



WILDERNESS FIRST AID COURSES

In Flagstaff, Arizona

April 28-29

September 29-30

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 and federal agencies.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Aid and Epinephrine Auto-injector. If you already hold a NOLS Wilderness Medicine Wilderness Advanced First Aid (WAFA), Wilderness First Responder (WFR) or Wilderness EMT (WEMT) certification, you may be able to use the WFA course to recertify (see below).

CLASS FORMAT AND PERSONAL PREPAREDNESS

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00 AM – 5:00 PM on day 1 and 2 and 8:00 AM – 12:00 PM on day 3. Classroom lectures will be integrated with practical scenarios. Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet or muddy ground, playing the role of both rescuer and patient. Stage (moulage) blood and make-up will frequently be used to emphasize the reality of a scenario

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 bottoms
- ✓ Light hiking boots or sturdy shoes
- ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions

REGISTRATION

Course tuition is \$235, and payment in full is required to reserve a spot in the course. The tuition fee covers instruction, textbooks, equipment, and certification cards. Enroll online at www.FlagstaffFieldInstitute.com or mail the attached registration form with a check or money order.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from the course

- Greater than or equal to 30 days prior to the course starting date, Flagstaff Field Institute will retain a \$50 administrative fee. All other funds will be returned.
- Within 29 days prior to the starting date and throughout the duration of the course all deposit and tuition moneys are non-refundable.
- All course registrations are non-transferable.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the NOLS Wilderness Medicine Student Agreement and read it carefully as it affects your legal rights:

<http://flagstafffieldinstitute.com/wp-content/uploads/2017/07/NOLS-Wilderness-Medicine-Student-Agreement-2017.pdf>

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 NOLS Wilderness Medicine program and are at the sole risk of the participant.

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

TRAVEL DIRECTIONS

Courses are held at multiple locations throughout the year. Please check the website for the course location and directions: www.FlagstaffFieldInstitute.com/resources/course-locations/.

LODGING

There are many, many lodging options in and around Flagstaff. Flagstaff is completely surrounded by national forest, and camping is available in various campgrounds around town. For more information on campgrounds as well as 'dispersed camping', please visit the Coconino National Forest website: www.fs.fed.us/r3/coconino/

Many students choose to stay at the Grand Canyon Hostel in downtown Flagstaff. These locations provide great access to the local climbing gym, restaurants, outdoor equipment shops, etc. For more information on the hostels, please visit www.grandcanyonhostel.com. The hostels offer a 'free, hearty breakfast' every day, and you'll receive a 15% discount off the cost of lodging if you mention that you're participating in a WFR course with Pete Walka and the Flagstaff Field Institute.

For other lodging options such as hotels, motels, or B&Bs, please visit the following websites:
Flagstaff Chamber of Commerce: www.flagstaffchamber.com
City of Flagstaff web site: www.flagstaff.az.us

RECREATION

Only 80 miles from the Grand Canyon, Flagstaff has long been recognized for its outstanding recreational opportunities. *Rock & Ice*, a climbing magazine, named Flagstaff one of the "10 Climbing Towns to Live For" in its September 2008 edition, and Flagstaff is surrounded by hundreds of miles of trails for running and mountain biking. The Arizona Nordic Village and Arizona Snowbowl provide cross-country and downhill skiing opportunities during the winter. Flagstaff also boasts a vibrant arts and entertainment scene and lots of great coffee shops. Bring your climbing shoes, hiking boots, running shoes, mountain bike, skis, and snowshoes – the recreational opportunities are amazing!

RECERTIFICATION REQUIREMENTS

For students already certified by NOLS Wilderness Medicine as WAFAs, WFRs, or WEMTs

While the Wilderness First Aid course is not designed as a recertification course, NOLS Wilderness Medicine graduates may take a Wilderness First Aid (WFA) course to recertify their WAFAs, WFRs or WEMTs (wilderness portion only) certifications. Students currently certified by NOLS Wilderness Medicine should bring their certification cards to the course so that the instructor can verify the expiration dates. Students recertifying the wilderness portion of their WEMT certification must also submit a photocopy of their current state or NREMT EMT card on course. NOLS Wilderness Medicine certification holders will be afforded a one-year period after expiration within which to recertify. This one-year re-entry period is only offered for NOLS Wilderness Medicine certifications. **Graduates from other wilderness medicine providers may not use the WFA course to recertify their WAFAs, WFRs, or WEMT certifications.**

Verification of knowledge and skills

Students using the WFA course to recertify their WAFAs, WFRs, or WEMTs will be required to pass both a written and a practical test on the second day of the course. Students must successfully complete the written exam and demonstrate adequate practical skills to pass the course and obtain recertification from NOLS Wilderness Medicine. Here's a link to curriculum resources and videos that you can use to prepare for the written and practical exams:

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

If you are not recertifying your WAFAs, WFRs, or WEMT certification, you will not be required to take the written and practical exams.

PLEASE NOTE

*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 class until the pet is safely situated in a kennel or other facility. No exceptions.

*No smoking, alcohol, or illegal drugs allowed in class.

I LOOK FORWARD TO HAVING YOU IN THE COURSE!

Pete Walka, MS, NR-P, WEMT, FAWM
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WILDERNESS FIRST AID COURSE

REGISTRATION FORM

Name: _____

Address: _____

Phone: _____

Email: _____

Date of birth: _____

Please indicate which course you would like to attend:

April 28-29

September 29-30

To reserve a spot in the course, enroll online at www.FlagstaffFieldInstitute.com or submit this form with a check or money order for \$235. Please make check or money order payable to **Flagstaff Field Institute**. Mail your completed registration form and tuition payment to

**Flagstaff Field Institute
975 North Manzanita Way
Flagstaff, Arizona 86001**

I have read and understand the refund policy described on the accompanying course letter.

Signature

Date