



# Wilderness Canoe Base

•Places of Grace Forming People of Faith•  
12477 Gunflint Trail • Grand Marais • MN • 55604

## WILDERNESS FIRST AID COURSE

Sponsored by Wilderness Canoe Base and NOLS Wilderness  
Medicine



**DATES:** May 28 to May 29, 2019  
**COST:** \$200.00  
**LOCATION:** Wilderness Canoe Base  
12477 Gunflint Trail  
Grand Marais, MN 55604

## 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 (mouflage) 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/>.

### **Wafa/ WFR/ WEMT RECERTIFICATION REQUIREMENTS**

NOLS Wilderness Medicine certification holders may take a **Wilderness First Aid** (WFA) course to recertify a Wafa, 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/](http://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/](http://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. You can pay your tuition by sending a check to Wilderness Canoe Base or by calling the Wilderness Canoe Base office at (218) 388-2241 and providing your credit card information over the phone.

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**

If you cancel or withdraw 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 ask your instructors on the first day of class for the necessary information.

## **STUDENT LOGISTICS**

### **Meals and Lodging**

Meals and lodging are available for this course.

### **Camping Options:**

We have tent pads on our property for a cost of \$15 per night. Camping is also available at Tail's End Campground (*recreation.gov* for reservations).

### **Lodging Options:**

We have bunkhouse-style cabins available for \$20 per night. You will stay in a cabin with other participants of the same gender in shared rooms with single beds and/or bunk beds. Outhouses/indoor restrooms and showers are available in a separate building from the bunkhouse. Walking between cabins and the main lodge requires walking on uneven and rocky trails.

### **Meals:**

Lunch is included in the tuition cost. Breakfast and dinner are also available at a cost of \$7 per meal. Wilderness Canoe Base provides family style meals in our dining hall which is connected to the course classroom area.

### *Food Philosophy*

Our Dining Services Team takes pride in providing tasty and nutritious meals, prepared with care for you during your stay. We do our best to accommodate people with dietary restrictions (food allergies, intolerances, vegetarian etc.), we may not be able to accommodate all dietary **preferences**. If you or other individuals from your group have special dietary needs, please contact our Retreat Coordinator at least 2 weeks prior to your arrival to discuss menu options.

**To reserve on-site lodging at Wilderness Canoe Base** (218) 388-2241  
wcboffice@campwapo.org

**Alternative Options within a 30 minute drive**

*Tuscorora Lodge* (218) 388-2221

tuscaroracanoecanoe.com

*Loon Lake Lodge* (218) 388-2232

visitloonlake.com

**Travel**

Wilderness Canoe Base is located at the end of the Gunflint Trail, which is a two-lane road that heads northwest from the town of Grand Marais. You will follow the Gunflint Trail for approximately an hour and 15 minutes until you reach Wilderness Canoe Base, which is a left-hand turn off the Gunflint. We have a large wooden sign on the road. Follow our driveway all the way down to the lake, and a staff member will assist you.

\*You must call our office at (218) 388-2241 before you begin driving up the Gunflint Trail so we know to meet you upon your arrival. There is no cell service once you begin driving up the trail.

**CONTACT INFORMATION**

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

**Course Host: Kristin Middlesworth**

Office Hours: 9-6

Phone: (218) 388-2241

Email: [wcboffice@campwapo.org](mailto:wcboffice@campwapo.org)

**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](mailto:wilderness_medicine@nols.edu)*

*Website: [www.nols.edu/wilderness-medicine](http://www.nols.edu/wilderness-medicine)*

