

Dear Wilderness First Aid NYC Participant,

Thank you for signing up for a wilderness medicine course with WFA NYC! By learning these skills, you are making a commitment to your backcountry safety and preparedness, and to the safety of those out there with you. We take this commitment seriously - what you learn in your course could save someone's life - and recognize the trust you've placed in us to teach you.

The instructor for your course will be Ella Hartley. Ella has been an outdoor educator since 2014, primarily working for Outward Bound as a mountaineering instructor, staff trainer, and Emergency On-Call Response. She has been teaching wilderness medicine since 2017. With over two decades of backcountry expedition and medical experience, she's got stories.

Wilderness First Aid NYC is a provider of Desert Mountain Medicine (DMM) curriculum. DMM is a wilderness medicine school that has been setting the industry standard for over 25 years and is a leading member of the Wilderness Medicine Education Collaborative. Participants who pass their course will receive their certifications through DMM, which offers reciprocity with the other large wilderness medicine schools such as SOLO, NOLS, and WMA.

In the sections that follow, we'll dive into further details and logistics for your course. Please take some time to read through all the information about your upcoming course. It will help prepare you for a fun and successful learning experience.

If you have any questions or concerns, you can reach out to your instructor directly at ella@wildernessfirstaidnyc.com.

Warmly,
The Wilderness First Aid NYC Team



Wilderness First Aid Course

Our Wilderness First Aid (WFA) course is designed for the outdoor enthusiast, trip leader, raft guide, or land agency field staff who want more than what an urban first aid course provides. The WFA is a great introduction to wilderness medicine and basic life support skills. This training focuses on prevention, assessment, and treatment of environmental illnesses, recognizing and stabilizing life threats caused by trauma, and calling for a rescue in the event of a wilderness emergency.

This course is part lecture and part hands-on practice, so wear comfortable clothing you can move in easily and don't mind getting a little dirty. Bring a notebook and pens to keep notes, and be prepared (layers, sun protection) to potentially practice outside. You will be issued a WFA student manual and paperwork on the first day. We will also provide all the medical equipment you will need for the course, including PPE (masks and gloves) for scenarios.

There will be short breaks throughout the day and a longer break for lunch, but please bring whatever food and beverages you need to get through the day with you.

What to Expect

Wilderness medicine courses are not like typical classroom courses. Managing peoples' safety and treating patients in the backcountry requires a combination of knowledge of anatomy and physiology, critical thinking and sound judgement to evaluate risks and make decisions in changing environments, as well as hands-on hard skills like taking vitals and splinting fractures. So, at WFA NYC we teach not only via traditional lectures, but also through realistic scenarios, hands-on practice, case studies, student-guided collaborative exercises, and more.

We prioritize immersive, hands-on scenario training that builds knowledge of body systems and muscle memory for hard skills, like physical assessments. Sometimes you will be a rescuer and sometimes you will be a patient; there's valuable learning in both roles. Try to stay "in character" as much as possible during scenarios. It may feel a little silly (and it may be - some scenarios are designed to be lighthearted), but we are training you to protect your patients and maybe even save their lives.

On the first day of your course, you will learn about patient consent, and appropriate and professional touch. Your instructors will explain the parameters of where to touch, and how to respectfully ask for consent before touching anyone in class. We teach asking for consent every time before you touch a classmate, and endeavor to normalize denying consent. As a participant, you are in control of when and how others touch your body.

Your course may be challenging. You will be expected to demonstrate your understanding of the human body both theoretically in your treatment and evacuation decision-making, and practically in the application of your treatments. You'll have to study hard, pay attention, ask questions and for clarifications when needed, and participate fully in course discussions, scenarios, skills stations, and other hands-on exercises.

Your course may push you emotionally. It's normal to feel excited, nervous, and maybe even a little scared about practicing scenarios, especially in the first days of your course. Your instructors have been in your shoes - students learning something new. You can rely on them to maintain an open and respectful learning environment where it is ok to fail, ask questions, and try again. You and your classmates will discuss emotionally challenging material - serious injuries and illnesses, how to help and comfort someone in pain, and

injuries and illnesses that are unsurvivable - and it's normal and healthy to react emotionally to these topics. Please know your instructors will create a safe, supportive, and compassionate space for your cohort to process difficult topics and emotions, and guide you on how to care for yourself and others.

Finally, know that for all its challenges, your course will be fun! We know our students' strongest learning comes when they're enjoying themselves and feeling good about their learning environment.

