

## **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, it is possible to take the American Heart Association's Heartsaver course; however there usually is an additional fee for this.

### **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 Heartsaver CPR (included in the program at @ \$15.00 add'l 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 complements 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 instruction 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 Time at Thompson Island:**

### **HOUSING:**

Lodging can be provided upon request to Thompson Island. Lodging will be dorm style and is located on the island. Lodging is an additional \$99.00 and comes with lunch and dinner the first day, and breakfast and lunch the second day. You will not need to provide your own linens.

### **SCHEDULE:**

The boat to our island will leave at 8 am on the opening day and will arrive back in Boston by 5 pm both days of course. Plan on full 8-hour days.

### **MEALS:**

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

### **COMMUNITY:**

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

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

SOLO encourages a smoke-free environment because we are anti-smoking for health reasons. It is our belief that given the indisputable facts surrounding tobacco use, nicotine is a toxic drug that no one, especially healthcare providers or outdoor leaders, should be using. We realize that we cannot protect you from yourself and prevent you from using tobacco; but we do have a responsibility to the non-smokers in the class who should not be exposed to the dangers of second-hand smoke or the unpleasantness of tobacco odors on smokers' skin, clothing, and breath. If you choose to smoke, you will not find us supportive of this habit. Recognizing the addictive nature of tobacco, however, we have not yet totally banned its use from our campus. We allow smoking and disposal of cigarette butts in only two areas behind the Hughes building and behind the boson shed. As much of our island is dedicated for 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 anywhere on Thompson Island. This is grounds for dismissal. Being impaired by alcohol or drug use while on Thompson Island or during a SOLO activity is also grounds for dismissal.**

### **FIREARMS:**

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

**ATTIRE:**

Although Thompson Island has a very casual atmosphere, we do require that students maintain a level of decency and cleanliness during their stay here; therefore, shoes must be worn when walking about the island and while in the kitchen and dining areas. Shirts must be worn while in classes and while on campus at all times. (We assume you won't be bottomless.)

**PETS:**

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

**TRAVEL:**

See the additional information included in this packet for specific travel information. Garage parking is available near the dock, but leave time to find your way as it usually takes several minutes as our dock is not highly labeled.

**ARRIVAL:**

**Plan to arrive at the dock at 8am.** Our boat runs a very strict schedule and will not wait for people that are late. The boat ride to Thompson Island is approximately 25 minutes. Upon arrival make your way up to the Lewis Building where class will be held. Class will begin **promptly at 9:00 am.**

**DEPARTURE:**

Plan to be in class until at least 5:00 PM on the last day of your WFA course. If your class will be dismissed earlier, your instructors will notify you.

**ADDITIONAL QUESTIONS:**

Please contact Alex Chu at 617-328-5900 x. 143 or at [achu@thompsonisland.org](mailto:achu@thompsonisland.org) for any questions, comments or concerns.

**Thompson Island Outward Bound/SOLO  
WFA Course Registration Form  
May 29<sup>th</sup> – May 30<sup>th</sup> 2010**

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

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

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

4) Would you like to update your CPR during the course: (extra 15 dollar fee applies)

Yes/No

5) Are you recertifying a WFR?

Yes/No

6) Do you require overnight accommodations? (Extra 99 dollar fee applies)

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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**MEDICAL FORM**

Module

Course Dates: \_\_\_\_\_

Name \_\_\_\_\_  Female  Male

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Weight: \_\_\_\_ Height: \_\_\_\_

**Emergency Contact:** Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ e-mail: \_\_\_\_\_

Phone: Day (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Eves. (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Cell (\_\_\_\_) \_\_\_\_ - \_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Insurance Coverage:** Not required to participate in the course.

Insurance Company: \_\_\_\_\_ Company Phone: (\_\_\_\_) \_\_\_\_\_

Policy ID Number: \_\_\_\_\_ Group # (if applicable): \_\_\_\_\_

Physician Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

**HEALTH INFORMATION**

For safety reasons, we need to be aware of any special health concerns you may have. Please attach a separate note if you need more room. This information is confidential and will be reviewed by a physician who may contact you for additional information.

List any sensory or physical limitations and how they affect you:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please explain any learning or emotional limitations?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are the meds, physical aids, or strategies that your condition requires?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you currently taking any over-the-counter or prescription medications?

Yes  No If yes, please list them and describe what they are for.

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Are you currently under a medical specialist's care?  Yes  No (Please explain)

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Have you had a tetanus shot in the last 4 years?

Yes  No

Have you received all childhood disease immunizations?

