

**WILDERNESS FIRST AID COURSE**

**Sponsored by Regis University Outdoor Adventure Program  
and NOLS Wilderness Medicine**



**DATES:** April 13-14, 2019  
**COST:** Regis Student: \$225 Non-Regis Student: \$245  
**LOCATION:** St. Peter Claver Hall: Room PCH 210  
Regis University, Denver, CO 80221  
(Claver is labeled as "C" on the Campus Map, linked below)  
<http://www.regis.edu/~media/Files/University/UBM/Campus%20Maps/Regis%20University%20Campus%20Map.ashx>

**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/>.

## WAF/A/ WFR/ WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a **Wilderness First Aid** (WFA) course to recertify a WAF/A, 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 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, 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.

### **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**

Meals and lodging are not offered for this course. There are a variety of restaurants near the course location. Below are some lodging options:

#### **Lodging Options (these are only a few of the many options):**

Motel 6 Denver Central – Federal Blvd  
3050 W 49th Ave, Denver, CO 80221  
(303) 455-8888

Rodeway Inn and Suites  
4765 Federal Blvd, Denver, CO 80211  
(303) 433-8441

Radisson Hotel Denver Central  
4849 Bannock St, Denver, CO 80216  
(303) 292-9500

La Qunita Inn Denver Central  
3500 Park Ave W, Denver, CO 80216  
(303) 458-1222

### **Travel**

#### **From the North or South:**

Regis is located in the northwest section of Denver. Take I-25 to I-70 and proceed west on I-70. Exit on Federal Blvd. Turn right (North) onto Federal and take a left at the first light which is Regis Blvd/W 50th Avenue. After you turn at the light, take your second right into Regis University. You may park in any lot on campus as long as you do not park in a reserved space. You do not need a parking pass, but please do not park in visitor parking.

You can find a map of Regis University at

<http://www.regis.edu/~media/Files/University/UBM/Campus%20Maps/Regis%20University%20Campus%20Map.ashx>

## **PARKING**

Regis University (RU) welcomes guests and visitors to use its parking facilities.

1. Guests are expected to comply with all University parking regulations and park in valid parking locations. RU requires all vehicles to be registered and pay for parking Monday through Thursday, 6:00am until 1:00 am and on Friday, 6:00 am until 4:00 pm.
2. RU is a virtual parking campus – your complete license plate information is required to register and pay for parking. You do not need to display a receipt, permit or sticker unless alternative arrangements have been made in advance.
3. RU does not issue refunds for the incorrect purchase of parking. Please purchase carefully.
4. RU does not issue refunds for cancelled classes or events
5. To find more information regarding parking rates and rules, please visit <https://www.regis.edu/About-Regis-University/University-Offices-and-Services/Auxiliary-Business/Parking/Visitor-Parking.aspx>

### **Visitor Parking Areas**

Visitor parking is available in all seven lots. Payments from any Pay Station or through PARKMOBILE (link and zone code TBD) are valid in all lots.

### **Visitor Rates Permit Type Cost Details**

Daily – 6:00 am until 1:00 am \$6

Evening - 4:00 pm until 1:00 am \$3

Weekends- 4:00pm Friday until 6:00am Monday FREE

### **Pay Station Location Details**

Lot 1 On Ranger Way between Lot 1 East and Lot 1 West

Lot 2 Northwest corner of Lot 2 (near Dayton Memorial Library)

Lot 3 Northeast corner of Lot 3 (near Student Center)

Lot 4 Southeast corner of Lot 4 (near entrance to Claver Hall)

Lot 5 Southwest corner of Lot 5 North

Lot 6 Northwest corner of Lot 6 (near playing fields)

Lot 7 Southwest corner of Lot 7

Please see Parking Map at

<http://www.regis.edu/~media/Files/University/AuxServices/Parking/RUParkingMap.ashx>  
for more details.

Please note that there is street parking around campus, however, Regis University is not responsible for illegal parking resulting in towing or ticketing.

## **CONTACT INFORMATION**

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

### **Course Host**

*Office Hours: Monday to Friday, 8:00am to 4:00pm Mountain Time*

*Phone: (970) 852-0758*

*Email: [rphillips004@regis.edu](mailto:rphillips004@regis.edu)*

Website: [www.regis.edu](http://www.regis.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](mailto:wilderness_medicine@nols.edu)

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