What to Bring & Wear

- Wrist watch or timepiece with a seconds hand
 - Notebook
 - A few pens (a fine point sharpie is handy)
 - Comfortable clothing that can get dirty
 - Water bottle
 - Lunch and snacks
 - Sun protection (glasses, hat, sunscreen)
 - Warm layers for outside practice
- Optional:
- Camp chair
 - Foam sleeping pad to kneel, sit, or lay on during scenarios

Attendance & Participation

You must attend and participate in the entire training in order to successfully complete the course. Absences, excessive tardiness, and/or lack of participation will result in an incomplete. Payment of course fees does not entitle you to a certification. That said, instructors recognize that everyone learns in different ways, and will work diligently with students throughout the course to avoid this outcome.

Please let us know in advance if you have any questions about attendance.

Illness

We value the health and safety of our students, staff, instructors, and host communities. Keeping everyone safe is a shared responsibility, and illness can have many downstream consequences. We strongly believe that preventative measures like masking, hand hygiene, and monitoring for illness, are important steps to take.

In the case of illness, any participant who presents on any day of class feeling ill will need to be evaluated on a case-by-case basis. Depending on symptoms and test results, they may be able to stay in the course by wearing appropriate PPE (mask and gloves). If a student tests positive for COVID, flu, RSV, or strep throat, they must be dismissed. The student will be allowed to continue the remainder of their course at a later date free of charge once the illness subsides.

Refunds and Cancellations

Full refunds will be provided until 30 days before the course starts. 50% refunds will be provided 29-15 days before the course starts. There will be no refunds 14 days from course start and beyond. In the event of documented illness, participants will receive full credit towards a future course.

Any course canceled by WFA NYC will be refunded in full.

Email Wilderness First Aid NYC at info@wildernessfirstaidnyc.com to reschedule in the case of illness, to discuss refunds, and for rescheduling.

Certifications

This course runs 16-20 hours. With full attendance, participants will receive 2-year certifications in Wilderness First Aid, CPR, and Wilderness Anaphylaxis Training from Desert Mountain Medicine.

To retrieve your certification cards, follow these steps one week after the course is complete:

- Go to: www.desertmountainmedicine.com
- Select 'LOGIN' at the top/right
- Follow steps for a missing password, using your email address as your username

WFA NYC reserves the right to not pass any student or participant who does not, in the instructor's sole opinion, demonstrate the standard understanding of the material, and the standard mastery of the techniques and skills necessary to be certified by Desert Mountain Medicine for the course the student is taking. No refund will be given by WFA NYC in such a case.

Wilderness First Aid Course Outline

2-Day (16 hours)

Day 1

Introduction to Wilderness Medicine

- What is Wilderness Medicine
- Medical Legal Issues
- EMS System

Patient Assessment

- Scene size-up
- Primary assessment
- Secondary assessment
- Reassessment

Calling For A Rescue

Basic Life Support

- Adult and Child CPR
- Choking and Airway Management
- AED
- Wilderness CPR Considerations

CPR & Primary Assessment Hotspot

Traumatic Injuries

Wilderness Wound Management

- Aggressive Bleeding Control
- Hemostatic Agents
- Hygiene/Infections/MRSA
- Wound Types
- Cleaning & Bandaging

Shock

Burns

Musculoskeletal Injuries

- Wilderness Athletic Injuries
- Fractures
- Improvised splints

Spine Injuries

- Spine Injury Management
- Moving Patients/Rolls

Homework Reading Assignment:

Micromedics

- Poisons/Toxins
- Contact Allergic Reactions
- Blisters
- Fish Hooks/Splinters

Day 2

Traumatic Injuries

- Traumatic Brain Injuries
- Chest & Abdominal Injuries

Backcountry Medical Problems Overview

- Allergies & Anaphylaxis
- Identifying Serious Medical Problems
- GI Illnesses
- Acute Abdomen - Red Flags

Environmental Medicine

- Dehydration
- Exercise Associated Hyponatremia
- Heat Illnesses
- Acute Mountain Sickness
- Hypothermia
- Lightning Injuries
- Drowning
- Arthropod Bites & Stings
- Snakebites

Managing Evacuations

- Helicopter Safety & LZ
- Communication
- Evacuation Management
- First-Aid Kits
- Psychological First Aid

Group Scenarios

Final Practical Group Scenario