

July 1st, 2019

Dear WFA Participant:

On behalf of the Iowa State University Outdoor Recreation Program and NOLS Wilderness Medicine, I would like to welcome you to the Wilderness First Aid Course. The WFA Course you registered for will be held on September 7th & 8th, 2019 at Iowa State University. Enclosed you will find information pertaining to the course. Included with the cover letter are the following documents:

- Pre-Course Information Letter
- Travel Map
- Course Outline
- Financial Statement
- ISU Release of Liability Statement

If at any time you have questions related to any of the documents, please contact the ISU Outdoor Recreation Program at 515-294-4774 or email me directly at jrupert@iastate.edu.

All of us at the ISU Outdoor Recreation Program look forward to the NOLS Wilderness Medicine coming to our campus and providing our participants with a quality educational experience. This course will help prepare each of you for your adventures into the great outdoors.

Again, the staff at the ISU Outdoor Recreation Program and I welcome you to Iowa State University for this WFA Course.

Sincerely,

Jerry

Jerry Rupert
Director, Outdoor Recreation Program
Iowa State University

IOWA STATE UNIVERSITY
STUDENT HEALTH AND WELLNESS

Recreation Services – Student Wellness – Student Counseling Services – Thielen Student Health Center
2647 Union Drive | Ames, IA 50011

WILDERNESS FIRST AID COURSE

Sponsored by *Iowa State University* and NOLS Wilderness Medicine



DATES: *September 7th & 8th, 2019*

COST: *\$199.00 for Member* *\$220.00 for Non-Member*

LOCATION: *Ames, IA*

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/>.

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/>

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

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

There is not a meal and lodging option for this course. Below are some lodging options.

Camping:

The nearest camping is approximately 20 minutes away from Ames, for information google Iowa State Parks. The specific park is called Ledges State Park.

Lodging:

There are many motels/hotels in the Ames area. Your best option would be to google Ames, IA motels and search for the best lodging for you. All of the lodging is within ten minutes of State Gym.

Travel

All participants and instructors will meet at the Outdoor Recreation Program facility in State Gym each morning. To ISU campus, take I-35 north from Des Moines to Exit 111B (if you are coming from the north go south on I-35). Take Route 30 west to the University Blvd. Exit. Take University Blvd. north (turn right) to Lincoln Way. Turn left on Lincoln Way to Sheldon Ave. Turn right on Sheldon Ave. and then right into the first parking lot on the right. Sounds complicated but it really is not. (Please see the map included with this packet.)

CONTACT INFORMATION

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

Course Host

Please contact us with any questions or concerns you may have. Our office hours at Iowa State are Monday - Friday, 8:00 am - 6:00 pm Central Time.

Phone: 515-294-4774

Email: jrupert@iastate.edu

FAX: 515-294 -1412

Web site: <http://www.recservices.iastate.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

Website: www.nols.edu/wilderness-medicine



NOLS Wilderness Medicine
WFA/WFR RE-CERT Course Statement

NAME: _____

COURSE DATES: September 7th & 8th, 2019

COURSE COST: \$199.00 for Pass Holder or \$220.00 for Non-Pass Holder Payment in full

MEALS/LODGING: Not included

SUBTOTAL: \$199.00 or \$220.00

BALANCE DUE: \$199.00 or \$220.00

**OUTDOOR RECREATION PROGRAM
OFFICE OF RECREATION SERVICES - IOWA STATE UNIVERSITY
RELEASE OF LIABILITY STATEMENT**

RELEASE, ASSUMPTION OF RISK, WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In return for Iowa State University allowing me to participate in outdoor recreation activities and having read, understood, and signed the Participation Agreement for _____, I hereby state that I voluntarily agree to the following:

- A. I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Iowa State University, the Outdoor Recreation Program, the Board of Regents of the State of Iowa, the State of Iowa, its officers, servants, agents, or employees, (herin after referred to as RELEASEES) for any liability, claim, and/or cause of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me that occurs as a result my traveling to and from, and participation in, the specified outdoor recreation activity.
- B. I agree to INDEMNIFY AND HOLD HARMLESS the RELEASEES whether injury or damages is caused by my negligence, the negligence of the RELEASEES or the negligence of any third party from any loss, liability, damage or costs, including court costs and attorneys' fees, that RELEASEES may incur due to my traveling to and from, and participation in, the specified outdoor recreation activity.
- C. It is my express intent that this RELEASE and HOLD HARMLESS AGREEMENT shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE and COVENANT NOT TO SUE the above-named RELEASEES.
- D. I hereby further agree that the Participation Agreement and this Release, Assumption of Risk, Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Iowa.
- E. If I deviate from any aspect of the planned recreation activity, such deviation is purely voluntary, and I agree that RELEASEES, shall not be liable for any injuries resulting or arising out of such deviation.
- F. I understand that by participating in the specified outdoor recreation activity I will ASSUME THE RISK of injury and damage from the risks and dangers that are inherent in the specified outdoor recreation activity.

IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT that I have read the PARTICIPATION AGREEMENT for the activity in which I choose to participate and this RELEASE, ASSUMPTION OF RISK, WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT, understand it, and sign it voluntarily.

PLEASE PRINT:

NAME _____ DATE ____/____/____

ADDRESS _____

PHONE _____ ISU Card

PARTICIPANT
SIGNATURE _____

PARENT/GUARDIAN SIGNATURE _____

(Must be signed by the parent or guardian if the participant is under the age of 18.)

REVISED: OCTOBER 11, 2017