

OOPS Activity Planning Worksheet

Revised 02/15/09

| | | | | | |
|--|--|---|--|---|--|
| Title: American Heart Assoc. First Aid / CPR | | Type of Activity: Classroom | | Date(s): 5-17-09 | |
| <p>Narrative description: First Aid and CPR Class will be offered in 2 sessions. Register for one or register for both! Class size for First Aid session unlimited, for afternoon CPR, limited to 9 participants. Cost: \$5 per session to cover instructor material costs, payable day of class.</p> <p>Session I 8:30-12:30 First Aid Class will offer AHA guidelines for basic first aid, and will be expanded to cover Wilderness Medicine Guidelines for topics encountered while we are out enjoying the sport we love! Participants will receive an American Heart Association HeartSaver card, good for 2 years.</p> <p>Session II 1:00-4:00 CPR Class will cover HeartSaver Community CPR for Adults, children and infants, as well as AED use. Participants will receive an American Heart Association HeartSaver CPR card, good for 2 years.</p> <p>During lunch time and after class, participants will have the opportunity to purchase less commonly available items (for cost) for their first aid kits. Directions and additional information to be sent upon registration.</p> <p>Instructor is OOPS member, who is an RN who has been teaching First Aid and Wilderness Survival for over a decade!</p> | | | | | |
| Starting point: Vancouver, WA | | | Ending point: Same | | |
| Route alternatives if bad weather: | | | | | |
| Skills or Equipment (In addition to general requirements per the Activity Policy): | | | | | |
| <input type="checkbox"/> Towline | | <input type="checkbox"/> Helmet | | Min. Immersion Wear: None required | |
| Other Requirements: | | | | | |
| Primary Organizer: Marcia Medler | | | Organizer: | | |
| First Aid Person: | | | Organizer: | | |
| Max # of Participants: | | | OOPS members only? Yes | | |
| Has organizer been on this paddle before? Yes | | | Has organizer led an OOPS activity here before? Yes | | |
| <p>CERTIFICATION: By checking this box, <input checked="" type="checkbox"/> the Organizer certifies that they have read, understand and will conduct this activity in accordance with OOPS Activity Policies.</p> | | | | | |
| CONDITIONS: | | | <u>RATING FACTORS:</u> | | |
| Air Temp: 70 °F | | Water Temp: °F | | Wind Strength: 1. 0-7 knots (8mph) | |
| High Tide (Ft, time) | | | Swell/Surf size: 1. < 1', no breaking waves | | |
| Low Tide (Ft, time) | | | Sea State: 1. Calm or small wavelets | | |
| Flood (speed, time): | | | Landing Type: 1. Gently sloping sand, gravel, grass | | |
| Ebb (speed, time): | | | Currents: 1. up to 1 knot | | |
| Water time: Hours | | <input type="checkbox"/> Shipping traffic | | Total Distance: 1. Up to 6 miles | |
| <input type="checkbox"/> Night Paddling | | <input type="checkbox"/> Potential Fog | | Open Crossing Distance: 1. No open crossings | |
| <i>Note, night or fog bumps the rating up one level</i> | | | OVERALL RATING: 1. Level one | | |
| Comment on overall rating (if different than the rating system yields): Classroom class, rating not applicable | | | | | |