

WILDERNESS FIRST AID COURSE

Sponsored by Center Activities and NOLS Wilderness Medicine



DATES: April 6-7, 2019

COST: \$195.00 HSU Students • \$220.00 All Others • Tuition Only

LOCATION: Humboldt State University, Arcata, CA

The class will meet in Nelson Hall East, Room 102, also known as Goodwin Forum. You'll find this location marked on the enclosed map in area 5 between D & E.

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 *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:

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

WAFR/ WFR/ WEMT RECERTIFICATION REQUIREMENTS

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

Payment in full is required to reserve your spot in the course and is payable by check (with driver's license number), Visa, MasterCard, Discover, American Express, or cash.

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.

CANCELLATIONS

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, a \$35.00 administrative fee will be retained. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, tuition is non-refundable.

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/1479518011/652/>

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.

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.

NOLS WILDERNESS MEDICINE POLICIES

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, tobacco or cannabis products are allowed on site. Humboldt State University is a non-smoking campus.

STUDENT LOGISTICS

Meals and Lodging

Meals and lodging are not offered for this course. Lodging options are provided at the end of this document.

Parking

Parking is free on campus on Saturday and Sunday.

Campus parking permits are **REQUIRED** during the course excluding weekends. Metered spots do not accept permits - you must pay with coins. Lots marked with a (G) are general lots. Day permits are available for \$3.50 per day at kiosk locations in each parking lot. Day permits are not valid in lots marked with an (S) which are staff lots. You may also park off campus without a permit. Tickets are expensive so please regard the signage in the lot where you are parking!

The Parking Kiosk booth as indicated on the map is a good place to check for information when you arrive on campus. If they are not open you can check with University Police which is downstairs in the building marked Student Business Services. Information is also on the <http://www2.humboldt.edu/parking/> . For interactive maps, click on "Helpful Maps" on the left hand column. Click on "Campus Parking Maps" for details on the location of permit dispensers and general lots.

CONTACT INFORMATION

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

Course Host

Office Hours: Monday – Friday, 10am – 5pm

Phone: (707)826-3357

Email: cntract@humboldt.edu

Fax: (707)826-3357

Website: <http://www2.humboldt.edu/centeractivities/>

NOLS Wilderness Medicine:

