



Photo courtesy of Jared Steinman.


NOLS Wilderness First Aid

April 27-28, 2019

C19-117A

**Community Room (0650)
Red Rocks Community College
13300 W 6th Ave, Lakewood, CO**

**Saturday: 7:45 AM to 5:00 PM
Sunday: 8:00 AM to 5:00 PM**

 **Questions? Contact Matt:**
1 877 788 4787
matt@badadventures.com



14405 W Colfax Ave #154
Lakewood, CO 80401-3247
877-788-4787
matt@badadventures.com

Dear Student:

Thank you for registering for this Wilderness First Aid course.

Completing a NOLS Wilderness First Aid course was my first introduction to the world of wilderness medicine 13 years ago. I came away with greater confidence in the face of backcountry illness and injuries, as well as skills that I continue to use today. I hope you experience similar benefits.

If you're new to the Bad Adventures family, hello and welcome! The Bad Adventure Company is my quirky little adventure tour business based here in Colorado. We're all about doing the absolute best work possible and never taking ourselves too seriously.

It's exciting to be sponsoring this program. NOLS Wilderness Medicine contributes a great deal to the wilderness medicine community, has an excellent curriculum, and employs world-class instructors.

If you run into any trouble during your course, please don't hesitate to call the Bad Adventures critical message phone number at 303-653-9093. During your course, inbound calls will forward to my personal cell phone. If you have questions, feedback, or an especially great hot sauce recipe, please email me at matt@badadventures.com.

See you on April 27!

Matt Stan

Matt Stan
Bad Adventures Founder

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 AM on the first day in the Community Room on the lower level of the west wing of the Red Rocks Community College Lakewood Campus. Course days run from 8:00 AM to 5:00 PM.

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 a 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)

Course Outline

Day 1, Saturday - Morning

- › Introductions
- › Patient Assessment System

Day 1, Saturday - Afternoon

- › Emergency and Evacuation Plans
- › Spine Injury
- › Head Injury
- › Shock
- › Wilderness Wound Management

Day 2, Sunday - Morning

- › Wilderness Wound Management
- › Scenario
- › Musculoskeletal Injury
- › Heat Illness

Day 2, Sunday - Afternoon

- › Scenario
- › Cold Injury
- › Lightning
- › Altitude Illness
- › The Medical Patient
- › Anaphylaxis
- › Closure

WFA / WFR / WEMT Recertification

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

Hybrid WFR-R
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 with a credit card on the Bad Adventures website, badadventures.com.

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.

Bad Adventures Release of Liability

Please review the agreement on page 7 of this packet before signing it and bringing it to the first day of the course.

NOLS Wilderness Medicine Student Agreement

Please review the agreement on pages 8 and 9 of this packet. 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. 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.

Course Policies

Cancellation

Change of plans? You can cancel for a full refund until 60-days before the course.

No refunds will be given within 60 days of the course.

You may not “transfer” your paid spot in the course to a different person.

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.

Alcohol and Tobacco

No alcohol or tobacco is allowed on site.

Firearms

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

Meals

There are numerous restaurants and grocery stores near the course location. I (Matt Stan, the Bad Adventures founder) have decent taste and recommend:

Modern Market

Salads, sandwiches, and pizza.
14630 W Colfax Ave Suite 130, Lakewood

Motomaki

Sushi burritos and bowls.
14650 W Colfax Ave, Lakewood

Wahoo's

Tacos, bowls, and such made with a variety of proteins.
280 Union Blvd, Lakewood

Camping

Car-camping at the course location is not permitted. There are some nearby options, though:

Bear Creek Lake Park

15-minute drive from the course.

Reserve Online: <http://www.lakewood.org/Camping/>

Golden Gate Canyon State Park

25-minute drive from the course.

