

Wilderness First Aid (WFA)

Sponsored by Pacific Wilds & NOLS Wilderness Medicine

Student Information:

Dates: June 10-11, 2023 (two days) Sat: 8am-8:30pm, Sun: 8am-5pm

Cost: \$350.00 - Tuition only

Location: Mt Hood Town Hall, 6575 OR-35, Mt Hood, OR 97041

About this Course

ALL STUDENTS ARE REQUIRED TO BE FULLY VACCINATED AGAINST COVID-19

PLEASE REVIEW NOLS [WILDERNESS MEDICINE COVID 19 DISCLOSURE PRACTICES AND EXPECTATIONS FOR STUDENTS](#)

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, 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 WFA course is approved by such organizations as the American Camp Association, the United States Coast Guard, as well as other state and federal agencies.

Successful course completion will earn the following NOLS Wilderness Medicine certifications:

- Wilderness First Aid
- Epinephrine Auto-injector

Class Format

Check-in is between 7:30 am and 7:45 am on the first day. On subsequent days, please plan on arriving by 7:45 AM. Course days run from 8:00 AM to 5:00 PM with an hour-long break for lunch at noon. We will do the CPR training on the evening of day 1 from 6pm-8:30pm.

The class format involves 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 while playing the role of both rescuer and patient. 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 indoor comfy shoes.

Course Logistics

There is no food, travel, or lodging package offered for this course. Students should secure their own camping or lodging, transportation, and food. There is daytime parking at the classroom venue.

Curriculum

Our curriculum has been developed and has evolved over decades by medical professionals and experts in outdoor education. Our instructors are expert educators with years of medical and wilderness leadership experience. Please see the [WFA Course Outline](#) for an overview and schedule of topics covered during your course. You can [read more about our curriculum on the NOLS website](#) as well as view [other curriculum resources here](#).

What to Bring

- Notebook and pencil or pen
- A minimum of 2 face masks, these need to be changed and/or cleaned daily
- Outdoor work gloves (gardening, leather, or canvas)
- Personal bottle of hand sanitizer
- Watch with a second hand or digital second

- Sunglasses and/or protective eyewear
- Water bottle
- Light day pack
- Headlamp
- 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, including a hat
- Camp chair
- Clipboard or hard surface to write on

Optional:

- Slippers or comfortable shoes for classroom time
- Knee pads

NOLS Wilderness Medicine Student Agreement

Please download the [NOLS Student Agreement](#) and read it carefully as it affects your legal rights.

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.

COVID-19 Practices and Policies

For courses starting November 1 - 11, 2021: You must provide proof that you have received the final dose of a COVID-19 vaccine. Any vaccine approved by the [World Health Organization](#) is acceptable. If you have received this vaccine less than two weeks before the course start date, you must also show proof of a negative COVID-19 test, taken within 72 hours before course start.

For courses starting on or after November 12, 2021: You must provide proof that you have received the final dose of a COVID-19 vaccine, at least two weeks before the course start date.

Furthermore, to help mitigate the spread of COVID-19 in our classrooms, NOLS has instituted a set of policies regarding the use of personal protective equipment (masks, gloves, etc) and hygiene practices that all students and staff must follow. For more details, please review the COVID-19 Testing and Vaccination Sections of the [NOLS Wilderness Medicine COVID-19 Disclosure, Practices, and Expectations for Students](#). Please review this document ahead of your course. Willful failure to comply with these practices could result in dismissal from your course.

Please follow the links below to the NOLS website for overviews of other pre-course planning resources:

- [College Credit](#)
- [Continuing Education](#)
- [Recertification Policies](#)
- [Alcohol, tobacco, and firearm policies](#)
- [Scholarships and financial aid](#)
- [Pets and service animals](#)
- [Essential Eligibility Criteria](#)
- [Minimum age requirements](#)

Registration & Cancellation Policy:

How to Register

Please register by clicking the register button at the top of this page

If you cancel or withdraw from a course:

- Greater than or equal to 30 days prior to the course start date, Pacific Wilds will retain a \$35.00 administrative fee and refund your deposit/tuition.
- Between 30 days of the course start date and 5 p.m. Pacific Time on the last business day before your course begins, Pacific Wilds will transfer your enrollment and funds, minus a \$60.00 administrative fee, to

another scheduled Pacific Wilds course if available. If no same course type is available, your tuition is non-refundable.

- Once the course has begun, the full tuition is non-refundable and non-transferable. Pacific Wilds will consider exceptions on a case by case basis.
- In alignment with our Cancellation Policy, we will not refund or transfer any students who are unable to attend a course within the cancellation deadline due to last-minute personal or medical issues including COVID-19; this policy is inclusive of issues that arise once the course has started. We strongly recommend the purchase of trip insurance which includes coverage for COVID-19. Policies vary greatly and it is your responsibility to ensure your policy is the right fit for your needs and has appropriate coverage. While there is a range of available Tuition Protection and Travel Insurance providers, our preferred provider is [MDM Group Associates, Inc.](#) Please read each policy carefully and discuss any questions with a policy specialist at the provider you select.

Continuing Education & Academic Credit

- Continuing Education ([Learn More](#))
- This course is pre-approved for 18 hours of EMT Continuing Education Hours by the [Commission on Accreditation of Pre-Hospital Continuing Education](#) (CAPCE)
- .14 hours WMS FAWM credit
- This course is approved for 1 college credit through [Western Colorado University](#) (\$110) [Learn more](#)

Course Approval

This course meets the [American Camp Association 2012 Standards](#) and the [Boy Scouts of America Wilderness First Aid training requirements](#).

Additionally, the Wilderness First Aid course (WILDMI-554), and when included the CPR/AED course (WILDMI-134), are approved by the [United States Coast Guard](#) to meet the first aid and CPR training requirements of 46 CFR 11.201(i)(1)(ii) and 46 CFR 11.201(i)(2)(iii) for a merchant mariner credential.

For Questions about location, logistics, and registration, contact:

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