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

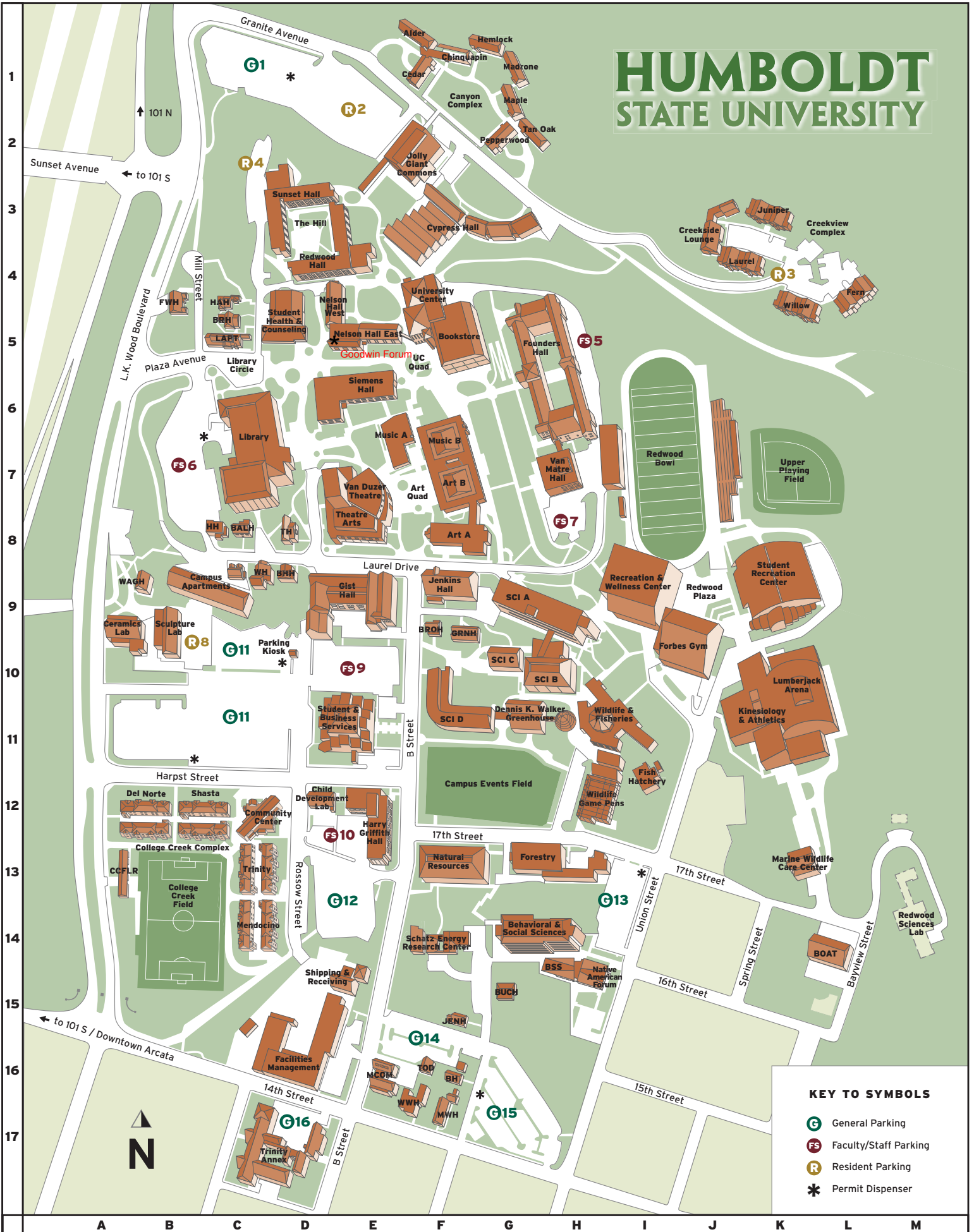
Phone: (866) 831-9001

Email: wilderness_medicine@nols.edu

Fax: (307) 335-2355

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

HUMBOLDT STATE UNIVERSITY



HSU CAMPUS LISTING

Alphabetical by Facility Name

- A -		- G -		- R -	
ALDER	Alder Residence Hall.....1F	GH	Gist Hall.....9D	RWC	Recreation & Wellness Center..... 9I
ARTA	Art A..... 8F	- H -		RB	Redwood Bowl7I
ARTB	Art B.....7F	HH	Hadley House8B		Redwood Plaza 9J
	Art Quad.....7F	HAH	Hagopian House (YES)4B	REDWO	Redwood Residence Hall4D
- B -		HGH	Harry Griffith Hall.....12E		Redwood Sciences Lab14M
BH	Baiocchi House16F	HEMLC	Hemlock Residence Hall1G	- S -	
BALH	Balabanis House (MCC)..... 8C		Hill, The.....3D	SERC	Schatz Energy Research Ctr.....14F
BSS	Behavioral & Soc. Sciences 14G	- J -		SCIA	Science A..... 9G
BOAT	Boat Facility 14K	JH	Jenkins Hall..... 9F	SCIB	Science B..... 10H
BRH	Brero House (ITEPP)..... 5C	JENH	Jensen House (Children's Center)....15F	SCIC	Science C..... 10G
BHH	Bret Harte House.....9D	JGC	Jolly Giant Commons..... 2F	SCID	Science D.....10F
BROH	Brookins House..... 9F	JUNIP	Juniper Residence Hall3K	SCLPT	Sculpture Lab..... 9B
BUCH	Buck House (CCAT)15G	- K -		SHAST	Shasta Residence Hall.....12B
- C -		KA	Kinesiology & Athletics.....11K	SR	Shipping & Receiving15E
CA	Campus Apartments..... 9B	- L -		SH	Siemens Hall..... 6E
CEF	Campus Events Field.....11F	LAURE	Laurel Residence Hall.....4J	SBS	Student & Business Services.....11E
	Canyon, The.....1F	LIB	Library 7C	HC	Student Health & Counseling5D
CEDAR	Cedar Residence Hall.....1F		Library Circle5C	SRC	Student Recreation Center8K
CERAM	Ceramics Lab 9A	LAPT	Little Apartments.....5C	SUNST	Sunset Residence Hall.....3D
CDL	Child Dev. Lab, Swetman.....12D	- M -		- T -	
CHINQ	Chinquapin Residence Hall.....1F	MADRN	Madrone Residence Hall..... 1G	TANOK	Tan Oak Residence Hall.....2G
	College Creek Complex12B	MAPLE	Maple Residence Hall.....1G	TH	Telonicher House.....8D
CCF	College Creek Field.....14B	MWCC	Marine Wildlife Care Center.....13K	TA	Theatre Arts.....8D
CCFLR	College Cr. Field Locker Rooms.....13A	MCOM	Marketing & Communications16E	TOD	Toddler Center16F
CCCTR	Community Center12C	MWH	Mary Warren House17F	ANEX	Trinity Annex17C
CREEK	Creekside Lounge..... 3J	MENDO	Mendocino Residence Hall.....14C	TRIN	Trinity Residence Hall13C
	Creekview Complex..... 3K	MUSA	Music A 6E	- U -	
CYPRS	Cypress Residence Hall 3F	MUSB	Music B 6F		UC Quad..... 5F
- D -		- N -		UC	University Center.....4F
DELNO	Del Norte Residence Hall.....12B	NR	Natural Resources13F	UPF	Upper Playing Field4K
SCIE	Dennis K. Walker Greenhouse11G	NHE	Nelson Hall East..... 5E	- V -	
- E -		NHW	Nelson Hall West4D	VMH	Van Matre Hall7H
GRNH	Experiemental Greenhouse 9F	- P -		- W -	
- F -		PARK	Parking Kiosk..... 10D	WAGH	Wagner House9B
FM	Facilities Management16D	PEPR	Pepperwood Residence Hall..... 2G	WWH	Walter Warren House (INRSEP).....17B
FERN	Fern Residence Hall 4L	- R -		WH	Warren House..... 9C
FWH	Feuerwerker House.....4B			WDFS	Wildlife & Fisheries11H
FSH	Fish Hatchery12I	- S -		WGP	Wildlife Game Pens12H
FGYM	Forbes Gym.....10I			WILLO	Willow Residence Hall.....4L
FR	Forestry.....13H				
FH	Founders Hall5H				