Reserve Online: <http://cpw.state.co.us/placestogo/parks/GoldenGateCanyon>

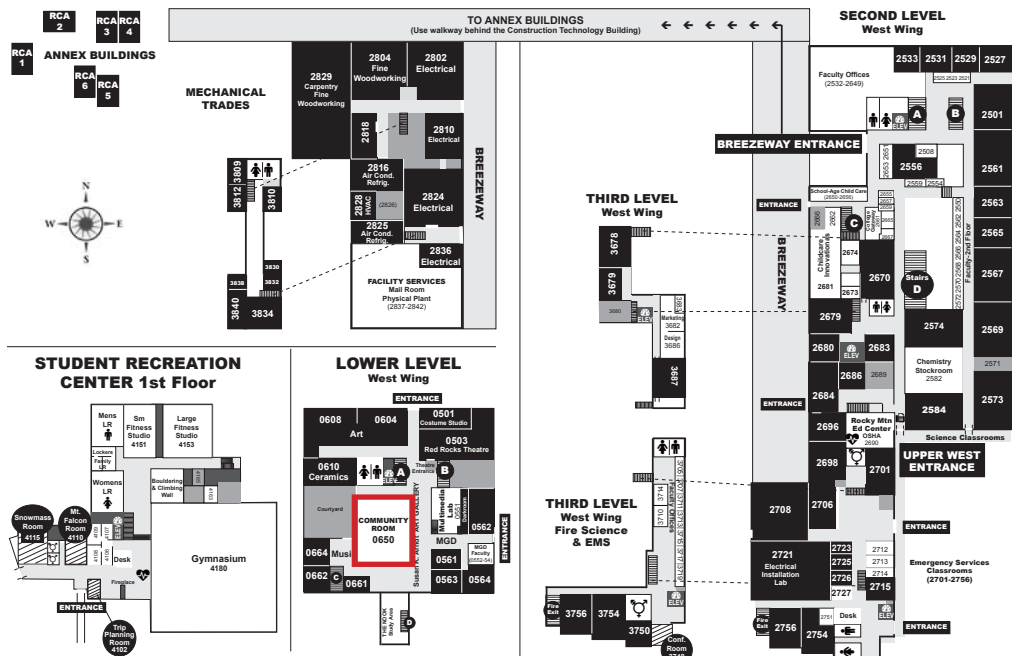
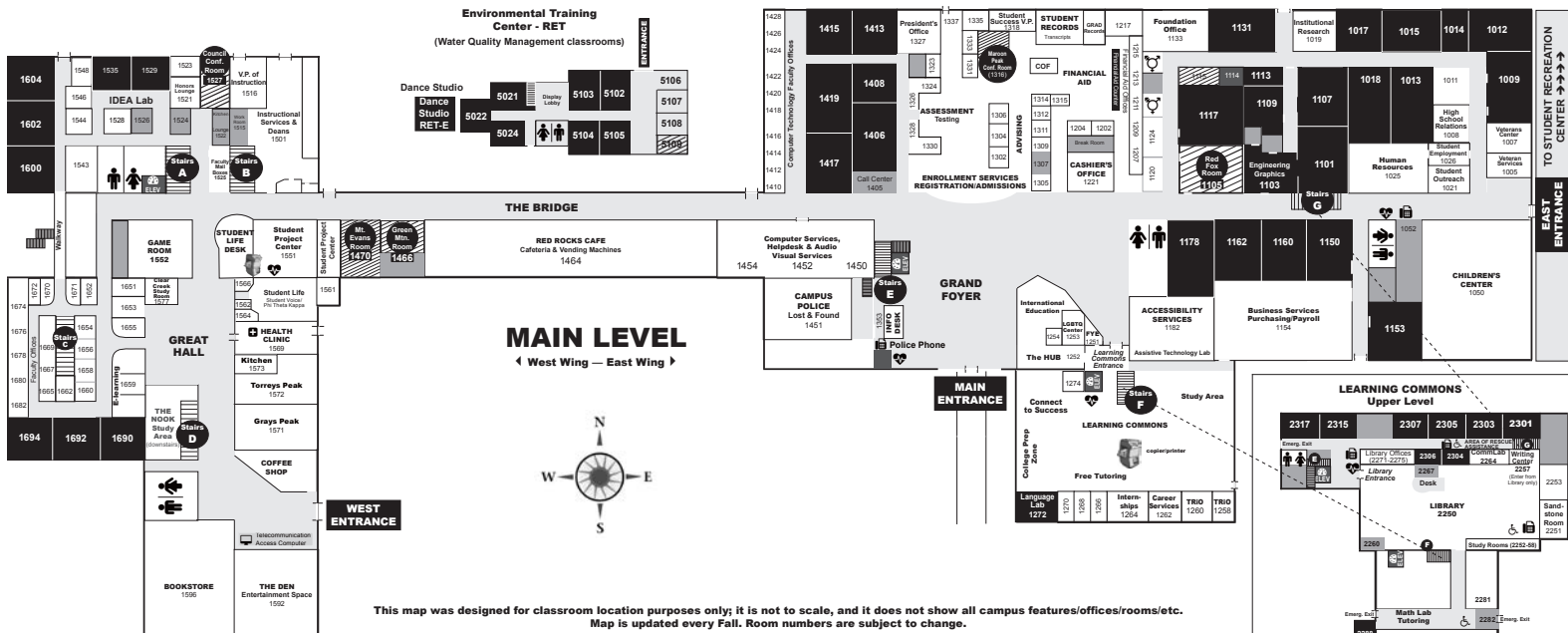
Course Logistics