Yes  No

Have you been immunized against Hepatitis B?

Yes  No

(Not required for course participation.)

**Health History:** Have you experienced health problems in any of the following areas?

(Please check all appropriate boxes.)

Hemophilia

Knee condition

Diabetes

Back condition

Hernia/ruptures

Heart defect/disease

Arthritis

Allergy to bee stings

Lung disease, Asthma

Any other allergies

Ulcer or other GI disorder

Seizures or other CNS disorder

If you checked any of the above boxes, please describe the exact diagnosis & your treatment plan.

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**EQUIPMENT LIST FOR**  
**WILDERNESS FIRST AID/ WFR RECERTIFICATION\***  
**PARTICIPANTS**

You should plan to have clothing that will be appropriate to the season for where and when you will be taking the class. Weather permitting, we will be spending a significant portion of the class time out-of-doors. The following list is to SUPPLEMENT the clothing you will be wearing. If you have questions regarding the usual weather where your course will be held, please contact the sponsor.

**NECESSARY ITEMS**

Backpack or knapsack to put everything in

Raingear (tops and bottoms)

Layers of clothing (to keep yourself regulated by adding on or removing layers)

Warm hat (not made of cotton, which loses its ability to hold heat if wet)

Mittens or gloves if it will be cold out

Water bottles (1qt or 1L) for drinking water

Footwear for the environment (closed-toed shoes for outdoors/sandals are OK for inside)

**HELPFUL ITEMS TO BRING**

Ground cloth or small tarp (6X4 sheet of plastic is fine)

Sleeping pad (ensolite, Ridgerest tm, Thermarest tm, self-inflating, etc.)

Bandanas of any kind

\*Please note: If you are a WFR Recert, 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 recertification fee.**

**Thompson Island Outward Bound**  
 HOME ABOUT US DIRECTIONS SUPPORT WORK DRES NEWS (1/10)  
 ALUMNI VISITORS COURSES FOR YOUTH CORPORATE TEAMBUILDING EVENTS & CONFERENCES  
**DIRECTIONS**

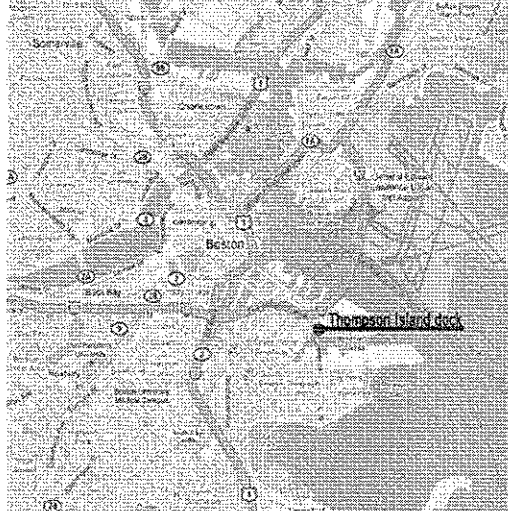
- Directions Home
- To Our Dock
- To Long Wharf
- Mainland Office
- Boat Schedule

**Directions to the Thompson Island Outward Bound Ferry: EDIC Dock, Public Berth #10**

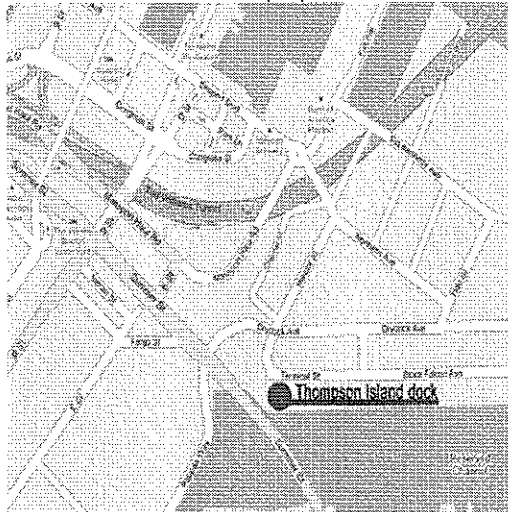
Thompson Island's dock is located on Drydock Avenue near the Black Falcon Cruise Terminal and the Boston Design Center in the Marine Industrial Park, South Boston. We use a public dock that is not well-marked, so please allow plenty of time to find us the first time you visit.

