

GWRRA Florida District Medic First Aid Training Information

Chapter Rider Educators: First Aid and CPR falls under the umbrella of Rider Education in the GWRRA Organization. As Educators, you need to be the contact person for the Chapter members desiring First Aid and CPR training. The schedule of upcoming Medic First Aid Classes in Florida is posted on the Rider Ed website, www.floridaridered.com. To schedule a class for your Chapter, determine with your Chapter members a potential date for a class, visit the website to see if the date is available, and contact the Florida District Medic First Aid Coordinators/Trainers, Rex and Tina Prince. Email addresses and phone numbers for them are on the Medic First Aid page of the Rider Ed website (email-- trex07@tampabay.rr.com). The MFA Coordinators/Trainers will discuss with you the Instructors in your area. They will also coordinate the instructor(s) for your class, as well as provide you with information for signing up your members, the required deposit (check for \$ 20 per member, made out to Florida Rider Ed), and the class location and space needed.

MEDIC First Aid BasicPlus CPR, AED, and First Aid for Adults

MEDIC FIRST AID® BasicPlus is a combined adult CPR, AED, and first aid training program designed specifically for a first aid provider. This extremely flexible program teaches participants how to respond and care for medical emergencies and basic first aid. The program is based upon the 2010 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science with Treatment Recommendations (CoSTR) and other evidence-based treatment recommendations.

Intended audience

First aid providers, and GWRRA members seeking basic knowledge for administering first aid and CPR to friends and family members.

Class configurations

- Max student to Instructor ratio: 12 to 1
- Recommended student to Instructor ratio: 6 to 1

Recognized certification period

Up to 2 years

Successful completion (certification)

Performance evaluation: All students must perform required skills competently without assistance.

Recommended time to complete

- *Initial training:* 4–5 hours
- *Renewal training:* Slightly less than initial instructional time, and cannot be taught if any class participants are not current in Medic First Aid

Primary course topics

- The First Aid Provider
- Legal Considerations
- Recognizing an Emergency and Deciding to Help
- Personal Safety
- Disease Transmission and Universal Precautions
- Emergency Medical Services (EMS)
- Respiratory and Circulatory Systems
- Sudden Cardiac Arrest
- Early Defibrillation
- Chain of Survival
- Chest Compressions
- Rescue Breaths
- Primary Assessment
- Unresponsive and Breathing—Recovery Position
- Unresponsive and Not Breathing—CPR
- Automated External Defibrillators (AEDs)
- Basic AED Operation
- AEDs—Troubleshooting
- Choking
- First Aid Assessment
- Secondary Assessment
- Control of Bleeding
- Internal Bleeding
- Managing Shock
- Head, Neck, or Back Injury
- Brain Injury
- Spinal Motion Restriction
- Swollen, Painful, Deformed Limb
- Burns
- Warning Signs of Sudden Illness
- Altered Mental Status
- Stroke
- Diabetic Emergencies
- Seizure
- Breathing Difficulty, Shortness of Breath
- Asthma
- Severe Allergic Reaction
- Pain, Severe Pressure, or Discomfort in the Chest
- Severe Abdominal Pain
- Poisoning
- Heat Exhaustion
- Heat Stroke
- Hypothermia
- Frostbite
- Emergency Moves
- Emotional Considerations

To schedule a class for your Chapter, contact the Florida District Medic First Aid Coordinators/Trainers Rex and Tina Prince at trex07@tampabay.rr.com or (863) 602-1964.