

First Aid Policy  
Ski Touring Section  
Loma Prieta Chapter  
Sierra Club

(1) Chapter minimum first aid is required for beginner trips as defined by the leadership committee and published in Track; "Includes first time crosscountry skiers. Leaders frequently provide some type of beginner instruction. 1-2 miles on gentle terrain". Chapter minimum first aid is presently American Red Cross Standard First Aid or Medic First Aid.

(2) Wilderness first aid (WFA) is required for all trips above beginner level. Any course that meets the Wilderness Medicine Institute criteria is approved. For example, the Foster Calm 16-hour WFA course, the NOLS 16-hour WFA course offered through REI, and the Stanford University 16-hour WFA course, are approved.

(3) Assistant leaders require chapter minimum first aid.

(4) Course cost for WFA will be reimbursed to leaders who have led a minimum of 3 trips over the past 3 years. The maximum reimbursement is given in the Standing Rules.

(5) WFA requirements shall begin June 30th, 2005.

(6) First aid policy shall be reviewed annually at the beginning of season leaders' meeting.

(7) WFA reimbursement shall begin January 1st, 2004.

(8) First aid policy resolved here shall be reviewed with the membership at the November meeting and published before hand in Track.

Last Modified: May 19<sup>th</sup>, 2014