



**WILDERNESS FIRST AID COURSE with CPR**  
**Sponsored by Saint George's School and the NOLS Wilderness Medicine Institute**

**DATES:** April 17<sup>th</sup>, 2020 to April 19<sup>th</sup>, 2020  
**COST:** \$310.00 Tuition with Lunch, \$350.00 includes Camping  
**LOCATION:** Spokane, Washington

**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.

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.

This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. WMI's course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other government agencies. *This course **includes** Adult/Child CPR and FBAO. The schedule for the 16-hour WFA section and the 4-hour CPR section of the course is as follows: April 17<sup>th</sup>, 4:30-8:30 pm; April 18<sup>th</sup> – 19<sup>th</sup>, 8:00 am–5:00 pm.*

**CLASS FORMAT AND PERSONAL PREPARADNESS**

Check in is at 3:45 pm on the first day of the course. Course days run from 8:00 am to 5:00 pm. The class format is classroom lectures integrated with practical scenarios.

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.

## 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](#).

WMI graduates may take a Wilderness First Aid (WFA) course to recertify their WFA, WFR or WEMT (wilderness portion only). WMI certifications will be afforded a one-year re-entry 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 WMI.**

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.

## 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 [link](#) (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.

### 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, WFA, 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.

## **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.

## **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.

## **TRAVEL AND DIRECTIONS**

*Please see the attached map to Saint George's School. Enter the first building on your right as you enter our campus. This is the Upper School.*

### **From the Spokane Airport via the Maple Street Bridge route:**

**Saint George's School is approximately twelve (12) miles from the Spokane International Airport. Drive time is approximately 30 minutes.**

**You will take Interstate-90 east from the airport. Exit at the Maple Street Bridge Route and continue north. Maple Street becomes Country Homes Boulevard. Keep in the left lane, as you will turn left at the traffic light at Wall Street. Continue north on Wall Street. Follow Wall Street north and stay left. At this point Wall becomes Waikiki Road.**

**While continuing to stay in the left lane, follow Waikiki down a long hill, and at the bottom of this hill, you will come to a roundabout. Take your second right to stay on Waikiki. (If you find yourself on Mill Road, turn around and head south until you can get back to Waikiki.) Follow Waikiki past the Spokane Country Club (on your right), the road winds down past the golf course and approximately  $\frac{3}{4}$  mile beyond the entrance to the Club sign is the entrance to the school. You will come upon a red Saint George's School sign. Turn and bear left of the fork in the driveway. If you find yourself at the Fish Hatchery, head out and turn right at the Hatchery gate.) You are now on the Saint George's School Road. This is approximately  $\frac{1}{2}$  mile long. Drive through the gate. On your right are the Upper School and Middle School. You may park in the Visitors Parking—across the bridge, in the dirt parking lots.**

### **Coming from the East (Coeur d' Alene) via Division Street:**

**Take the Division Street Exit off of I-90. This exit will direct you north. Continue north to Hawthorne**

**Road.** Take a left, past the Whitworth College Campus to the traffic light at Waikiki. Turn right onto Waikiki Road.

While continuing to stay in the left lane, follow Waikiki down a long hill, and at the bottom of this hill, you will come to a roundabout. Take your second right to stay on Waikiki. (If you find yourself on Mill Road, turn around and head south until you can get back to Waikiki.) Follow Waikiki past the Spokane Country Club (on your right), the road winds down past the golf course and approximately  $\frac{3}{4}$  mile beyond the entrance to the Club sign is the entrance to the school. You will come upon a red Saint George's School sign. Turn and bear left of the fork in the driveway. If you find yourself at the Fish Hatchery, head out and turn right at the Hatchery gate.) You are now on the Saint George's School Road. This is approximately  $\frac{1}{2}$  mile long. Drive through the gate. On your right are the Upper School and Middle School. You may park in the Visitors Parking—across the bridge, in the dirt parking lots.



Map to Saint George's School campus



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### LODGING AND MEALS

Designated camping is available. It will be outside Metters Gym and you will have access to a locker room with bathroom facilities (shower). Please specify if you will need this option and the fee will be \$350.00.

#### *Lodging:*

**Quality Inn Oakwood - 4.2 miles away**

7919 N. Division St., Spokane, WA

Phone: [844-624-3086](tel:844-624-3086)

### CONTACT INFORMATION

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

**Course Host: Saint George's School**

**Melanie Mildrew**

**(509) 464-8819**

**[melanie.mildrew@sgs.org](mailto:melanie.mildrew@sgs.org)**

Registration at: <https://www.sgs.org/f/75ba>

**NOLS Wilderness Medicine:**

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

Phone: (866) 831-9001