Classroom sections of the course will take place in the Community Room on the lower level of the west wing of the Red Rocks Community College Lakewood Campus.

Free on-site parking is available at the Community College. No overnight parking.

You can also arrive at the course via. public transportation. Take the RTD light rail W-Line to the Red Rocks College Station.

Review the campus map and leave time to find the Community Room on the first morning of the course. Plan to be in the Community Room before 7:45 AM on Saturday morning.



LAKWOOD CAMPUS Classroom Map

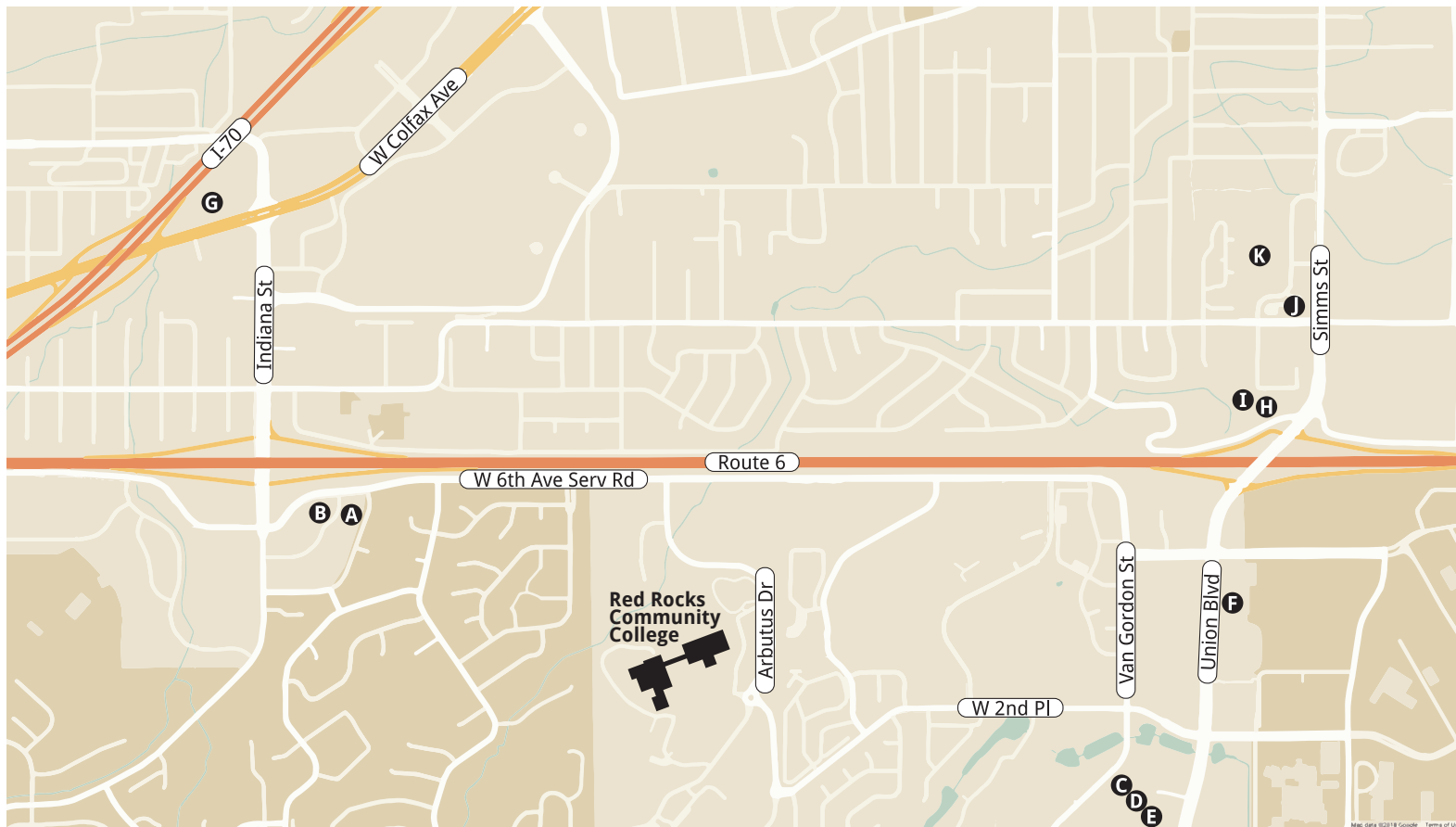


2/2018

- CAMPUS KEY**
- = Classroom
 - = Office/Department
 - = Conference Room
 - = Restrooms
 - = All Gender Restrooms
 - = Walkway
 - = Stairs
 - = Misc.
 - = Elevator
 - = AED (Automated External Defibrillator)
 - = Pay Phone
 - = Emergency Phone
 - = Photocopy Machine
 - = Area of Rescue Assistance

- BUILDING CODES KEY**
- LAKWOOD CAMPUS**
 - RCA - Annex Buildings (RCA1 - RCA6)
 - RCTC - Construction Technology Building
 - REA - East End classrooms
 - RET - Environmental Training Center and Dance Studio
 - RWE - West End classrooms
 - RLC - Lakewood campus
 - ARVADA CAMPUS**
 - ARV - Arvada campus classrooms
 - RARV - Arvada classrooms
 - RAC - Arvada campus
 - OTHER**
 - RWT - Warren Tech Center
 - RCOM - CCC Online courses
 - RON - RROC Online courses
 - ROF - RROC Off-campus course
 - RDL - RROC Off-campus course
 - TBA - Room number not assigned

THIS MAP IS NOT TO SCALE - IT IS TO BE USED ONLY FOR CLASSROOM LOCATION



Hotels

These two hotels are less than a mile from the course location. They're an easy walk.

A Residence Inn by Marriott Denver West/Golden ★★
 14600 6th Ave Frontage Rd, Golden, CO
 303-271-0909

B Courtyard by Marriott Denver West/Golden ★★
 14700 6th Ave, Golden, CO
 303-271-0776

These nine hotels are located within a couple miles of the course site:

