



Inspiring stewards, preserving the trail



Photo Courtesy of ...

## WILDERNESS FIRST AID (WFA)

Sponsored by Tahoe Rim Trail Association & NOLS Wilderness Medicine



DATES: April 18-19, 2020  
COST: \$245- TRTA Members, \$275- Aspiring TRTA Members  
LOCATION: Tahoe Regional Planning Agency, [128 Market St., Stateline, NV 89449](https://www.trpa.gov/128MarketSt)

## 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.

## COURSE OUTLINE

For the full course outline, visit the [NOLS Wilderness Medicine WFA](#) course page.

## 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.

Please consult the [local weather forecast](#) at least two days before the course. In the event of force majeure, instructors will determine whether to adjust the logistics for the course, or in the most extreme of cases, cancel the course. Participants will be notified of course changes including cancellations via email by 5pm the day before the course start.

## PACKING CHECKLIST

- Notebook and pencil or pen
- Watch with a second hand or digital second
- Lunch and snacks
- Water bottle
- Light day pack
- Sunglasses and sunscreen
- Warm, insulating hat and gloves
- 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

## REGISTRATION AND TUITION PAYMENT

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: \$275 general public | \$245 TRTA members

## WAF/WFR/WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a 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. Bring your certification card to the course so the instructor can verify the expiration date. For more information please visit the NOLS 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 these links: [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 AND TAHOE RIM TRAIL ASSOCIATION POLICIES

### Cancellations

If you cancel or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date, Tahoe Rim Trail Association 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 or after the course has started, tuition is non-refundable and non-transferable as per the following:
  - WFA, WFR-R, WMPP – loss of full tuition.
  - WFR, WAFA, WUMP – loss of course deposit.

### 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 Tahoe Rim Trail Association office at (775) 298-4485 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.

## STUDENT LOGISTICS

### Meals and Lodging

There is no meals and lodging package available for this course.

### Camping:

Winter/spring camping options in the Tahoe Basin are limited. Campgrounds are seasonally open May-October. Check Carson City, NV for off-season camping options.

### Nearby Lodging:

[Best Western](#) (530) 542-1101

901 Park Ave, S. Lake Tahoe, CA

[Motel 6](#) (530) 542-1400

2375 Lake Tahoe Blvd. S. Lake Tahoe, CA

### Casino Lodging:

[Lakeside Inn and Casino](#) (775) 588-7777

[MontBleu Resort Casino & Spa](#) (866) 599-6674

### Hostels:

[Mellow Mountain Hostel](#) (530) 600-3272 4081

Cedar Ave., S. Lake Tahoe, CA 96150

### Vacation Rentals:

[VACASA](#) (530) 579-0715, S. Lake Tahoe, CA

[Turnkey](#) (888) 512-0498, S. Lake Tahoe, CA

### More Information:

South Lake Tahoe Visitor Center:

<http://tahoesouth.com/> (530) 541-5255 or

[info@ltva.org](mailto:info@ltva.org)

### Travel and Directions

Course Location: [Tahoe Regional Planning Agency, 128 Market St, Stateline, NV 89449.](#)

### From [Reno/ Carson City](#)

From Reno, Take Hwy 395 south towards Carson City for 32 miles to Hwy 50. From Carson City, take Hwy 50-W. Continue past Zephyr Cove to Stateline NV. Turn left on Hwy 207-E (Kingsbury Grade Rd). Make the second right onto Market St. The Tahoe Regional Planning Agency will be on your right.

### From [Truckee](#)

Take Hwy 267 south to Kings Beach. Turn left on Hwy 28 going east/southeast. Follow Hwy 28 for 18 miles, along the north and east shore of Lake Tahoe. Make a right onto Hwy 50 and continue for 11.8 miles, where you will turn left on Hwy 207-E (Kingsbury Grade Rd). Make the second right onto Market St. The Tahoe Regional Planning Agency building will be on your right.

### From [South Lake Tahoe](#)

Head north on Hwy 50/ Lake Tahoe Blvd. Turn right on Hwy 207-E (Kingsbury Grade Rd). Make the second right onto Market St. The Tahoe Regional Planning Agency will be on your right.

## CONTACT INFORMATION

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

### Course Host:

Tahoe Rim Trail Association

[128 Market St. Ste. 3E,](#)

[S. Lake Tahoe, CA 96150](#)

Office Hours: M-F from 9am-5pm PST

Phone: (775) 298-4485

Email: [info@tahoerimtrail.org](mailto:info@tahoerimtrail.org)

Website: [tahoerimtrail.org](http://tahoerimtrail.org)

### NOLS Wilderness Medicine:

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

Phone: (866) 831-9001

Email: [wilderness\\_medicine@nols.edu](mailto:wilderness_medicine@nols.edu)

Website: [nols.edu/en/about/wilderness-medicine/](http://nols.edu/en/about/wilderness-medicine/)