



O U T D O O R U W

WILDERNESS FIRST AID COURSE

Sponsored by Outdoor UW and NOLS Wilderness Medicine



DATES: *April 12th and April 13th, 2025*
COST: *\$350.00 Tuition only (Non-Hooper Member)*
LOCATION: *Memorial Union, 800 Langdon St, Madison, WI 53706*
(Use lakefront entrance on North side of building)
Time: *8:00 AM - 5:00 PM*

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*. **CPR is not included in this course.**

CLASS FORMAT AND PERSONAL PREPAREDNESS

Check in is 7:45 a.m. on the first day. Course days run from 8:00 a.m. to 5:00 p.m.

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.



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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 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

For the full course outline, visit the WFA course page:

<https://nols.edu/en/coursefinder/courses/wilderness-first-aid-WFA/>.

WAF/ WFR/ WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a **Wilderness First Aid** (WFA) course to recertify a WFA, WAF, or WFR 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, 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.



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WFR-R:

<https://www.nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/>

Hybrid WFR-R:

<https://www.nols.edu/en/coursefinder/courses/hybrid-wilderness-first-responder-HWFR/>

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

Payment in full is required to reserve your spot in the course.

To register please visit <https://members.hoofers.org/event/108438> or call our office at 608.262.1630 and office staff can take your payment. Tuition is non-transferable and is payable by Visa/MasterCard. Tuition covers syllabus and course equipment. Certifications will be emailed to you after the course. A full refund will be given if we need to cancel the course for any reason.

If a student cancels or withdraws from a course:

- 15-30 days prior to the course starting date, Outdoor UW will retain a \$50.00 administrative fee.
- Within 15 days of the course start date, cancellation will result in full loss of tuition.
- In the event that we are able to fill your spot from the waitlist, we will offer a full reimbursement.

If you are currently an active Hooper club leader, Hooper Council may offer a course subsidy if you are proactive and inquire with your club president and advisor well ahead of time.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please [download this agreement](#) 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. Without a signed document, you cannot participate in the course. Spare copies of this agreement will be available in your course folder on the first day.

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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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.

STUDENT LOGISTICS

Directions: Memorial Union is located on the corner of Park and Langdon Street. 800 Langdon St., Madison WI 53706. Easiest way to the classroom is to walk between the northside of the Memorial Union and the lakeside. Enter the doors facing the lake, on the western side of the building, labeled Outdoor UW.

Parking/Transportation:

The nearest parking lots are Helen C White parking or Lake Street Ramp. (5 min walk) Parking is approximately \$13.00 per day. There are additional parking garages off Johnson Street. There are buses that can take you down to Memorial Union.

Food:

There is a wide variety of food available around Campus and on State Street easily within walking distance.

Lodging:

CONTACT INFORMATION

Please contact us with any questions or concerns you may have. Our front desk staff should be able to answer your questions.





Course Hosts - Dan Dunne & Outdoor UW

(Our front desk staff should be able to answer your questions)

Office Hours: Noon- 6PM

Phone: 608.262.1630

Email: outdooruw@union.wisc.edu

Website: <https://union.wisc.edu/events-and-activities/outdoor-uw/>

In case of emergency while traveling to the course-

Contact: Dan Dunne

Phone: (608) 262-7445

Email: ddunne@wisc.edu

If you have any issues getting into the Memorial Union, please contact the building managers @ 608-228-1183

NOLS Wilderness Medicine:

Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.

Phone: (866) 831-9001

Email: wilderness_medicine@nols.edu

Fax: (307) 335-2355

Website: <http://www.nols.edu/wilderness-medicine>