Event, Meeting, and Retail Spaces

Bookstore	University Center (UC) 332 5F
College Creek Marketplace	Community Center (CCCTR) 102.....12C
Depot	University Center (UC) 127..... 5F
Fieldhouse	Student Recreation Center (SRC) 165.....8K
Fishbowl	Library (LIB) 209 7C
Fulkerson Recital Hall	Music B (MUSB) 132..... 6F
Goodwin Forum	Nelson Hall East (NHE) 102 5E
Great Hall	Community Center (CCCTR) 260.....12C
Green & Gold Room	Founders Hall (FH) 166..... 5H
J Dining Hall	Jolly Giant Commons (JGC) 400..... 2F
Kate Buchanan Room (KBR)	University Center (UC) 225.....4F
Lumberjack Arena	Kinesiology & Athletics (KA) 247 10K
Native American Forum	Behavioral & Soc. Sciences (BSS) 162 15H
Van Duzer Theatre (JVD)	Theatre Arts (TA) 101 7E
West Gym	Recreation & Wellness Center (RWC) 202..... 9I

Parking Regulations

Parking permits required year round:
Monday–Thursday 7am–10pm; Friday 7am–5pm

Permits not required on weekends and HSU holidays

Vehicles in ♿ spaces always require disabled plate/placard and HSU parking permit when permits are required

General parking (w/permit) okay in ♿ lots evenings after 5pm Monday–Thursday

Ⓡ Resident parking areas require permits 24/7 Monday–Friday

Lodging Info:

If you are coming from out of the local area there are numerous lodging possibilities nearby. You may wish to contact the Arcata Chamber of Commerce at 707-822-3619 or on the web at <http://www.arcatachamber.com/> for more information. There are also many listings on Airbnb and VRBO.

Arcata/McKinleyville – Hotels

Best Western Arcata Inn

4827 Valley West Blvd.
Arcata, CA 95521
707.826.0313

Days Inn & Suites

4701 Valley West Blvd
Arcata, CA 95521
707.826.2827

Hampton Inn & Suites

4750 Valley West Blvd
Arcata, CA 95521
707.822.5896

Hotel Arcata

708 9th St
Arcata, CA 95521
707.826.0217

Comfort Inn Arcata

4700 Valley West Blvd.
Arcata, CA 95521
707.826.9660

Eureka- Hotels

Best Western Plus Bayshore Inn

3500 Broadway
Eureka, CA 95503
707.268.8005

Best Western Plus Humboldt Bay Inn

232 W 5th Street
Eureka, CA 95501
707.443.2234

Holiday Inn Express & Suites Eureka

815 W Wabash Ave.
Eureka, CA 95501
707.269.0682

Clarion Hotel By Humboldt Bay

2223 4th Street
Eureka, CA 95501
707.442.3261

Motel 6

4755 Valley West Boulevard
Arcata, CA 95521
707.822.7061

Red Roof Inn

4975 Valley West Boulevard
Arcata, CA 95521
707.633.6148

Super 8

4887 Valley West Boulevard
Arcata, CA 95521
707.822.8888

Ramada

3535 Janes Road
Arcata, CA 95521
707.822.0409

Holiday Inn Express

3107 Concorde Dr
McKinleyville, CA 95519
707-840-9305