



WILDERNESS FIRST AID COURSE

Sponsored by Incarnation Camp and NOLS Wilderness Medicine

DATES: June 15th-16th

COST: Tuition \$200, Tuition and Lodging \$250

LOCATION: Ivoryton, CT



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/

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

Tuition payment in full is required to reserve your spot in the course. You can pay your tuition by calling the Incarnation Camp office or completing your registration 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.

Service Animals

Please contact the Wilderness Medicine office at 1-866-831-9001 if you intend to bring a service animal to the course.

Alcohol, Drugs, Tobacco & Weapons

No alcohol, no drugs, no tobacco, and no weapons are allowed in the classroom.

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 a meals and lodging package available for this course. Participants requiring lodging and meals may participate in dorm-style lodging (up to 6/room) with group bathroom facilities. You will need to supply your own bedding (pillow, sheets, etc.). The meals package consists of three meals/day served family style in the dining hall. Vegetarian options are served at each meal. The additional fee for the lodging and meals package is \$50.00. The lodging package begins on the evening of June 15th and runs through lunch on June 16th. Those desiring the lodging and meals package should indicate such on their registration form.

Alternate Lodging: Alternate lodging is available in Ivoryton at The Copper Beech Inn, or Old Saybrook at several hotels including Super 8 and Quality Inn.

Travel

The course will take place at Incarnation Camp, Ivoryton, CT (see the enclosed map). Upon arriving at camp, participants should proceed to Katsansis Hall, a large gray building on the lower part of the property. Follow the main road past the Main Office, bear right at the fork, and then turn right at the bottom of the hill. See map.

Directions from New Haven and West: I-95 to Exit 64 (Horse Hill Road). Turn Left onto Route 145. Drive 5 miles to blinking light and turn right onto Route 80. Drive half a mile to stop light and turn right onto Westbrook Road. Drive half a mile to first left and turn left onto Bushy Hill Road. Drive 1 mile to Camp's entrance on left side of road.

Directions from New London and East: I-95 to Exit 69. Right onto Route 9 and north to Exit 3 (Route 154). Left off ramp onto Route 154. Continue through stop light in Centerbrook. Veer left by Rt. 80 to keep the Ivoryton Playhouse on your right. Continue past the Piano Factory. Turn right at stop sign onto Bushy Hill Road. At top of hill, turn right with Bushy Hill Road. Camp's entrance is second on right.

Directions from Middletown and North: Route 9 South to Exit 5. Turn right onto Route 80. Drive 1 mile to blinking light. Make a right to continue on Route 80 for 2 miles to stop light. Turn left onto Westbrook Road. Drive half a mile to first left and turn onto Bushy Hill Road. Drive 1 mile to Camp's entrance on left.

For GPS type in Incarnation Center or 253 Bushy Hill rd, Ivoryton CT. On GPS systems that are not connected to the internet we may not come up with this street address. If

that happens please type in our neighbor, 299 Bushy Hill rd, and look for the large, white sign at the entrance of our property.

CONTACT INFORMATION

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

Course Host

Office Hours: 8 AM – 4 PM

Phone: 860-767-0848 x109

Email: ktuttle@incarnationcamp.org

Website: www.incarnationcamp.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

Website: www.nols.edu/wilderness-medicine