C Home2 Suites by Hilton Denver West - Federal Center ★★
 50 Van Gordon St, Lakewood, CO
 303-985-7100

D Homewood Suites by Hilton Denver West - Lakewood ★★
 139 Union Blvd, Lakewood, CO
 303-716-5737

E Hampton Inn Denver West Federal Center ★★
 137 Union Blvd, Lakewood, CO
 303-969-9900

F Sheraton Denver West ★★
 360 Union Blvd, Lakewood, CO
 303-987-2000

G Days Inn & Suites by Wyndham Golden/Denver West ★
 15059 W Colfax Ave, Golden, CO
 303-731-6335

H Bymont by Wyndham Denver West/Federal Center ★
 11909 6th Ave, Golden, CO
 303-731-6335

I Quality Inn & Suites Golden - Denver West -Federal Center ★
 11907 6th Ave, Golden, CO
 303-231-9939

J TownePlace Suites by Marriott Denver West/Federal Center ★
 800 Tabor St, Golden, CO
 303-232-7790

K Candlewood Suites Denver West Federal Ctr ★
 895 Tabor St, Golden, CO
 303-232-7171

THE BAD  ADVENTURE COMPANY LLC
RELEASE OF LIABILITY -- READ BEFORE SIGNING

C19-117A

In consideration of being allowed to participate in any way in this The Bad Adventure Company LLC program, its related events and activities,

I, _____, the undersigned, acknowledge, appreciate, and agree that:
Print Name

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of The Bad Adventure Company LLC immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE BAD ADVENTURE COMPANY LLC, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I understand that during this program I may be photographed or video recorded. To the fullest extent allowed by law, I waive all rights of publicity or privacy, pre-approval, or compensation that I have for any such likeness of me or use of my name in connection with such likeness, and I grant to The Bad Adventure Company LLC permission to copyright, use, and publish (including by electronic means) such likeness of me, whether in whole or part, in any form, without restrictions, and for any purpose.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature

Date Signed

Age

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Parent/Guardian's Signature

Date Signed

STUDENT AGREEMENT

(INCLUDING ACKNOWLEDGEMENT & ASSUMPTION OF RISKS & AGREEMENTS OF RELEASE AND INDEMNITY) NON-EXPEDITION



Please read this document carefully. It must be signed by all students and a parent or guardian if the student is a minor. “Student” includes adult and minor students, unless indicated otherwise. In consideration of the services provided by the National Outdoor Leadership School, hereafter referred to as NOLS, I agree, for myself (and for the minor student if I am signing as a parent or guardian), to the following:

ACTIVITIES AND RISKS

- NOLS activities may be strenuous, physically and emotionally.
- NOLS Wilderness Medicine courses may occur in remote places. They may occur on lands open to the public, and exposed to the acts of persons not associated with NOLS. Communication and transportation may be difficult and evacuations and medical care may be significantly delayed.
- Physical activities include, but are not limited to, walking, running, hiking, repetitive lifting, and carrying. Certain activities will require travel by foot and other means, over unimproved roads, hiking trails and rugged off-trail terrain including downed timber, river crossings, snow, ice, steep slopes, slippery rocks, and other features. These travel risks include falling, drowning, becoming lost, and others usually associated with such travel, including environmental risks.
- Environmental risks and hazards include, but are not limited to, flowing, deep and cold water; harmful insects, snakes, animals; falling and rolling rock; lightning, falling timber, and unpredictable forces of nature, including all types of weather which may change to extreme conditions without notice. Possible injuries and illnesses include wounds or bruises; bites or stings and insect or animal-borne diseases; sunburn, hypothermia, frostbite, heatstroke, dehydration, and other mild or serious conditions.
- Equipment may fail or malfunction.
- Students will participate in realistic simulated injury and illness scenarios and will at times act the role of patient, being handled, carried, and otherwise treated as patients of a simulated medical emergency. Students will also use and practice with various medical equipment. Training, under close staff supervision, may include the option of injecting, and being injected, by fellow students. Risks associated with this training include being inadvertently stuck by a needle, being dropped or otherwise mishandled while being carried; unwelcome touching while acting the role of patient in a scenario; and emotional distress in response to training scenarios. Emergency Medical Technician (EMT) course students will spend time at regional hospitals. Risks include those associated with contact with sick or injured patients.
- NOLS may require students to arrange their own transportation to locations away from the primary classroom from which further activities will be conducted. This travel is not supervised by NOLS and includes the use of personal vehicles and/or carpooling in vehicles not owned or controlled in any way by NOLS.
- Decisions made by the instructors, other staff (including volunteers), contractors, and students will be based on a variety of perceptions and evaluations, which by their nature are imprecise and subject to errors in judgment. Misjudgments may pertain to, among other things, a student’s capabilities, environment, terrain, water and weather conditions, natural hazards, travel routes, and medical conditions.
- NOLS is not responsible for students, including minors, before the start and after end dates of their course. Between the start and end date of the course students are not supervised before or after the established class time. Students may have homework assigned for after class, but this is not supervised by NOLS. NOLS has no responsibility for students and students accept the risks that arise from this unsupervised time. NOLS staff may from time to time provide assistance or even accompany students during unsupervised time, but in doing so, they are acting as private individuals, and NOLS is not responsible for their conduct.
- NOLS Wilderness Medicine courses are instructional in nature. Students accept the risks of instructional activities, which are intended to challenge students to expand their skills and judgment.
- During the established class time students are considered to be “participating” in their NOLS Wilderness Medicine course. Participation includes, but is not limited to, involvement with activities, time spent studying or practicing techniques, and formal classes.
- NOLS Wilderness Medicine courses in foreign countries may be exposed to laws, legal systems, customs and behaviors, animals, diseases and infections not common to the United States; in addition, these courses may be subject to dangerous road travel, political unrest, riots, demonstrations, banditry, terrorism, and other criminal conduct, including drug related activities.

I have read and understand the general information about NOLS and its courses including NOLS Wilderness Medicine’s Admission Policies made available to me through the NOLS website. I acknowledge that the staff of NOLS has been available to more fully explain to me the nature and physical demands of my NOLS Wilderness Medicine course and the inherent risks, hazards, and dangers associated with this course.

