



WILDERNESS FIRST AID COURSE

Sponsored by *University of Northern Iowa* and NOLS Wilderness Medicine

DATES: January 26 & 27

COST: \$255.00

LOCATION: Wellness and Recreation Center, Hudson Road, Cedar Falls, Iowa 50614



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/>.

WFA/ 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 certification 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

Register online @ <https://services.recreation.uni.edu/>

View the course under the **Outdoor Recreation** icon and **Spring 2019** tab on the left side of the screen. You will need to “create an account” (if you do not already have one) click **Sign Up** at the bottom of the screen, and follow the prompts.

Contact Andrew Martin: 319.273.7164 | andrew.martin@uni.edu

Or

Tyler Owen: 319.504.2742 | tjowen@uni.edu

Or

Stop by the UNI Outdoors Office @ WRC 174 for additional information.

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.

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.

Firearm

You may not bring firearms or other weapons on a NOLS course.

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

There is not a meal and lodging option for this course. Below are some lodging options.

Lodging:

There are many motels/hotels in the Cedar Falls area. Your best option would be to google Cedar Falls, IA motels and search for the best lodging for you. Most lodging is within ten minutes of UNI WRC.

Travel

TRAVEL/DIRECTIONS

All participants and instructors will meet in the Wellness and Recreation Center (WRC), classroom #150 each morning.

Traveling from the West: use I-20 East to the Cedar Falls Hudson Rd. exit and turn north (left). Travel approximate 2 miles north and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI- DOME.

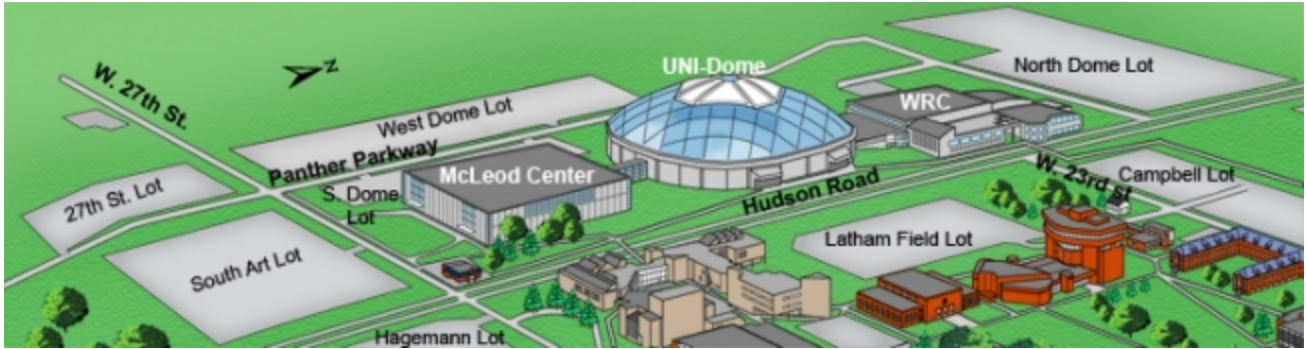
Traveling from the East: use I 20 West to the Cedar Falls Hudson Rd. exit and turn north (right). Travel approximate 2 miles north and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI- DOME.

Traveling from the North: use I 58 South to the Cedar Falls, University Avenue exit. Turn Right on University Ave. and travel approximately 1 mile to Hudson Rd. and turn north (right). Travel approximate 1/4 mile and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI- DOME.

Traveling from the South (option I): use I 218 North to I 20 west. Travel approximately 8 miles to the Cedar Falls Hudson Rd. exit and turn north (right). Travel approximate 2 miles north and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI- DOME.

Or

Traveling from the South (option II): use I 63 north to the town of Hudson. On the South end of the town of Hudson there is a Y in the road. Take the left side of the Y and travel approximately 6 miles north on Hudson Rd. Turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI- DOME



CONTACT INFORMATION

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

Course Host

Office Hours: 9am – 5pm Monday and Friday Noon – 5pm Tuesday - Thursday

Phone: 319.273.7163

Email: tjowen@uni.edu or andrew.martin@uni.edu

Fax: 319.273.7130

Website: <https://services.recreation.uni.edu/>

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

