



WILDERNESS FIRST AID COURSE

Sponsored by Washington State University Outdoor Recreation and NOLS Wilderness Medicine

DATES: May 18-19, 2019
COST: \$200.00 for SRC/Chinook Members/\$250.00 Non-Member (Tuition Only)
LOCATION: WSU Outdoor Recreation Center, 1110 NE North Fairway Road, Pullman WA 99163

COURSE DESCRIPTION

Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" Prepare for the unexpected with this fun, hands-on introduction to wilderness medicine.

If you like to take short trips relatively close to medical resources, work at camps or lead wilderness trips, enjoy weekend family outdoor activities, or recreate outdoors, this course is for you.

You'll learn the Patient Assessment System, how to provide effective first aid treatments for injuries and illnesses common in the outdoors, how to manage environmental emergencies, and how to make appropriate evacuation decisions. You will spend half your time practicing skills and participating in realistic scenarios.

NOLS Wilderness Medicine's course is approved by such organizations as the American Camp Association, the United States Coast Guard, and other state as well as federal agencies.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: *Wilderness First Aid*, *Epinephrine Auto-injector*, and on courses with the CPR module, *Adult and Child CPR & Airway Management*.

CLASS FORMAT AND PERSONAL PREPAREDNESS

Check in is 7:45 a.m. on the first day. Course days run from 8:00 a.m. to 5:00 p.m.

The class format is classroom lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground playing the role of both rescuer and patient.

Frequently stage (moulage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of comfy shoes and a camp chair.

PACKING CHECKLIST

- ✓ Notebook and pencil or pen



- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Light day pack
- ✓ Waterproof outerwear top and bottom
- ✓ Light hiking boots or sturdy shoes
- ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions
- ✓ Slippers or comfortable shoes for classroom time (optional)
- ✓ Camp chair for classroom time (optional)

COURSE OUTLINE

For the full course outline, visit the WFA course page:

<https://nols.edu/en/coursefinder/courses/wilderness-first-aid-WFA/>.

WAFSA/ WFR/ WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a **Wilderness First Aid** (WFA) course to recertify a WAFSA, WFR or WEMT certification. Certification holders from other wilderness medicine training organizations cannot recertify through a Wilderness First Aid course.

NOLS Wilderness Medicine certifications will be afforded a one-year period after expiration within which to recertify. You should bring your certification card to the course so the instructor can verify the expiration date. For more information please visit our recertification policy at the following link: <https://nols.edu/en/courses/wilderness-medicine/recertify/>

The **Wilderness First Aid** (WFA) course is an introductory course for individuals with no prior knowledge and generally does not include CPR.

The preferred way to recertify your certification is to enroll in a Wilderness First Responder Recertification course (WFR-R), or through our Hybrid WFR Recertification course, which adds an online component in addition to traditional scenarios and skills.

These courses are specifically designed for students needing recertification. You can find more information at the links below.

WFR-R: www.nols.edu/en/courses/courses/wilderness-first-responder-recertification-WFRR/

Hybrid WFR-R: www.nols.edu/en/courses/courses/hybrid-wilderness-first-responder-recertification-HWRR/

You will be required to pass both a written and a practical test. Check the following web page for information and resources on how to best prepare for your course.
<https://nols.edu/en/resources/wilderness-medicine-resources/>



REGISTRATION

Tuition payment in full is required to reserve your spot in the course. Students should register online: <https://urec.wsu.edu/orc>, at the Outdoor Recreation Center, or Student Recreation Center. The payment is non-transferable.

The tuition fee includes instruction, handouts, a field pocket-guide, equipment use, and certification. A full refund will be given if we need to cancel the course for any reason.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download this agreement and read it very carefully as it affects your legal rights: <https://www.nols.edu/en/filer/public/1481683959/906/>

Bring the two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document. Without a signed document, you cannot participate in the course.

NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

NOLS WILDERNESS MEDICINE POLICIES

Cancellations

Cancellations made up until 4/3 will receive a full refund. Cancellations made from 4/4-4/17 will receive 50% refund. Sorry, no refunds are given past 4/17.

Pets

Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

Service Animals

Please contact the Wilderness Medicine office at 1-866-831-9001 if you intend to bring a service animal to the course.

Alcohol, Drugs, Tobacco & Weapons

No alcohol, no drugs, no tobacco, and no weapons are allowed in the classroom.

COLLEGE CREDIT

Pre-Course Access to College Credit

The WFA course is pre-approved for 0.5 semester hour credits through Western State Colorado University (WSCU) for an additional cost of \$60. Thirty days **prior** to the NOLS Wilderness Medicine course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from NOLS Wilderness Medicine.



On-Course Access to College Credit

The WFA course is pre-approved for one semester hour credit through the University of Utah for an additional cost of \$95. If you are interested in receiving college credit, please ask your instructors on the first day of class for the necessary information.

STUDENT LOGISTICS

Meals and Lodging

Meals and lodging are not offered for this course. Below are some lodging options:

Lodging Options: <http://www.pullmanchamber.com/visit-pullman/where-to-stay/>

Camping: The nearest camping is approximately 15 minutes away, for information contact the Kamiak Butte County Park office at 509-397-6238.

Travel

Please see map of the Washington State University campus:

<https://campusmap.wsu.edu/>

On weekends parking at the Student Recreation Center and Outdoor Recreation Center is free.

Directions from Colfax, Highway 270

1. Coming into Pullman from Colfax, turn LEFT on N GRAND AVE
2. Turn RIGHT on NE STADIUM WAY
3. Stay on STADIUM WAY until you reach NE N FAIRWAY DRIVE
4. Turn LEFT on NE N FAIRWAY DRIVE (NOTE: There is no light or stop sign. It will be on your left as soon as you pass Beasley Coliseum.)
5. Student Recreation Center will be on your left, the ORC facility will be on the opposite side of the street at the end of the Tennis Club Parking lot

Directions from Lewiston, Highway 195

1. Stay on Highway 195 heading towards Pullman
2. Turn right onto Highway 27
3. Stay on Highway 27, it turns into N Grand Ave
4. Turn RIGHT on NE STADIUM WAY
5. Stay on STADIUM WAY until you reach NE N FAIRWAY DRIVE
6. Turn LEFT on NE N FAIRWAY DRIVE (NOTE: There is no light or stop sign. It will be on your left as soon as you pass Beasley Coliseum.)
7. Student Recreation Center will be on your left. The ORC facility will be on the opposite side of the street at the end of the Tennis Club Parking lot

CONTACT INFORMATION

Please contact us with any questions or concerns you may have.

WSU Outdoor Recreation Center:

Office Hours: Monday to Friday, 8:00am to 5:00pm Pacific Time.

Phone: (509) 335-2651

Email: orc@wsu.edu

Website: urec.wsu.edu/orc

NOLS Wilderness Medicine:

Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.

Phone: (866) 831-9001

Fax: (307) 335-2355

Email: wilderness_medicine@nols.edu

Website: www.nols.edu/wilderness-medicine

