WMI WILDERNESS FIRST AID COURSE

Sponsored by University of Northern Iowa and the NOLS Wilderness Medicine Institute

DATES: January 23 – 24, 2016
COST: $255
LOCATION: Cedar Falls, Iowa

Register by calling Andrew Martin: 319.273.7164 or stopping by the UNI Outdoors Office @ WRC 174

COURSE DESCRIPTION
Fast paced and hands-on, this two- or three-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 United States Forest Service, and other governmental agencies. This course does not include CPR.

This course cannot be used as a WFR or WEMT re-certification course unless you hold an eligible certification from NOLS WMI. For further information, see the FAQ portion of our website: http://www.nols.edu/wmi/about/faq.shtml#WAFArecert

WFR RECERTIFICATION REQUIREMENTS
Participants using the WFA course to recertify their WFR will be required to pass both a written and a practical test on day 2 of the course. Check the following web page for information and resources on how to best prepare for your course. http://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 a check, Visa/MasterCard, cash, U-Bill or payroll deduct. The tuition fee covers textbooks, syllabus, equipment, and certification cards. WMI is not obligated to allow any student to attend a course until all WMI paperwork has been received, reviewed and approved by WMI. A full refund will be given if we are forced to cancel the course for any reason.
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 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. The format for the WFA/WFR Recert 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 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 camp-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

Pre-Course: The WFA course is pre-approved for one semester hour credit through Western State Colorado University (WSCU) for an additional cost of $55. Thirty days prior to the WMI course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from WMI.

On-Course: 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
All participants and instructors will meet in the Wellness and Recreation Center (WRC), classroom #150 each morning.

Traveling from the West: use I-20 East to the Cedar Falls Hudson Rd. exit and turn north (left). Travel approximately 2 miles north and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI-DOME.

Traveling from the East: use I 20 West to the Cedar Falls Hudson Rd. exit and turn north (right). Travel approximately 2 miles north and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI-DOME.

Traveling from the North: use I 58 South to the Cedar Falls, University Avenue exit. Turn Right on University Ave. and travel approximately 1 mile to Hudson Rd. and turn north (right). Travel approximate 1/4 mile and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI-DOME.
Traveling from the South (option I): use I 218 North to I 20 west. Travel approximately 8 miles to the Cedar Falls Hudson Rd. exit and turn north (right). Travel approximate 2 miles north and turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI-DOME.

Or

Traveling from the South (option II): use I 63 north to the town of Hudson. On the South end of the town of Hudson there is a Y in the road. Take the left side of the Y and travel approximately 6 miles north on Hudson Rd. Turn left on PE Center Dr. on the north end of the UNI-DOME. The WRC is connected to the north end of the UNI-DOME.

LODGING/RECREATION
There is not a meal and lodging option for this course. Below are some lodging options.

Lodging:
There are many motels/hotels in the Cedar Falls area. Your best option would be to google Cedar Falls, IA motels and search for the best lodging for you. Most lodging is within ten minutes of UNI WRC.

COURSE POLICIES
PETS ARE NOT ALLOWED AT THE TEACHING SITE. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

NO SMOKING OR ALCOHOL IS ALLOWED ON SITE

CONTACT INFORMATION
Please contact us with any questions or concerns you may have. Our office hours at UNI Outdoors are Monday - Friday, noon - 5:00pm Central Time.
Phone: 319.273.7163 Email: Andrew.martin@uni.edu
FAX: 319.273.7130
Web site: www.uni.edu/wellrec
DAY 1

Morning
  Introductions
  Patient Assessment System

Afternoon
  Emergency and Evacuation Plans
  Spine Injury
  Head Injury
  Shock
  Wilderness Wound Management

DAY 2

Morning
  Wilderness Wound Management (cont.)
  Scenario
  Musculoskeletal Injury
  Heat Illness

Afternoon
  Scenario
  Cold Injury
  Lightning
  Altitude Illness
  The Medical Patient
  Anaphylaxis
  Closure
NOLS Wilderness Medicine Institute  
WFA/WFR RE-CERT Course Statement

NAME: ______________________________

COURSE DATES: January 23rd & 24th, 2016

COURSE COST: $255.00  Payment in full

MEALS/LODGING: Not included

SUBTOTAL: $255.00

BALANCE DUE: $255.00