



## WILDERNESS FIRST AID COURSE

Sponsored by Mount St Helens Institute and NOLS  
Wilderness Medicine



- DATES:** April 20-21, 2010. (Option to arrive Friday, April 19)
- COST:** Arriving Saturday morning: \$343, includes course, 5 meals, and 1-night lodging  
Friday Arrival option: \$50, includes Friday dinner, lodging, and Saturday breakfast
- LOCATION:** Mount St Helens Science and Learning Center, Toutle, WA

### 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*, and on courses with the CPR module, *Adult and Child CPR & Airway Management*.

### CLASS FORMAT AND PERSONAL PREPAREDNESS

Check in is 7:45 a.m. on the first day. 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 (mouflage) blood and makeup are used to enhance the realism of a scenario. There will be tables and chairs provided, but the classroom environment also lends itself well to a pair of comfy shoes and a camp chair.

### LOCATION

Mount St Helens' Science and Learning Center at Coldwater is a spectacular building in the heart of the Blast Zone, offering groups the opportunity to be inspired in the shadow of an active volcano. Participants will learn wilderness first aid inside the classroom and out, and have the visitor's center to themselves in the evenings. Healthy meals and snacks will be provided by our Mount St. Helens Institute staff, with the

ability to accommodate a range of dietary needs. Coffee and other hot beverages will be available for the duration of the course. Participants will bunk in our shared lodging, with access to the bathrooms and starlight views of Coldwater Lake. The remoteness of the facility means there is no wifi or cell reception, and no showers are available for participants. Washcloths and personal wipes are your friend!

Meals include:

- Friday (opt): Pre-course dinner
- Saturday: Pre-course breakfast (opt), lunch, dinner, and snacks
- Sunday: Breakfast, lunch, and post-course snacks

## PACKING CHECKLIST

- ✓ Notebook and pencil or pen
- ✓ Watch with 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, chairs/tables are provided)
- ✓ Sleeping bag or bedding
- ✓ Wash cloth and soap
- ✓ Toiletries (no shower available)

## COURSE OUTLINE

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

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

## WAF/A/ WFR/ WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a **Wilderness First Aid** (WFA) course to recertify a WAF/A, 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, 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: <https://www.nols.edu/en/courses/courses/wilderness-first-responder-recertification-WFRR/>

Hybrid WFR-R: <https://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 AND CANCELLATION

Tuition payment in full is required to reserve your spot in the course. You can pay your tuition online (accepts Visa or Mastercard) at [mshinstitute.org](http://mshinstitute.org) or by calling the Mount St Helens Institute (MSHI) office\_ with credit card information (360.449.7883).

The tuition fee includes instruction, handouts, a field pocket-guide, equipment use, certification, meals, and lodging.

Registrants will receive a full refund minus a 6.6% processing fee when we are notified of cancellation 30 or more days prior to the start of the program.

Refunds are not issued for cancellations received fewer than 30 days before the start of this course. MSHI and NOLS reserves the right to cancel any program.

When a program is cancelled by MSHI or NOLS, registrants will receive a full refund of all amounts paid.

## NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

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

<https://www.nols.edu/en/filer/public/1481683959/906/>

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.**

## Pets

Pets are not allowed at the course site except registered service animals. 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.

## **Alcohol, Tobacco, and Firearms**

No alcohol, tobacco, or firearms are allowed on site.

## **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 Meals and Lodging**

Bunkbeds and full meal service are provided. Students may choose to arrive Friday evening for dinner and Saturday breakfast, or Saturday morning for the beginning of the course. Snacks for your drive home Sunday evening are also provided.

## **Travel**

The Science and Learning Center is conveniently located between Seattle and Portland off I-5, on State Route 504, also known as Spirit Lake Highway.

### **PHYSICAL ADDRESS:**

Milepost 43.3, State Route 504, Toutle, WA 98649

- Take I-5 exit 49 towards Castle Rock/Toutle
- Turn EAST onto WA-504 E/Mt St Helens Way NE
- Continue on WA-504 for 43.3 miles
- Near mile marker 42 the speed limit will reduce to 25 miles per hour, stay LEFT to go towards the Science and Learning Center
- Follow signs for Mount St Helens Science and Learning Center

## **CONTACT INFORMATION**

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

### **Course Host**

*Phone:* (360) 449-7883

*Bldg phone:* (360) 274-2114

*Contact:* Taylor Feldman, Outdoor Programs Manager

*Email:*            [tfeldman@mshinstitute.org](mailto:tfeldman@mshinstitute.org)

*Website:*        [mshinstitute.org](http://mshinstitute.org)

**NOLS Wilderness Medicine:**

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

*Phone:*            *(866) 831-9001*

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

*Fax:*                *(307) 335-2355*

*Website:*        <http://www.nols.edu/wilderness-medicine>