



## **WILDERNESS FIRST AID COURSE**

**Sponsored by *Tahoe Rim Trail Association* and taught by NOLS Wilderness Medicine**

**DATES:** March 16 - 17, 2019  
**COST:** \$265.00 (\$235.00 TRTA Members)  
**LOCATION:** 128 Market St., Stateline, NV 89449

### **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?" In this fast-paced and hands-on course, you will learn how to prepare for the unexpected.

The NOLS Wilderness Medicine curriculum includes many advanced topics that other programs leave out such as dislocation reduction and epinephrine administration. In just two days, you will have the knowledge, skills and ability to make sound decisions in emergency situations.

This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. WM's course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other government agencies. This course *does not\** include CPR.

### **CLASS FORMAT AND PERSONAL PREPARADNESS**

Check in is at 7:45 am on the first day of the course. Course days run from 8:00 am to 5:00 pm.

Classroom lectures will be integrated with practical scenarios. The classroom environment generally lends itself to a pair of comfy shoes or slippers.

Practice scenarios will take place both inside and outside. Stage (moulage) blood and make-up are frequently used to emphasize the reality of a scenario. Please bring outdoor clothing appropriate for lying on the potentially wet, snowy, and/or cold ground. Come equipped with a light daypack, waterproof top and bottoms, sturdy shoes, and layers well suited for spending time outdoors at your course location.

### **PACKING CHECKLIST**

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second (Cellphone with stopwatch works also)
- ✓ 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

## RECERTIFICATION REQUIREMENTS

Wilderness Medicine graduates may take a Wilderness First Aid (WFA) course to recertify their WAFA, WFR or WEMT (wilderness portion only). Certifications will be afforded a one-year re-entry period after expiration within which to recertify. **This course cannot be used as a WFR or WEMT re-certification course if you hold a certification from a provider other than Wilderness Medicine.**

For further information, see the Recertification FAQ portion of our website [here](#). If recertifying, you must submit a photocopy of your current certification card(s) on the first day of the course. We cannot issue you a new certification until we verify your previous training.

The Wilderness First Aid course is an introductory course for individuals with no prior knowledge and generally does not include CPR. It is not designed as a recertification course. Participants using the WFA course to recertify their WFR will be required to pass both a written and a practical test on the second day of the course. 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 AND POLICIES

Payment in full is required to reserve your spot in the course. Tuition is non-transferable and is payable by check (with driver's license number), *Visa/MasterCard* \* or cash. Tuition covers syllabus, course equipment, and certification cards. A full refund will be given if we need to cancel the course for any reason.

## CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, the Tahoe Rim Trail Association 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.

## WILDERNESS MEDICINE STUDENT AGREEMENT

(Including Assumption of Risks and Agreements of Release and Indemnity)

At the beginning of the course participants will need to fill out the Student Agreement form. NOLS is now processing participant registration electronically for faster turnaround times of receiving documentation. If you are a minor, a parent or guardian must sign the document as well. [Click here](#) for preview. **Participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the program and are at the sole risk of the participant.**

## COLLEGE CREDIT

**Pre-Course:** The WFA course is pre-approved for 0.5 semester hour credits through Western State Colorado University (Western) for an additional cost. 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:** The WFA course is pre-approved for one semester hour credit through the University of Utah for an additional cost. If you are interested in receiving college credit, please inquire with your instructors on the first day of class for the necessary information.

**TRAVEL AND DIRECTIONS**

**Course Location:** [Tahoe Regional Planning Agency, 128 Market St, Stateline, NV 89449.](#)

**From [Reno/ Carson City](#)**

From Reno, Take Hwy 395 south towards Carson City for 32 miles to Hwy 50. From Carson City, take Hwy 50-W. Continue past Zephyr Cove to Stateline NV. Turn left on Hwy 207-E (Kingsbury Grade Rd). Make the second right onto Market St. The Tahoe Regional Planning Agency will be on your right.

**From [Truckee](#)**

Take Hwy 267 south to Kings Beach. Turn left on Hwy 28 going east. Follow Hwy 28 for 18 miles, along the north and east shore of Lake Tahoe. Make a right onto Hwy 50 and continue for 11.8 miles, where you will turn left on Hwy 207-E (Kingsbury Grade Rd). Make the second right onto Market St. The Tahoe Regional Planning Agency building will be on your right.

**From [South Lake Tahoe](#)**

Head north on Hwy 50/ Lake Tahoe Blvd. Turn right on Hwy 207-E (Kingsbury Grade Rd). Make the second right onto Market St. The Tahoe Regional Planning Agency will be on your right.

**LODGING AND MEALS**

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

**Camping:**

*Winter/spring camping options in the Tahoe Basin are limited. Campgrounds are seasonally open May-October. Check Carson City, NV for off-season camping options.*

**Nearby Lodging:**

**[Best Western](#)** (530) 542-1101 901 Park Ave, South Lake Tahoe, CA  
**[Motel 6](#)** (530) 542-1400 2375 Lake Tahoe Blvd. South Lake Tahoe, CA

**Casino Lodging:**

**[Lakeside Inn and Casino](#)** (775) 588-7777  
**[MontBleu Resort Casino & Spa](#)** (866) 599-6674

**Hostels:**

**[Mellow Mountain Hostel](#)** (530) 600-3272  
 4081 Cedar Ave., South Lake Tahoe, CA 96150

**Vacation Rentals:**

**[VACASA](#)** South Lake Tahoe, CA (530) 579-0715

**More Information:**

South Lake Tahoe Visitor Center: <http://tahoesouth.com/> Contact (530) 541-5255 or [info@ltva.org](mailto:info@ltva.org)

**COURSE POLICIES**

**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.

**NO ALCOHOL OR TOBACCO IS ALLOWED ON-SITE**

**CONTACT INFORMATION**

Please contact us with any questions or concerns you may have. *Our office hours are Monday to Friday, 9:00am to 5:00pm Pacific Standard Time.*

Direct Line: (775) 298-4491

Main Line: (775) 298-4485

Email: [lindseys@tahoerimtrail.org](mailto:lindseys@tahoerimtrail.org)

Web Site: [www.tahoerimtrail.org](http://www.tahoerimtrail.org)

Tahoe Rim Trail Association

128 Market St. Ste., 3E

Stateline, NV 89449



# **NOLS Wilderness Medicine**

## **Wilderness First Aid Course Schedule**

### **DAY 1**

#### **Morning**

Introductions  
Patient Assessment System

#### **Afternoon**

Emergency and Evacuation Plans  
Spine Injury  
Head Injury  
Shock  
Wilderness Wound Management

### **DAY 2**

#### **Morning**

Wilderness Wound Management (cont.)  
Scenario  
Musculoskeletal Injury  
Heat Illness

#### **Afternoon**

Scenario  
Cold Injury  
Lightning  
Altitude Illness  
The Medical Patient  
Anaphylaxis  
Closure