

Wilderness First Aid (WFA) - Student Logistics

Sponsored by **Keystone Wilderness Medicine** which is run by **Brett Simpson (NOLS Wilderness Medicine Instructor)** & **NOLS Wilderness Medicine**

Dates: August 10-11, 2024
Cost: \$335 Tuition only
Location: Organic Climbing LLC/ Nittany Mountain Works
256 Enterprise Drive (gray building with solar panels)
Philipsburg PA 16866

Course Overview

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, 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 WFA course is approved by such organizations as the American Camp Association, the United States Coast Guard, as well as other state and federal agencies.

Successful course completion will earn the following NOLS Wilderness Medicine certifications:

- Wilderness First Aid
- Epinephrine Auto-injector

CPR is not part of this course.

CLASS FORMAT AND PERSONAL PREPAREDNESS

Check-in is between 7:30 am and 7:45 am on the first day. On subsequent days, please plan on arriving by 7:45 AM. Course days run from 8:00 AM to 5:00 PM with an hour-long break for lunch at noon.

The class format involves 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 and this can also get onto clothing.

The classroom environment generally lends itself to a pair of comfy shoes and a camp chair.

Curriculum

Our curriculum has been developed and has evolved over decades by medical professionals and experts in outdoor education. Our instructors are expert educators with years of medical and wilderness leadership experience. Please see the [WFA Course Outline](#) for an overview and schedule of topics covered during your course. You can [read more about our curriculum on the NOLS website](#) as well as view [other curriculum resources here](#).

What to Bring

- o Notebook and pencil or pen
- o Outdoor work gloves (gardening, leather, or canvas)
- o Personal bottle of hand sanitizer
- o Watch with a second hand or digital second (if you have one, don't purchase just for course).
- o Sunglasses and/or protective eyewear
- o Water bottle
- o Light day pack
- o Waterproof outerwear—top and bottom
- o Light hiking boots or sturdy shoes
- o Clothing layers that allow you to be comfortable in a variety of weather conditions, including a hat

Optional:

- o Slippers or comfortable shoes for classroom time
- o Camp chair for classroom time (Classroom has tables and chairs)
- o Clipboard or hard surface to write on

NOLS Wilderness Medicine Student Agreement

Please download the [NOLS Student Agreement](#) and read it carefully as it affects your legal rights.

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

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COVID-19 Practices and Policies

To help mitigate the spread of COVID-19 in our classrooms, NOLS has instituted a set of policies regarding the use of personal protective equipment (masks, gloves, etc) and hygiene practices that all students and staff must follow. For more details, please review the COVID-19 Testing and Vaccination Sections of the [NOLS Wilderness Medicine COVID-19 Disclosure, Practices, and Expectations for Students](#). Please review this document ahead of your course. Willful failure to comply with these practices could result in dismissal from your course.

Please follow the links below to the NOLS website for overviews of other pre-course planning resources:

[College Credit](#)

[Continuing Education](#)

[Recertification Policies](#)

[Alcohol, tobacco, and firearm policies](#)

[Scholarships and financial aid](#)

[Pets and service animals](#)

[Essential Eligibility Criteria](#)

[Minimum age requirements](#)

Registration

Tuition payment in full is required to reserve your spot in the course. You can mail a check made out to Brett Simpson and sent to Keystone Wilderness Medicine at PO Box 377 Danville PA 17821. You can pay your tuition online using Zelle. If you would like to use this option I can send a request to your e-mail.

Additional information needed will include full name, e-mail address, mobile number, and where you heard about the course from (for future marketing).

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.

Approximately one week prior to the course there will be another round of informational e-mails. You're welcome to contact Brett Simpson at any time with questions.

Cancellation Policy

If you cancel or withdraw from a course:

- Greater than or equal to 30 days prior to the course start date, sponsor will retain a \$45.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, tuition is non-refundable and non-transferable.
- Once the course begins, no refunds will be awarded. All course registrations are non-transferable.
- See Covid Policies for cancellations related to Covid and recommendation for travel insurance.

Travel

Course location is easily found using Google Maps and other mapping software. Use “Organic Climbing Philipsburg PA” for search terms.

<https://goo.gl/maps/5bYByrf3gQb2b9pG8>

Meals and Lodging

Meals and lodging are not offered for this course. Below are some lodging options:

Camping Options:

Approximately 15 minutes from the course site is Black Moshannon State Park with a campground and Cabins that can be rented. More info below:

<https://pennsylvaniastateparks.reserveamerica.com/camping/black-moshannon-state-park/r/campgroundDetails.do?contractCode=PA&parkId=880102>

Lodging Options:

Philipsburg contains options for hotels but if you want more evening options then we recommend staying in State College Pennsylvania which is about 20 minutes away.

Contact Information

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

Course Host

Brett Simpson
570-503-6227
brett_simpson@nols.edu

Facebook Logistics Page to connect with others prior to the course. Use at your own discretion:

<https://www.facebook.com/groups/1846883099065354>

NOLS Wilderness Medicine:

Office Hours: Monday to Friday, 8:00am to 5:00pm Mountain Time.

Phone: (866) 831-9001

Fax: (307) 335-2355

Email: wilderness_medicine@nols.edu

Website: www.nols.edu/wilderness-medicine

