



## **CERT/First Responder Outdoor Survival Workshop “Protecting Yourself While Rescuing Others”**

### **Introduction:**

The following describes Survival Educators' new CERT/First Responder Outdoor Survival Workshop for CERT (Community Emergency Response Team) volunteers and emergency responders. We have a lot flexibility to tailor the course for specific organizational requirements and interest.

### **Proposal:**

Survival Educators would like you to consider hosting this course for your CERT volunteers, first responders, employees, and other interested audiences.

### **Description:**

*Most first responders don't hesitate to help others suffering a catastrophic event. But how do we make sure the rescuer is personally protected, especially over the long haul when outside help doesn't arrive for hours, or even days? One of the most effective ways is to learn the critical survival skills that help keep outdoor adventurers comfortable, safe and alive. This seminar discusses how a Positive Mental Attitude and maintaining 98.6° gives a person the best chance for survival when faced with any type of emergency.*

### **Academic Content:**

These critical “how to” survival skills are covered in detail: Pre-trip Preparation; PMA; Energy Use, Loss & Conservation; Maintaining 98.6° Body Temperature; Clothing and Equipment; Recognizing Real Emergencies; Survival Priorities; Shelters; Fire; Signaling; Improvisation; Water & Food; Medical Emergencies & Environment Injuries; Sanitation; and Survival Equipment & Kits.

### **Program Structure:**

- Academic session
  - At least one 3-hour presentation (anytime during the day, 6 to 9 pm or 7 to 10 pm)
  - Or two, 2-hour presentations for a total of 4 hours of training
  - Academically, we can accommodate as many people as the classroom can comfortably hold
- Optional field training is a perfect addition to the academic session
  - At least 4 to 5 hours, perhaps on Sat or Sun morning and, if necessary, the afternoon as well
  - We usually limit each field session to about 15 people for more personalized instruction
- Combination
  - An ideal program is to offer the academics from 8 to noon, followed by field training from 1 to 6 pm

### **Field Training Topics:**

Field familiarization, safety, knots, lashes, emergency action shelters, effective tarp shelters, shelter construction exercise, building fires during inclement weather, signaling techniques, using signal mirrors, using a compass, and a final critique.

### **Instructor:**

Tim Kneeland has been teaching survival to military, government, municipalities, educational institutions, companies, SAR organizations, first responders, non-profit groups, and the general public since 1965. A detailed bio can be found at [http://www.survivaeducators.com/Kneeland\\_Bio.html](http://www.survivaeducators.com/Kneeland_Bio.html).

