

March 2017 GWRRA MEDIC First Aid quarterly bulletin
Back to Basics

Welcome to the first GWRRA MEDIC First Aid bulletin. We will be sharing information on at least a quarterly basis. We will begin with...Back to Basics, how to provide the best training for the Members:

1. Each student will be given a Student Book which is theirs to keep. The completion card used must be an original from the back of the student's book.
2. We teach the G2015 BasicPlus initial class. Each class will use this material regardless of the experience level of the students. We teach ALL the core class material and teach supplemental topics as requested. Some recommended supplemental topics are:
 - a. High Performance CPR- Lesson 14
 - b. Amputation – Lesson 25
 - c. Impaled Objects – Lesson 26
 - d. Splinting – Lesson 31
 - e. Bites and Stings – Lessons 45-50
 - f. Emotional Considerations – Lesson 51
3. We are lay people, not doctors. We do NOT teach the following supplemental topics:
 - a. Administration of Naloxone with prefilled syringe – Lesson 15
 - b. Administration of Naloxone with Narcan nasal spray – Lesson 16
 - c. Administration of Naloxone with Evzio Auto-Injector – Lesson 17
 - d. Using a Tourniquet – Lesson 22
 - e. Using a Hemostatic Dressing – Lesson 23
 - f. Using a Malleable Splint – Lesson 32
 - g. Using a Gel-Soaked Burn Dressing – Lesson 34
4. We teach how to use an Automated External Defibrillator (AED). We do not just talk about it, we demonstrate it and provide a hands on practice session for each student.
5. We teach CPR with rescue breaths. 30 compressions and 2 breaths. Giving rescue breaths is a personal choice. We explain that the most effective treatment includes rescue breaths but that providing compressions only is better than doing nothing.
6. We teach CPR by demonstrating the skill and having the students practice it. Each student will perform 3 cycles of 30 compressions and 2 rescue breaths to show competency.
7. Paperwork. The current class roster can be found on the MEDIC First Aid web page. <http://gwrro.org/regional/ridered/medic.html> It must be completed in its entirety.

Have you read this statement on the roster? *“Students checked completed have met the minimal skill and knowledge objectives as defined by the Program Standard. This class was taught in accordance with the training center Standards as described in the most current version of the Training Center Administrative Manual (TCAM) . “ ?*

March 2017 GWRRA MEDIC First Aid quarterly bulletin
Back to Basics

Have you read the TCAM? Do you know where it is? Every Instructor can access the HSI TCAM through their Instructor portal on the HSI website. The GWRRA additions can be found in the Rider Education Handbook.

Instructors must know the requirements of both organizations. Any questions regarding policy should be asked of your District/Region Coordinator.

When you sign the class roster and check off the boxes you are completing a document that may have legal consequences.

The Primary Instructor is responsible for the proper completion of the roster. Other Instructors should check the document to make sure it is correct before they sign it.

The bottom portion of the first page of the roster is for the use of the Training Center. Instructors should not fill in the date received as this is for the Director. Remember you have 14 days to turn in the completed roster.

There is a lot of responsibility that comes with teaching AED, CPR and First Aid. Thank you for stepping into this most important position. We teach people how to handle a medical emergency until professional help arrives. Failure to follow the curriculum as written could have dire consequences for you, the Member taught and the individual in need of help.

Remember...It is Not for Levels, It IS for Life.