

WILDERNESS FIRST AID COURSE

Sponsored by Ready SF and NOLS Wilderness Medicine



DATES: December 8-9, 2018
COST: \$235 (tuition only)
LOCATION: The Bay Model Visitor Center, 2100 Bridgeway
Sausalito, CA 94965

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 and federal agencies.

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

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 or slippers 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, scrolling to Section 2 to click on “DOWNLOADS: Course Outline” at:

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

WAF/WFR/WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a Wilderness First Aid (WFA) course to recertify a WFA, 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 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, 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:

<https://www.nols.edu/en/courses/courses/wilderness-first-responder-recertification-WFRR/>

Hybrid WFR-R:

<https://www.nols.edu/en/courses/courses/hybrid-wilderness-first-responder-recertification-HWR/R/>

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. You can pay your tuition online (we accept Visa or Mastercard), by calling the NOLS Wilderness Medicine office with credit card information, or by mailing a check (with driver's license number).

The tuition fee includes instruction, textbooks, 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/media/filer_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi_agreement_2017_january.pdf

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

If you cancel or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date, NOLS Wilderness Medicine will retain a \$35.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, tuition is non-refundable and non-transferable as per the following:
 - WFA, WFR-R, WMPP – loss of full tuition.
 - WFR, WAFA, WUMP – loss of course deposit.
- Once the course begins, no refunds will be awarded. All course registrations are non-transferable.

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.

Alcohol and Tobacco

No alcohol or tobacco is allowed on site.

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 inquire with your instructors on the first day of class for the necessary information.

STUDENT LOGISTICS

Travel & Directions: The Bay Model is located a short distance north of San Francisco and the Golden Gate Bridge in the city of Sausalito.

Coming South on Highway 101 take the Sausalito-Marin City exit and take a left at the stop light. Continue under the freeway overpass and take a right at the following stop light on Bridgeway. There will be small brown and white Bay Model direction signs along the way. Turn left on Harbor, then almost immediately turn right on Marinship Way and follow the signs to the Bay Model.

Coming North on Highway 101 take the Sausalito-Marin City exit and continue straight at the stop light, you are on Bridgeway. There will be small brown and white Bay Model direction signs along the way. Turn left on Harbor, then almost immediately turn right on Marinship Way and follow the signs to the Bay Model.

Other modes to the Bay Model from San Francisco is riding a Golden Gate Transit bus. You can also take a Golden Gate Transit ferry from the Ferry Building or a Red and White Fleet ferry from Fisherman Wharf, Pier 43 1/2, to Sausalito.

For a hilly and longer excursion, bike or walk across the Golden Gate Bridge and follow Alexander Avenue to Sausalito. The building containing the model and visitor center is not on Bridgeway, but between Marinship Way and the waterfront. The visitor's entrance is located at the front of the building on the waterfront. From the East Bay you can take a Bay Area Rapid Transit (BART) train to San Francisco, then take a ferry or bus to Sausalito.

Meals and Lodging

There is not a meals and lodging option for this course. Below are some lodging options. The classroom is about 20 minutes from town, so bringing your lunch is recommended.

Camping:

<http://www.parksconservancy.org/visit/camp/> - Bicentennial

Lodging:

Look at www.hotels.com, or airbnb.com for local options.

Youth Hostel:

<http://www.norcalhostels.org/marin>

CONTACT INFORMATION

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

Course Sponsor:

Email: yacubian@readysf.com

Website: <http://readysf.com/>

NOLS Wilderness Medicine for curriculum questions:

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

Phone: (866) 831-9001

Email: wilderness_medicine@nols.edu

Fax: (307) 335-2355

Website: <http://www.nols.edu/wilderness-medicine>