

WILDERNESS FIRST AID COURSE

Sponsored by Rutabaga Paddlesports and NOLS Wilderness Medicine

DATES: June 15 & 16, 2024

COST: \$315

LOCATION: [Mackenzie Center Lodge and Dorms](#), W7303 County Hwy CS, Poynette, WI

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

Course days run from 8:00 a.m. to 5:00 p.m. Please arrive with enough time each day to get settled and ready to learn at 8:00am sharp. We recommend you arrive no later than 7:45 on the first day. Please plan some extra time to find the lodge and dorm location within the Mackenzie Center.

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

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| ✓ Notebook and pencil or pen | bottom |
| ✓ Watch with second hand or digital second (not a phone) | ✓ Light hiking boots or sturdy shoes |
| ✓ Sunglasses and hat | ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions |
| ✓ Water bottle | ✓ Camp chair for classroom time (optional) ✓ |
| ✓ Light day pack | Lunch/snack |
| ✓ Rain gear - waterproof outerwear top and | |

COURSE OUTLINE

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

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

WAF/ WFR/ WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a Wilderness First Aid (WFA) course to recertify a WAF, 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-WFR-R/

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 30-14 days from the course start date a \$50 cancellation fee will be taken out of the refund.
- Within 14 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](#)

Please print and sign this agreement before the course. There will also be copies available at the start 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 to smoke during breaks.

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 MacKenzie Center is a WI DNR property that has multiple uses including a wildlife area, prairie restoration areas, hiking trails, and the MacKenzie Lodge and Dorms - the location of our course. On the attached property map, we will be using location #10. After entering the property, the first road to your left is the entrance to the Lodge - it is well marked. It is a short walk from the parking lot to the Lodge, which is where you check in for the course.

We are all responsible for cleaning up the kitchen, dorms and classroom spaces before we depart, so please plan for a little bit of clean up time when we finish class on Sunday.

Pets are not permitted at the course site.

Lodging

Lodging for Friday and/or Saturday night is available on site for \$25/night. *If you plan to use the dorms, you MUST email chloem@rutabaga.com by Wednesday, June 5th* and let us know which nights you plan to stay. Fees for lodging can be paid upon arrival with cash or a check payable to Rutabaga Paddlesports. You may arrive at the site on Friday between 5pm and 9pm. If you expect to be late, please let us know.

Those staying the night must sign an additional agreement with the Mackenzie Center that details emergency procedures, contact information, etc. This will be provided at the course.

Lodging is dorm style bunks, one dorm for men and another for women. The dorms have heat and air conditioning, and have full bathrooms with showers. You must provide your own sleeping bag or blankets, a pillow, and a bath towel. In the spirit of wilderness, our accommodations are fairly rustic!

Hotel lodging is available within about 15-30 minutes of the course site in Lodi, Portage or the Madison area. There is no lodging in Poynette.

Meals

Meals are NOT included. Please bring your own snacks and lunches. There is not time to leave the site for lunch. A refrigerator and freezer is available to store food items.

For those staying the night, you will also need to bring breakfast and dinner, or there are several restaurants in Poynette as well as a full service Piggly Wiggly. The full kitchen is also available for those spending the night. However, the cooking pots/pans provided are large/group sized (think serving meals at a summer camp) so a personal cook kit is recommended. A coffee pot will also be available.

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 (office)

Email: chloem@rutabaga.com

Website: 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

Website: www.nols.edu/wilderness-medicine



Last Minute Contact Information: Cell phone numbers for last minute needs will be provided in your final confirmation email.