



Photo Courtesy of Taylor Feldman

WILDERNESS FIRST AID (WFA)

Sponsored by Mount St. Helens Institute & NOLS Wilderness Medicine

DATES: March 28-29, 2020 with option to arrive Friday night

COST: \$353, room and board included

LOCATION: Mount St. Helens Science and Learning Center, Toutle, WA

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 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

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 indoor shoes (*optional*)
- Bedding (sleeping bag or sheets/blanket)
- Overnight clothes
- Personal toiletries and medications (*there are bathrooms and running water but no showers at this facility*)

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 register online by following this [link](#).

The tuition fee includes all meals and lodging between Saturday morning and Sunday evening, with an option to arrive Friday night. Also 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: \$353 general public.

Discounts apply for MSHI staff and volunteers, and local Forest Service employees.

WAF/WFR/WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a Wilderness First Aid (WFA) course to recertify a WFA, 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, a full refund will be issued, minus processing fees.
- Within 30 days of the course start date, tuition is non-refundable though may be transferred.
- Once the course begins, no refunds will be awarded.
- If MSHI or NOLS cancel the course for any reason, at any time, a full refund will be issued

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 Mount St. Helens Institute at 360-449-7883 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 facility.

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.

STUDENT LOGISTICS

Meals and Lodging

All meals and lodging are provided from Saturday morning until Sunday evening, with an option to arrive Friday night, which includes Friday dinner, Friday lodging, and Saturday breakfast.

Dietary Preferences

We are happy to accommodate a wide variety of diets. Please include any dietary restrictions and preferences during registration. Contact us if you have any concerns or questions.

Facility

Our Science and Learning Center is a winter visitor's center for the Mount St. Helens National Volcanic Monument, and our residential learning facility in the spring, summer, and fall. There is a commercial kitchen and dining area, and shared sleeping areas that have bunk beds and mattresses. There are no showers, WiFi, nor cell service available for participants. There is a landline for emergency use.

Travel

The Science and Learning Center is in a remote location far from cell phone reception. It is located towards the end of Highway 504, north of Mount St. Helens, 10

miles before Johnston Ridge Observatory.
We will send you driving directions closer to the start of your course. Please print or save directions prior to leaving for the course.

CONTACT INFORMATION

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

Course Host:

Phone: (360) 449-7883

Email: info@mshinstitute.org

NOLS Wilderness Medicine:

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

Phone: (866) 831-9001

[Email](#)

[Website](#)