



## Camp Ramah in the Berkshires

### Outdoor Adventure Training Institute

#### Wilderness First Responder (WFR)

**Dates:** May 31<sup>st</sup> – June 7<sup>th</sup>

**Cost:** \$825 w/Lodging & Meals    \$680 Commuter

Course led by SOLO (Stonehearth Open Learning Opportunities) instructor. The Wilderness First Responder (WFR) course is the recognized industry standard for those who work as backcountry trip leaders, camp counselors, mountain guides, river guides, and ski patrollers. Study of response and assessment, musculoskeletal injuries, environmental emergencies and survival skills, soft tissue injuries and medical emergencies. More advanced than Wilderness First Aid. For more information visit [www.soloschools.com](http://www.soloschools.com).



#### Wilderness First Aid (WFA)

**Dates:** June 7<sup>th</sup> – 8<sup>th</sup>

**Cost:** \$220 w/Lodging & Meals (Additional \$35 for CPR)    \$190 Commuter

Course led by SOLO instructor. Learn basic first aid assessment and care protocols. Two-year certification satisfies American Camp Association requirements for leaders of overnight camping trips. Useful to guides, scout leaders and anyone who enjoys outdoor recreation. For more information visit [www.soloschools.com](http://www.soloschools.com)

#### Level 1 Bike Instructor Certification

**Dates:** June 13<sup>th</sup> – 15<sup>th</sup>

**Cost:** \$650 w/Lodging & Meals    \$550 Commuter (Lunch Provided)

Course led by BICP (Biking Instructor Certification Program) instructor. This course offers hands-on training to prepare students for leading rides and mountain bike guiding in a group situation along with how to assess, demonstrate and instruct the fundamental skills. For more information visit <https://icp.bike/level-1-certification/>



**For More Information and to Register**

**Contact Seth Adelsberg**

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