

## WILDERNESS FIRST AID

Sponsored by the University of Idaho College of Natural Resources  
McCall Outdoor Science School and NOLS Wilderness Medicine



**DATES:** August 23-25, 2019  
**COST:** \$290, tuition only; \$455.43 tuition/room/board  
**LOCATION:** McCall Field Campus, 1800 University Lane, McCall, Idaho  
**CONTACT:** Sacha Jackson, 208.885.9517, [sachaj@uidaho.edu](mailto:sachaj@uidaho.edu)  
**ENROLL:** <https://moss.uidaho.edu/forms/guest.cfm>; Password: *guest*; Group Name: *NOLS*  
**PAYMENT:** Payable to *University of Idaho, Bursar*; remit payment to *MOSS ATTN: Sacha Jackson, PO Box 1025, McCall, ID 83638*

## 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 12:45 p.m. on the first day. With the exception of Day 1, 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.

## PACKING CHECKLIST

- |                              |                                      |   |
|------------------------------|--------------------------------------|---|
| ✓ Notebook and pencil or pen | ✓ Water bottle                       | ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions |
| ✓ Watch that has seconds     | ✓ Light day pack                     | ✓ Slippers or comfortable shoes for classroom time (optional)                         |
| ✓ Sunglasses and hat         | ✓ Waterproof top & bottom outerwear  | ✓ Camp chair for classroom time (optional)  |
|                              | ✓ Light hiking boots or sturdy shoes |   |

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

COLLEGE OF NATURAL RESOURCES • MCCALL OUTDOOR SCIENCE SCHOOL

1800 University Lane, PO Box 1025, McCall, ID 83638 | [mccall@uidaho.edu](mailto:mccall@uidaho.edu) • [uidaho.edu/moss](http://uidaho.edu/moss) | 208.885.1080 • 208.634.5244 [FAX]

*Getting people outdoors to learn about science, place and community.*

## **WAF/ WFR/ WEMT RECERTIFICATION REQUIREMENTS**

NOLS Wilderness Medicine certification holders may take a **Wilderness First Aid**(WFA) course to recertify a WAF, 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. This one does!

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.

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 by calling Sacha @ MOSS with credit card information (we accept Visa or MasterCard) or by mailing a check – payable to *Bursar, University of Idaho* and remit to *MOSS ATTN: Sacha, PO Box 1025, McCall, ID 8363*

The tuition fee includes instruction, handouts, a field pocket-guide, equipment use and certification.

## **CANCELLATION & REFUND POLICY**

A full refund will be given if the McCall Outdoor Science School needs to cancel the course for any reason.

If you cancel or withdraw from a course:

- Greater than or equal to 45 days prior to the course start date, the McCall Outdoor Science School will retain a \$50.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 45 days of the course start date, tuition is non-refundable and non-transferable.
- Once the course begins, no refunds will be awarded. All course registrations are non-transferable.

**NOLS WILDERNESS MEDICINE STUDENT AGREEMENT:** <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.**

## **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.

### **TRAVEL/DIRECTIONS**

The McCall Field Campus is located on the shores of Payette Lake, inside Ponderosa State Park, about 1.5 miles (2.4 km) north of McCall, Idaho. McCall can be reached heading south via State Highway 55 from New Meadows, Idaho, and reached by heading north on Highway 55 from Boise. Turn east on Railroad Ave; turn left at the second stop sign on Davis; go through the stop sign on Lick Creek and drive into the park; go through the kiosk (stop and tell the PSP employee that you are coming here); and you will see our driveway on the left.

### **LODGING/MEALS**

Lodging is available beginning Thursday, August 22 and ending Sunday, August 25. The lodging facilities are bunkhouse units and space may be shared with up to seven others. Bring bedding, linens and toiletries with you; bottom sheets are provided.

Meals begin with Dinner on Friday, August 23 and end with lunch on Sunday, August 25. Meals are 30 minutes long; be sure to arrive in the first 10 minutes to ensure someone doesn't get seconds before you get firsts! We serve one main entree with sides and a yogurt/fruit or salad bar. We are happy to accommodate allergies, vegetarians and special meal requests. Contact us to discuss your specific meal needs.

We do not have onsite camping or RV options. Pets are not allowed in this course.

### **NOLS Wilderness Medicine Contact Info:**

*Office Hours: Monday to Friday, 9:00am to 5:00pm MT*

*Phone: 866.831.9001*

*Email: [wilderness\\_medicine@nols.edu](mailto:wilderness_medicine@nols.edu)*

*Fax: 307.335.2355*

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

