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## WILDERNESS FIRST AID (WFA)

Sponsored by *The Overlake School* & NOLS Wilderness Medicine

**DATES:** *March 14-15, 2020*

**COST:** *\$235 Tuition only*

**LOCATION:** *20301 NE 108th St., Redmond, WA*

*\*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 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 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. Please call or email for payment details:

Kent Renno – [krenno@overlake.org](mailto:krenno@overlake.org) (425)495-2922

**Course Tuition: \$235 general public**

## 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 withdraw from a course within 30 days of the course start date, tuition is non-refundable and non-transferable. 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.

## **STUDENT LOGISTICS**

### **Meals and Lodging**

Meals – there are many food options (restaurants/grocery stores) near the school. A refrigerator and microwave is available for those who bring their own meals.

Lodging – many hotels in the Redmond area and close to the school.

### **Travel**

Directions to the school and building where the class will be held will be sent once registered for this class.

## **CONTACT INFORMATION**

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

**Kent Renno** – Director of Outdoor Education – Overlake School

**Phone:** 425-495-2922

**Email:** [krenno@overlake.org](mailto:krenno@overlake.org)

**Website:** <https://www.overlake.org/>

### **NOLS Wilderness Medicine:**

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

Phone: (866) 831-9001

**Email**

**Website**