SEARCH  GO

Far-Away Map:



Close-Up Map:



**Driving to the Thompson Island Outward Bound dock:**

*From the West on I-90 (Mass Pike):*

- |   |       |        |
|---|-------|--------|
| 1: At exit 25, bear RIGHT onto Ramp (I-90 East / Logan / South Boston)  | 0.3   | 0:01   |
| 2: Keep left and bear LEFT towards Seaport Blvd                         | < 0.1 | < 1min |
| 3: Turn RIGHT (East) onto Congress St                                   | 0.5   | 0:01   |
| 4: Turn RIGHT (East) onto Northern Ave                                  | 0.3   | 0:01   |
| 5: Turn RIGHT (South-West) onto Harbor St                               | 0.2   | 0:01   |
| 6: Continue straight across Drydock Ave                                 | < 0.1 | < 1min |
| End: The dock is approximately 100 yards on the right, toward the water | < 0.1 | < 1min |

*From the North on I-93:*

- |  |       |        |
|--|-------|--------|
| 1: At exit 20-A, turn RIGHT onto Ramp (I-90 West / Mass Pike / South Station)                | 0.2   | < 1min |
| 2: Keep LEFT while on Ramp for (South Station)   | 0.1   | < 1min |
| 3: Bear LEFT (South-West) onto Purchase St, then immediately turn LEFT (East) onto Summer St | 1.2   | 0:03   |
| 4: Turn LEFT (North-East) onto Drydock Ave   | 0.1   | 0:01   |
| End: The dock is approximately 100 yards on the right, toward the water                      | < 0.1 | < 1min |

*From the South on I-93:*

- |   |     |        |
|---|-----|--------|
| 1: At exit 20, turn RIGHT onto Ramp (I-90 / Logan Airport / Worcester / S. Station) | 0.2 | < 1min |
| 2: Keep RIGHT on Ramp towards (I-90 West / South Station)                           | 0.2 | 0:01   |

3: Bear LEFT for Ramp towards (South Station)	1.0	0:02
4: Keep RIGHT on Ramp	0.2	< 1min
5: Turn RIGHT onto Kneeland St	0.1	< 1min
6: Turn LEFT onto Atlantic Ave	0.2	0:01
7: Keep RIGHT on Atlantic Ave	0.1	< 1min
8: Turn RIGHT onto Summer St	1.2	0:03
9: Turn LEFT (North-East) onto Drydock Ave	< 0.1	< 1min
End: The dock is approximately 100 yards on the right, toward the water	< 0.1	< 1min

From your location:

For driving directions to Drydock Avenue from your location, click here and fill in your starting address.

### Parking for the Thompson Island Outward Bound dock:

- After you enter the Marine Industrial Park, drive along Drydock Avenue for about .25 miles to a public parking garage on the left.
- **Parking is not permitted at the dock, nor is it permitted at our 5-11 Drydock Mainland office lot.** We don't own the dock, or the lot, and **YOU WILL BE TOWED.**
- Exit the garage on the side facing the Boston Design Center and Drydock Avenue. Walk towards the water, past the front of the Design Center and turn right. Continue parallel to the chain link fence on your left and then turn left. You will see a small wooden sign for "Thompson Island Outward Bound" near two phone booths. Allow 10 minutes to walk back to the dock.

### Public Transportation for the Thompson Island Outward Bound dock:

There are many options via the "T". The Red Line, Silver Line Bus Service, and MBTA Bus Service.

- **Red Line Subway:**
  - Take the Red Line to South Station
  - From South Station, you can either walk (follow Summer Street towards South Boston - walk takes about 20 minutes) OR take the Silver Line OR take the MBTA bus #7.
- **Silver Line Bus Service:**
  - Take the Silver Line Bus Service (underground) from South Station. The entrance is underground near the Red Line.
  - Take the SL2 bus to the Marine Industrial Park.
  - Once above ground, get off the Silver Line Bus at the Harbor Street stop.
  - Walk down Harbor Street towards Drydock Avenue, away from the bus stop.
  - Once at Drydock Ave, our dock is about 100 yards straight ahead just past the red fencing that defines our ferry waiting area. You will see a small wooden sign for "Thompson Island Outward Bound" on a black fence near two phone booths.
  - For reference, the Summer Street bridge which crosses the channel is visible and immediately to the right of our dock.
- **#7 Bus - Summer Street:**
  - Board the #7 bus (Outbound, heading towards South Boston) on Summer Street outside of South Station.
  - Tell the bus driver that you want to get off at the Summer Street/Drydock Ave./Marine Industrial Park stop.
  - Once you have gotten off the bus, take a left and follow Drydock Ave. The dock is located at the first right on Drydock Ave.

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