecture - 1 Facilitator : 16 Learners Small Group Practical - 1 Facilitator: 6 Learners (up to 2 Facilitators per class)
<b>Language Medium</b>	OWFA is available in English
<b>Attire</b>	Casual (T-shirt, Jeans and Covered Shoes)
<b>Prerequisites</b>	P1. Valid (not expired) SFA Provider Certification (SRFAC- accredited). P2. We highly recommend individuals to have attained at least secondary two education or level 5 of ESS Workplace Literacy and Numeracy. P3. Must be physically fit and able to render help to another individual during an emergency. P4. Medically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Learners with medical problems, such as bronchial asthma, any upper respiratory tract infection, orthopaedic problems (e.g. slipped disc), are encouraged to consult their own doctors before attending the course. In case of doubt, please consult your doctor first and produce a Letter/Memo to indicate if fit for training. P5. Pregnant ladies are discouraged from undertaking the course practice due to safety reasons. In case of doubt, please consult your doctor first and produce a Letter/Memo to indicate if fit for training. You are advised to defer taking the course to at least 6 weeks after delivery.



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<b>Assessment</b>	<p>A1. Learners would need to fulfil 100% course attendance in order to be eligible for the assessments.</p> <p>A2. Assessment Outline:</p> <p>(i) Written Assessment (Up to 3 attempts to pass)</p> <p>- <b>30 Multiple Choice Questions (80% to pass)</b></p> <p>(ii) Practical Assessment (Up to 3 attempts to pass)</p> <p>- <b>Case Scenarios</b></p>
<b>Course Duration</b>	<p>8 hours of face-to-face classroom training</p> <p>Total: <b>8 hours</b></p>
<b>Course Fees</b>	<p><b>SGD \$200</b> per participant (exclusive of GST)</p>
<b>Certification</b>	<p>C1. The Outdoor/ Wilderness First Aid course is awarded by the Singapore Red Cross Academy and recognised by Kowabunga! Global.</p> <p>C2. A credit card-sized certificate with 2 years validity will be issued upon successful completion by attaining Competent.</p>



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## Training Schedule

<b>Outdoor Wilderness First Aid Provider Course outline</b>			
<b>Chapter</b>	<b>Content</b>	<b>Methodology</b>	<b>Duration</b>
<b>1</b>	<b>Essential of Outdoor First Aid</b> 1.1 Outdoor First Aid Kit Contents 1.2 Leadership, Teamwork and Communication	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> </ul>	<b>40 mins</b>
<b>2</b>	<b>Exposure to Outdoor Injuries</b> 2.1 Drowning 2.2 Hydration 2.3 Blisters and Hot Spot 2.4 Bites and Stings	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> <li>• Practical Training</li> </ul>	<b>20 mins</b> <b>40 mins</b>
<b>3</b>	<b>Soft Tissue Injuries</b> 3.1 Tapping, Brace	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> <li>• Practical Training</li> </ul>	<b>60 mins</b>
<b>4</b>	<b>Casualty Transportation</b> 4.1 Improvised Stretchers	<ul style="list-style-type: none"> <li>• Demonstration</li> <li>• Practical Training</li> </ul>	<b>10 mins</b> <b>30 mins</b>
<b>5</b>	<b>Case Simulation</b>	<ul style="list-style-type: none"> <li>• Role-Play</li> <li>• Simulation</li> </ul>	<b>100 mins</b>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• 30 MCQ: 80% to pass, up to 3 attempts</li> <li>• Practical Testing with separate retesting scenarios</li> <li>• Retest for failures up to 3 times (max)</li> <li>• Course Evaluation</li> <li>• Issuance of Certificate Card</li> </ul>	<ul style="list-style-type: none"> <li>• Written Assessment</li> <li>• Practical Assessment</li> </ul>	<b>30 mins</b> <b>150 mins</b>
<b>Total hours</b>			<b>16 hours</b>