



## **WILDERNESS FIRST AID**

**Hosted by Idaho Rescue Training  
Taught by NOLS Wilderness Medicine**



**DATES:** June 27-28, 2020, Saturday/Sunday: 8am-5pm

**COST:** \$250 Course Only  
\$350 with Meals and Lodging

**LOCATION:** YMCA Camp Mill Hollow, 7480 South Mill Hollow Road, Kamas, UT 84036

**For information and to register, visit**

<https://www.idrescuetraining.com/nols-wilderness-medicine>

### **COURSE DESCRIPTION**

Fast paced and hands-on, this two-day course covers a wide range of wilderness medicine topics for people who travel in the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" In this fast-paced and hands-on course, you will learn how to prepare for the unexpected. The NOLS Wilderness Medicine curriculum includes many advanced topics that other programs leave out such as dislocation reduction and epinephrine administration. In just two days, you will have the knowledge, skills and ability to make sound decisions in emergency situations. This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. NOLS Wilderness Medicine course is pre-approved by such organizations as the American Camping Association, the United States Forest Service and other governmental agencies. This course does not include CPR.

### **CLASS FORMAT AND EQUIPMENT**

Check in is at 7:45am on the first day of the course. Course days run from 8:00am to 5:00pm. We will take a 1-hour break for lunch from about Noon-1pm. The class format is classroom lectures integrated with practical scenarios. Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy and/or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up are used to emphasize the reality of a scenario. The classroom environment generally lends itself to a pair of comfy shoes or slippers and a camp chair. Please come equipped with a light daypack, waterproof top and bottoms, light hiking boots and layers well suited for spending time outside.

### **OPTIONAL MEALS & LODGING**

If you are purchasing the meals and lodging option, this includes lodging on Friday night and Saturday night with meals from Saturday's Breakfast through Sunday's lunch. Meals and lodging will be provided by YMCA Camp Mill Hollow. Special dietary needs should be communicated prior to registration, and housing will be done in same sex common dorms.

## **WFR RECERTIFICATION REQUIREMENTS**

NOLS Wilderness Medicine graduates may take a Wilderness First Aid (WFA) course to recertify their WFA, WFR or WEMT (wilderness portion only). NOLS Wilderness Medicine certifications will be afforded a one-year period after expiration within which to recertify. This course cannot be used as a WFR or WEMT re-certification course if you hold a certification from a provider other than NOLS Wilderness Medicine. For further information, see the Recertification FAQ portion of our website at <https://www.nols.edu/en/courses/wilderness-medicine/recertify>.

If recertifying, you must submit a photocopy of your current certification card(s) on the first day of the course. We cannot issue you a new certification until we verify your previous training.

The Wilderness First Aid course is an introductory course for individuals with no prior knowledge and generally does not include CPR. It is not designed as a recertification course. Participants using the WFA course to recertify their WFR will be required to pass both a written and a practical test on the second day of the course. Check the following web page for information and resources on how to best prepare for your course: <https://www.nols.edu/en/resources/wilderness-medicine-resources/>

## **HEALTH FORM, ACKNOWLEDGEMENT, AND ASSUMPTION OF RISKS, RELEASE, AND INDEMNITY AGREEMENT**

(Including Assumption of Risks and Agreements of Release and Indemnity)

Please download this agreement at <https://www.nols.edu/en/filer/public/1481683959/906/> 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.

## **COLLEGE CREDIT**

Pre-Course: The WFA course is pre-approved for one semester hour credit through Western State Colorado University (WSCU) for an additional cost of \$55. 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: 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 inquire with your instructors on the first day of class for the necessary information.

**Pets are not allowed at the teaching site. This includes leashing them outside or in the parking lot. No exceptions.** Any student bringing pets to class will be asked to leave class until the pet is safely off site.

