

## WILDERNESS FIRST AID PRE-COURSE INFORMATION

### COURSE INFORMATION:

Originally called Backcountry Medicine, SOLO's WFA course was first offered in 1975. Since that time tens of thousands of trip leaders and outdoor enthusiasts have been certified at this level. Many organizations use this course to introduce first aid and long term patient care to their staff or members. The SOLO WFA is recognized by the American Camping Association, US Coast Guard and various guides' licensing boards as meeting their First Aid requirement. In conjunction with some SOLO WFA courses is it possible to take the American Heart Association's Heart Saver CPR course for an additional fee.

### CERTIFICATIONS:

Students who successfully meet the classroom criteria and pass the appropriate practical and written exams will be certified in:

\*SOLO Wilderness First Aid (2-year certification)

\*American Heart Association's Heartsaver CPR (for an additional fee of \$35.00)

**\* NOTE: if you are recertifying your WFR, please notify the sponsoring agency ahead of time. This course will recertify current SOLO, WMA or WMI/NOLS WFR certifications. You must bring copies of your current WFR and CPR certification cards. There is an additional \$15.00 recertification fee\***

### ATTENDANCE:

100% attendance in all lecture and practical sessions is mandatory.

### COURSE REQUIREMENTS:

Certification is based on successful completion of the course. In order to do so, all certification candidates are required to participate in 100% of the course, as that is the only way to assess mastery of the skills involved. SOLO instructors provide ongoing feedback and many opportunities for questions. Final assessment of each student's skills includes practical skills evaluation throughout the course and a final written examination.

### CLASS FORMAT:

The 16-hour curriculum takes place over two days. A typical day consists of a mixture of hands-on practical skill work and didactic lecture sessions. To optimize learning potential, SOLO compliments these sessions with a variety of mock scenarios and simulations. Known for their "open-learning" environments, SOLO courses are taught to audiences with a variety of learning styles.

### CURRICULUM:

The SOLO WFA addresses issues of basic rescuer safety. The patient assessment system, the foundation of the course, trains students to determine what is going on with backcountry patients. Other sessions provide instructions in traumatic situations. Environmental emergencies such as hypothermia and heat injuries are dealt with in great detail. Practical simulations and scenarios provide practice in backcountry leadership and rescue skills.

## **Your SOLO WFA course on Thompson Island:**

### **HOUSING:**

Lodging can be provided upon request to Thompson Island. Lodging will be dorm style and is located on the island. The fee for lodging is an additional \$100.00 and comes with lunch & dinner the first day and breakfast & lunch the second day. Thompson Island will provide linens but we suggest you bring a sleeping bag for extra comfort.

### **BOAT SCHEDULE:**

The boat to the Thompson Island will leave at 8:00 a.m. the opening day and will arrive back to Boston by 5:30 p.m. both days of course. You should plan on full 8-hour days.

### **MEALS:**

Lunch will be provided during the 2-day Wilderness First Aid course. Bringing food with you, if you prefer your own or wish to supplement meals, is recommended. The kitchen is not open for student use, but a microwave is made available in the dining area for student use.

### **COMMUNITY:**

Being part of a community is an integral part of the WFA course experience. Because we (staff and students) live and work in close proximity, we feel it is essential that we share the responsibilities associated with our daily living. Students are asked to lend their instructors a hand with keeping the classrooms, practice areas and equipment clean and in good condition.

### **SMOKING/TOBACCO USE:**

SOLO encourages a smoke free environment and is anti-smoking for health reasons. Recognizing the addictive nature of tobacco, however, it has not yet been banned completely from course. Thompson Island has two designated areas where smoking and disposal of tobacco products is permitted (these will be pointed out at the beginning of training). As much of Thompson Island is dedicated to youth programming, smoking indoors or in non-designated areas is grounds for dismissal.

### **ALCOHOL & DRUGS:**

**Drinking alcoholic beverages, using illegal drugs, or possessing these substances is not permitted during SOLO's WFA course or during participant's stay on Thompson Island and is grounds for dismissal.**

### **FIREARMS:**

**The possession and/or use of firearms are not permitted anywhere on SOLO property or on Thompson Island or during a SOLO activity. This is immediate reason for dismissal.**

**ATTIRE:**

Although Thompson Island has a casual atmosphere, it is required that students maintain a level of decency and cleanliness during their stay. Shoes must be worn when walking about the island and in all dining areas. Shirts must be worn in class and on campus. (We assume no one will be bottomless.)

**PETS:**

We love animals, but they must remain at home. Thompson Island cannot accommodate any pets during the course.

**TRAVEL:**

You can find additional information on [www.thompsonisland.org](http://www.thompsonisland.org) for specific travel information and directions. Please note the boat leaves promptly at 8 a.m. and will not wait for late arrivals. Class will begin on Thompson Island in the Lewis building at 9:00 a.m. each morning.

**REGISTRATION/PAYMENT or  
ADDITIONAL QUESTIONS:**

Please contact Jenn Smithwood at 617-328-3900 x151  
or by email at [jsmithwood@thompsonisland.org](mailto:jsmithwood@thompsonisland.org)

**Thompson Island Outward Bound/SOLO  
WFA Course Registration Form / Optional CPR / WFR Recertification  
April 28 - 29, 2012**

1) Name: \_\_\_\_\_

2) Phone #: \_\_\_\_\_

3) Email Address: \_\_\_\_\_

4) Would you like to update your CPR during the course: (extra 35 dollar fee applies)

Yes/No

5) Are you recertifying a WFR?

Yes/No

6) Do you require overnight accommodations? (100 dollar lodging fee includes meals)

Yes/No

7) Do you have any special dietary restrictions/preferences (nut allergy, vegetarian, etc.) that we need to communicate to our kitchen staff?

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8) Any additional information?

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9) Are you interested in receiving additional information about Thompson Island, our youth programs and/or employment opportunities?

Yes/No

Thanks!