

## WILDERNESS FIRST AID COURSE

Sponsored by Rutabaga Paddlesports and NOLS Wilderness Medicine

**DATES:** May 13<sup>th</sup> and 14<sup>th</sup>, 2023  
**COST:** \$295  
**LOCATION:** Aldo Leopold Nature Center  
330 Femrite Drive, Monona, WI 53716  
**TIME:** 8:00 AM – 5:00 PM daily



## 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 state as well as federal agencies.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: *Wilderness First Aid, Epinephrine Auto-injector*. **CPR is not included in this course.**

## CLASS FORMAT AND PERSONAL PREPAREDNESS

Check in starts at 7:45 am daily. Course days run from 8:00 a.m. to 5:00 p.m.

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 second hand or digital second (not a phone)
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Light day pack
- ✓ Rain gear - 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
- ✓ Camp chair for classroom time (optional)
- ✓ Lunch/snacks.

## COURSE OUTLINE

For the full course outline, visit the WFA course page:

<https://nols.edu/en/coursefinder/courses/wilderness-first-aid-WFA/>.

## WAFSA/ WFR/ WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a *Wilderness First Aid* (WFA) course to recertify a WAFSA, 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 at the following link:

<https://nols.edu/en/courses/wilderness-medicine/recertify/>

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. You can find more information at the links below.

WFR-R: [www.nols.edu/en/courses/courses/wilderness-first-responder-recertification-WFRR/](http://www.nols.edu/en/courses/courses/wilderness-first-responder-recertification-WFRR/)

Hybrid WFR-R: [www.nols.edu/en/courses/courses/hybrid-wilderness-first-responder-recertification-HWRR/](http://www.nols.edu/en/courses/courses/hybrid-wilderness-first-responder-recertification-HWRR/)

You will be required to pass both a written and a practical test. Check the following web page for information and resources on how to best prepare for your course.

<https://nols.edu/en/resources/wilderness-medicine-resources/>

## REGISTRATION

Tuition payment in full is required to reserve your spot in the course. You can pay your tuition online at learn.rutabaga.com or by calling Rutabaga Paddlesports at 608-223-9300. We accept Visa, MasterCard, American Express. 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.

If you cancel or withdraw from a course:

- Before 30 days from the start of the course a full refund will be given.
- Within 30-10 days from the course start date a \$50 cancellation fee will be taken out of the refund.
- Within 10 days of the course start date no refunds will be awarded. All course registrations are non-transferable.

## PAPERWORK

Please download this agreement and read it very carefully as it affects your legal rights:

[NOLS Student Agreement](#)

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. 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.**

## POLICIES

### 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.

### Firearms

You may not bring firearms or other weapons on a NOLS course.

### Smoking

Smoking and vaping is not permitted on the Aldo Leopold Nature Center property. You must leave the property in order to smoke during breaks.

## COVID-19 PRACTICES AND POLICIES

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.

## COLLEGE CREDIT

### Pre-Course Access to College Credit

The WFA course is pre-approved for 0.5 semester hour credits through Western State Colorado University (WSCU) for an additional cost of \$60. 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 Access to College Credit

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 ask your instructors on the first day of class for the necessary information.

## STUDENT LOGISTICS

### Facility Info

The Aldo Leopold Nature Center (330 Femrite Dr, Monona, WI 53716) is a glaciated patchwork of oak savanna, wetlands, prairies, and woodlands, and it provides a quiet respite from the hustle and bustle of the city life that surrounds it. There is a sign for the Nature Center at the turn off on Femrite Dr. The course will take place both inside and outside of the Welcome Center. Enter through the main entrance for check-in.

### Lodging

There is no on-site lodging for this course. Students are required to arrange their own lodging if needed. Listed below are a few recommended nearby hotels within a couple miles of the facility.

#### [Country Inn & Suites by Radisson](#)

400 River Place, Monona WI 53716

#### [avid hotel \(Madison-Monona\)](#)

900 W Broadway, Monona WI 53716

#### [AmericInn by Wyndham \(Madison South\)](#)

101 W Broadway, Monona WI 53716

### Meals

Meals are NOT included in the course. It is recommended to bring snacks and a lunch for the day. There are also many local and chain restaurants located within two miles of the venue for dinner, as well as a full service supermarket.

## CONTACT INFORMATION

Please contact Rutabaga Outdoor Adventures with any questions or concerns you may have.

### Course Host

*Office Hours: Monday to Friday 9:00am to 5:00pm Central Time.*

*Phone: (608) 310-3852*

*Email: [chloem@rutabaga.com](mailto:chloem@rutabaga.com)*

*Website: [learn.rutabaga.com](http://learn.rutabaga.com)*

### NOLS Wilderness Medicine:

*Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.*

*Phone: (866) 831-9001*

*Fax: (307) 335-2355*

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

*Website: [www.nols.edu/wilderness-medicine](http://www.nols.edu/wilderness-medicine)*