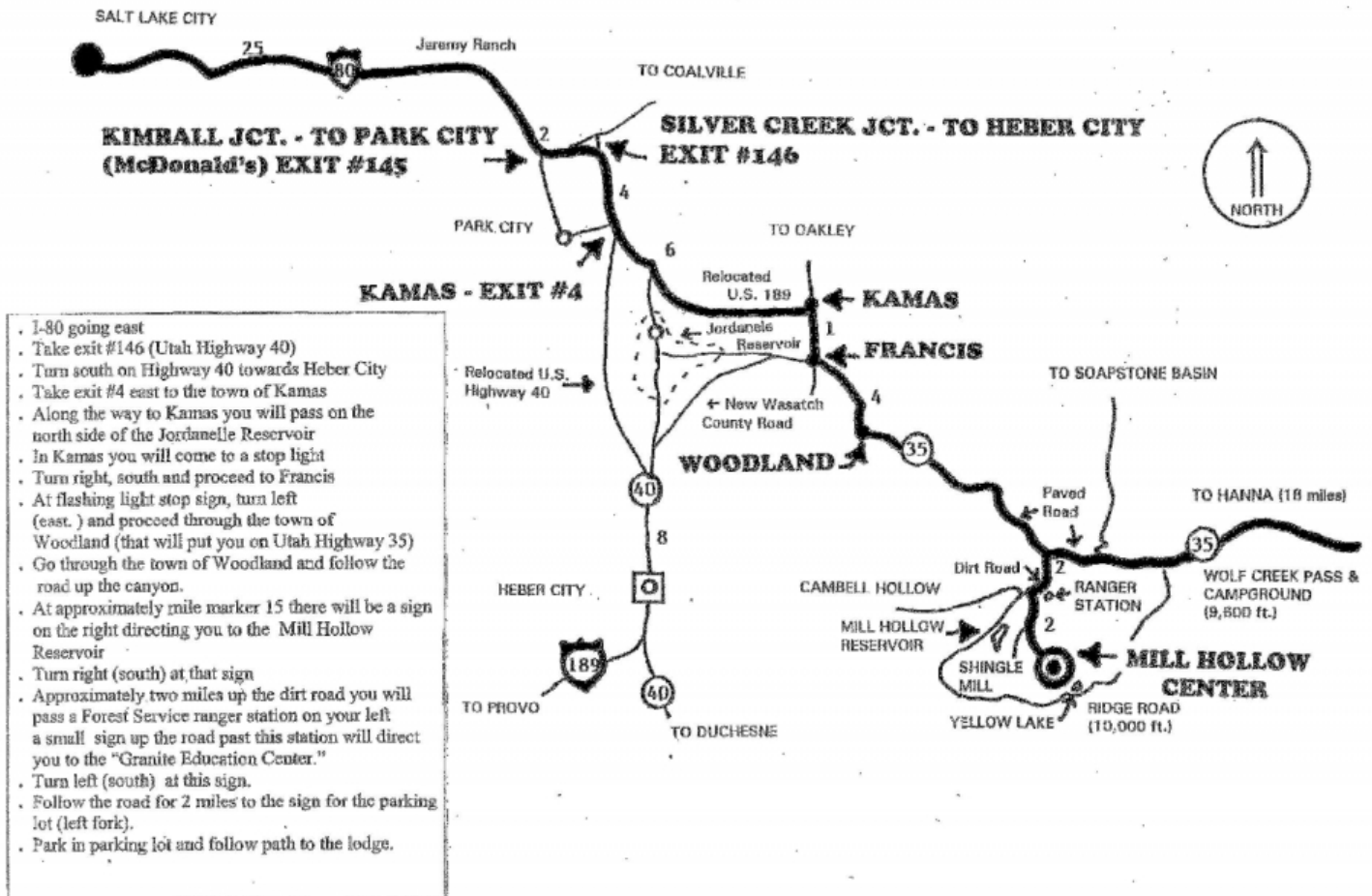
To register, please visit [www.idrescuetraining.com](http://www.idrescuetraining.com)

Please contact Paul Holle with any questions.

208-720-8437

[paul\\_holle@nols.edu](mailto:paul_holle@nols.edu)

## ROUTE TO MILL HOLLOW





# NOLS Wilderness Medicine

## Wilderness First Aid Course Schedule

### **DAY 1**

#### **Morning**

Introductions  
Patient Assessment System

#### **Afternoon**

Emergency and Evacuation Plans  
Spine Injury  
Head Injury  
Shock  
Wilderness Wound Management

### **DAY 2**

#### **Morning**

Wilderness Wound Management (cont.)  
Scenario  
Musculoskeletal Injury  
Heat Illness

#### **Afternoon**

Scenario  
Cold Injury  
Lightning  
Altitude Illness  
The Medical Patient  
Anaphylaxis  
Closure