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WILDERNESS FIRST AID (WFA)

Sponsored by University of Northern Iowa (UNI) & NOLS
Wilderness Medicine



DATES: January 25 & 26, 2020
COST: \$260
LOCATION: 101 WRC, Cedar Falls, Iowa

Please see **Student Logistics below for additional information on course location*

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 the 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 states 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 AM on the first day. Course days run from 8:00 AM to 5:00 PM. All course materials will be provided on the first morning of the course.

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 a 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 [NOLS Wilderness Medicine WFA](#) course page.

REGISTRATION AND TUITION PAYMENT

Tuition payment in full is required to reserve your spot in the course. You can pay your balance online by following this <https://services.recreation.uni.edu/Program/GetProgramDetails?courseId=246c80a5-f321-4393-92c7-68984b8175c2&semesterId=83fbe16e-d908-450b-beb7-d136f212f121> (we accept Visa or Mastercard).

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.

Course Tuition: \$260

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 [here](#).

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.

More information can be found by following the links below:

[WFR-R](#)
[Hybrid WFR-R](#)

You will be required to pass both a written and a practical test. Check the [Wilderness Medicine Resources](#) web page for information and resources on how to best prepare for your course.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the [NOLS Student Agreement](#) and read it carefully as it affects your legal rights.

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 as well. 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 withdraws 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, WAF, 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 CREDITS

Pre-Course Access to College Credit

The WFA course is pre-approved for 0.5 credit through Western State Colorado University or an additional cost. Interested students must initiate registration and payment for credit by contacting Western at least 30 days prior to the course start. More information can be found [here](#).

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. If you are interested in receiving college credit, please ask your instructors on the first day of class for the necessary information.

LODGING/RECREATION

Meals and lodging are not included for this course. There are many motels/hotels in the Cedar Falls area. Your best option would be to google Cedar Falls, IA hotels and search for the best lodging for you. Most lodging is within ten minutes of UNI WRC. Host will be happy to recommend lodging locations via email or phone call.

TRAVEL/DIRECTIONS

All participants and instructors will meet in the Wellness and Recreation Center (WRC), classroom #204 each morning.

Traveling from the West: use I-20 East to the Cedar Falls Hudson Rd. exit and turn north (left). Travel approximately 2 miles north and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is

connected to the north end of the UNI-DOME.

Traveling from the East: use I 20 West to the Cedar Falls Hudson Rd. exit and turn north (right). Travel approximately 2 miles north and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI-DOME.

Traveling from the North: use I 58 South to the Cedar Falls, University Avenue exit. Turn Right on University Ave. and travel approximately 1 mile to Hudson Rd. and turn north (right). Travel approximately 1/4 mile and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI-DOME.

Traveling from the South (option I): use I 218 North to I 20 west. Travel approximately 8 miles to the Cedar Falls Hudson Rd. exit and turn north (right). Travel approximately 2 miles north and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI-DOME.

Or

Traveling from the South (option II): use I 63 north to the town of Hudson. On the South end of the town of Hudson there is a Y in the road. Take the left side of the Y and travel approximately 6 miles north on Hudson Rd. Turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI-DOME

CONTACT INFORMATION

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

Course Host: Andrew Martin - Outdoor Recreation Coordinator (UNI)

Office Hours: Mon. & Fri. 9am -5pm Tues - Thurs. noon - 5pm

Phone: 319.273.7164 or 319.273.7163

Email: Andrew.martin@uni.edu

Fax: 319.273.7130

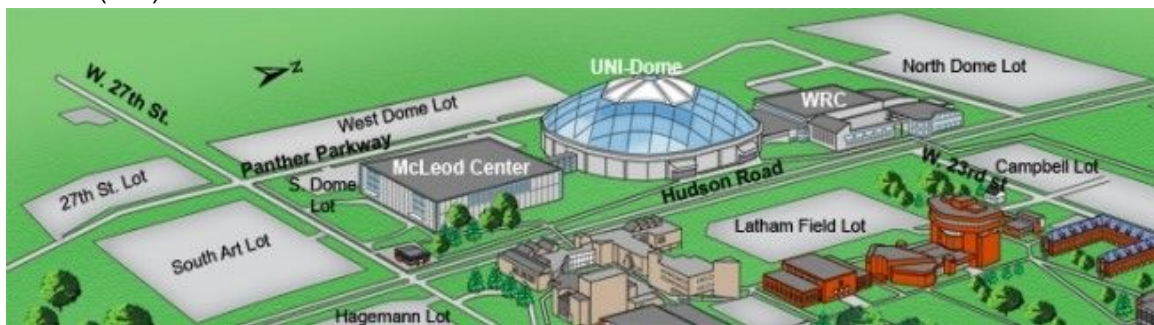
Website:

<https://recreation.uni.edu/outdoor-recreation>

NOLS Wilderness Medicine:

Office Hours: M-F from 8am-5pm MST

Phone: (866) 831-9001



Campus Map.

All WFA participants should park in the North Dome Parking lot.