



McCall Outdoor Science School
an experience for all learners

University of Idaho
College of Natural Resources

PO Box 1025
McCall, ID 83638
(888) 634-3918 ph
(866) 540-4833 fax
www.mossidaho.org

WILDERNESS FIRST AID

**Sponsored by NOLS Wilderness Medicine Institute
and the *McCall Outdoor Science School***

DATES: August 9-11, 2013
COST: \$250 Tuition Only; \$380.20 Tuition/Room/Board
LOCATION: University of Idaho, McCall Field Campus, McCall, Idaho

COURSE DESCRIPTION

Fast paced and hands-on, this two and a half day course covers a wide range of wilderness medicine topics for people who travel in the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" On this course, you'll learn how to prepare for the unexpected. WMI's curriculum is unique and includes many advanced topics that other programs leave out such as dislocation reduction, focused spinal assessment and epinephrine administration. In just two days, you'll have the knowledge, skills and ability to make sound decisions in emergency situations. This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. WMI's course is pre-approved by such organizations as the American Camping Association, the U.S Forest Service, and other governmental agencies. This course includes adult/child CPR. The schedule for the WFA course is as follows: August 9, 1:00 p.m. – 5 p.m.; August 10-11, 8 a.m.-5 p.m.

WFR RECERTIFICATION REQUIREMENTS

This course cannot be used as a WFR or WEMT re-certification course unless you hold an eligible certification from WMI of NOLS. For further information, see the FAQ portion of our website:

<http://www.nols.edu/wmi/about/faq.shtml#WAFRecert>

Participants using the WFA course to recertify their WFR will be required to pass both a written and a practical test on day two of the course. Check the following web page for information and resources on how to best prepare for your course. www.nols.edu/wmi/about/faq.shtml - prepare

All students are required to submit a photocopy of their WFR certification card on the first day of the course. There is a one-year grace period for recertification of WMI cards (Please keep in mind that your certification is not current during this grace period and will not be viewed as a valid Wilderness First Responder certification once the grace period has begun.)

REGISTRATION/POLICIES

Tuition payment in full is required to reserve your spot in the course. Tuition is non-transferable. Tuition is payable by check, *Visa/MasterCard* or cash. The tuition fee covers textbooks, syllabus, equipment and certification cards. A full refund will be given if we are forced to cancel the course for any reason.

Getting people outdoors to learn about science, place and community.



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CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, MOSS will retain a \$35 administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable.

WMI STUDENT AGREEMENT

(including Assumption of Risks and Agreements of Release and Indemnity) **Please download this agreement from http://www.nols.edu/wmi/pdf/wmi_agreement.pdf and read it very carefully as it affects your legal rights.** 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. Failure to provide a signed document will result in you not being able to participate in the course. **WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.**

CLASS FORMAT/ EQUIPMENT

Check in is at 12:45 p.m. on the first day of the course. The schedule for the WFA course is: August 9, 1:00 p.m. – 5 p.m.; August 10-11, 8 a.m.-5 p.m. The format for the WFA is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground when playing the role of both rescuer and patient. Frequently, stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally, the classroom environment lends itself to a pair of comfy shoes/slipper and a "crazy creek"-type chair. Please come equipped with a light day pack, waterproof top and bottom, light hiking boots, and layers well suited for spending time outside playing the role of patient and rescuer.

COLLEGE CREDIT

The course is pre-approved for one (1) semester hour credit through the University of Utah at an additional cost of \$95.00. If interested, please check with the instructors on the first day of class for the necessary information.

TRAVEL/DIRECTIONS

The McCall Field Campus is located on the shores of Payette Lake, inside Ponderosa State Park, about 1.5 miles (2.4 km) north of McCall, Idaho. McCall can be reached heading south via State Highway 55 from New Meadows, Idaho, and reached by heading north on Highway 55 from Boise. Turn east on Railroad Ave; turn left at the second stop sign on Davis; go through the stop sign on Lick Creek and drive into the park; go through the kiosk (stop and tell the PSP employee that you are coming here); and you will see our driveway on the left.



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ONSITE ROOM AND BOARD

On Site Meal and Lodging Options: \$130.20

On site meals begin with dinner on Friday, August 9 and ends with lunch on Saturday, August 11. On site lodging begins Thursday, August 8 and ends Monday, August 12. The lodging facilities are bunkhouse units; space may be shared with up to five other people. Bring bedding and linens; bottom sheets are provided.

OTHER LODGING OPTIONS IN THE AREA

In Idaho: An organization that we work with to find accommodations and recreational opportunities in the McCall Area, 1-800-84-IDAHO (1-800-844-3246)

Ponderosa State Park, <http://www.idahoparks.org/parks/ponderosa.aspx>. Located next to the McCall Outdoor Science School, the park offers great mountain biking, camping, hiking and Nordic skiing.

Students are not allowed to bring pets to the teaching site. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

Alcohol and smoking are permitted in designated areas only.

Please contact us with any questions or concerns you may have. Our office hours in McCall are Monday - Friday, 8:30 a.m. - 4:30 p.m. Mountain Time.

Phone: 888.634.3918

Email: info@mossidaho.org

FAX: 866.540.4833

Web site: <http://mossidaho.org>



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Wilderness Medicine Institute of NOLS

Wilderness First Aid Course Schedule

DAY 1

Morning

Introductions
Patient Assessment System
Initial Assessment
Patient Exam, Vital Signs, Focused History
Documentation

Afternoon

Spine Injury Management
Head Injuries
Shock
Wilderness Wound Management

DAY 2

Morning

Focused Spine Assessment
Athletic Injuries
Fractures
Dislocations
Heat

Afternoon

Cold Injuries
Lightning
Altitude Illness
The Unresponsive Patient
Acute Abdomen
Anaphylaxis
Wilderness First Aid Kits