



# WILDERNESS FIRST AID w/CPR COURSE



May 12–13, 2018

45 Granite Street, Biddeford, Maine

Thank you for enrolling in the upcoming Community Bicycle Center (CBC) Wilderness First Aid w/CPR Course (WFA) with NOLS Wilderness Medicine. Below is information about the course to ensure that you are prepared for this exciting two-day class.

## 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?” In this fast-paced and hands-on course, you will learn how to prepare for and deal with the unexpected. **Importantly, unlike most WFAs offered, this course includes CPR!**

NOLS Wilderness Medicine is the global leader in providing wilderness medicine education. NOLS’s curriculum director has published seminal books in the field. An unmatched advisory panel of physicians and other medical and outdoor experts ensure that the curriculum is evidence-based and cutting edge. In just two days, you will have the knowledge, skills, and ability to make sound decisions in emergency situations.

This course is ideal for trip leaders, camp staff, novices, outdoor enthusiasts, and individuals in remote locations. The WFA course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other government agencies. Upon successful completion of the course, students will receive a two-year NOLS Wilderness Medicine WFA certification and a CPR certification.

If you already hold a NOLS Wilderness Advanced First Aid (WAFSA), Wilderness First Responder (WFR), or Wilderness EMT (WEMT) card, you may be able to use the WFA course to recertify (please see below).

### **PLEASE NOTE:**

- ***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 class until the pet is safely situated in a kennel or other facility. No exceptions.***
- ***No smoking, alcohol, or illegal drugs allowed in class.***

## CLASS FORMAT

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00 AM – 5:00 PM. On Saturday, May 12, CPR runs from 6:00 PM – 10:00 PM.

Classroom lectures are integrated with practical scenarios, where you will alternate playing a

patient and a rescuer. Scenarios and practice sessions take place both inside and outside. The weather in Maine can be unpredictable. Please bring outdoor clothing appropriate for lying on the potentially hard, wet, or muddy ground. Stage (moulage) blood and make-up are frequently used to simulate the reality of a scenario. During scenarios, you may at times kneel or sit on hard ground, so consider bringing a camp chair or pad to kneel or sit on.

Please be aware that learning how to administer quality and professional first aid care requires making physical contact with patients, often strangers. If you are concerned about this aspect of the course, please contact us for more information, or be sure to speak with your NOLS instructors during check-in on the first day of the course.

## **GEAR LIST**

- Notebook & pen/pencil.
- Watch w/second hand or digital second.
- Apparel and footwear appropriate for the weather.
- Water bottle.
- Lunch & snacks. (There are places to eat near CBC, but remember that lunch break is only one hour.)
- Camp chair or pad. (Optional)
- Pack with gear you might bring on a day hike or an overnight trip. (Optional. This gear can be used for building splints so you can practice using your own materials, but we will provide splinting materials for you.)

## **REGISTRATION**

**Course tuition is \$330, and payment in full is required to reserve a spot on the course.** The tuition fee covers instruction, textbooks, syllabus, equipment, and certification cards. Enroll online at <http://communitybike.net/wfa/>, or mail the attached registration form with a check or money order (made out to Community Bicycle Center with “WFA” in the memo line) to:

Community Bicycle Center  
P.O. Box 783  
Biddeford, ME 04005

## **CANCELLATION AND REFUND POLICY**

If a student cancels or withdraws from the course:

- Greater than or equal to 30 days prior to the course start date, CBC will retain a \$50 administrative fee. All other funds will be returned.
- Within 30 days of the course start date and once the course has begun tuition is non-refundable and non-transferable.

## WFA/WFR/WEMT RECERTIFICATION REQUIREMENTS

While the WFA course is not designed as a recertification course, NOLS Wilderness medicine graduates may take this WFA course to recertify their WFA, WFR, or WEMT (wilderness portion only). **This course cannot be used as a WFR or WEMT re-certification course if you hold a certification from a provider other than NOLS.** For further information, please see the recertification portion of the NOLS website at <https://www.nols.edu/en/courses/wilderness-medicine/recertify/>.

NOLS Wilderness Medicine certified students should bring their certification card to the course so that the instructor can verify the expiration date. We cannot issue you a new certification until we verify your previous training. **Participants using the WFA course to recertify their WFA, WFR, or WEMT will be required to pass both a written test and a practical test on the second day of the course.** Check the following web page for information and resources on how to best prepare for your recertification: <https://www.nols.edu/en/resources/wilderness-medicine-resources/>.

## NOLS STUDENT AGREEMENT

Please review, print, and complete the NOLS Wilderness Medicine Student Agreement and the CBC Release of Liability Agreement available at <http://communitybike.net/wfa/>. Please bring the completed signed documents to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. **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 program and are at the sole risk of the participant.**

## COLLEGE CREDIT

You may earn college credit for taking this course. Please visit the NOLS website for more information: <https://www.nols.edu/en/resources/credit-continuing-education/college-credit/>.

## DIRECTIONS

The CBC is a large, yellow building located on 45 Granite Street in Biddeford.

### From Points North:

- Take I-295 S
- Merge onto I-295 S
- Merge onto I-95 S
- Take Exit 36 for I-195 E toward Saco/Old Orchard Beach
- Continue onto I-195
- Take Exit 2A for US-1 S toward Saco/Downton
- Turn right onto ME-5 N/US-1 S/Main St.
- Turn left onto Hill St.
- Turn left onto Granite St.

**From Points South:**

- Take I-95 N
- Take Exit 32 toward Alfred St.
- Use the left 2 lanes to turn left onto Alfred St.
- Use the right lane to turn left onto Elm St.
- Turn right onto Alfred St.
- Turn right onto Birch St.
- Turn right onto Hill St.
- Turn left onto Granite St.

**Parking:** There is limited parking in the lot behind the CBC. Overflow parking is on the street and side streets (see yellow highlights on map below).



**FOOD**

You are responsible for providing your own food. The following are just a few food options near CBC:

**Restaurants:**

- Portland Pie Co., 40 Main St, Biddeford, ME
- George’s Sandwich Shop, 37 Franklin St, Biddeford, ME
- Wonderbar Restaurant, 12 Washington St # 14, Biddeford, ME
- Pizza By Alex, 93 Alfred St, Biddeford, ME

- Los Tapatios, 11 Adams St, Biddeford, ME
- For dinner, Portland (about 30 minutes north) also has many amazing restaurants.

Grocery stores:

- Hannaford Supermarket, 299 Elm St, Biddeford, ME
- New Morning Natural Foods, 230 Main St, Biddeford, ME (closed Sunday)

## **LODGING**

You are responsible for providing your own lodging. You may NOT camp at CBC. The following are just a few options near CBC:

Hotels/motels:

- Holiday Inn Express, 45 Barra Rd, Biddeford, ME
- America's Best Value Inn, 2 Pomerleau St, Biddeford, ME
- Biddeford Motel, 560 Elm St, Biddeford, ME

Camping:

- Old Orchard Beach Campground, 27 Ocean Park Rd, Old Orchard Beach, ME
- Wagon Wheel RV Resort & Campground, 3 Old Orchard Rd, Old Orchard Beach, ME

## **RECREATION**

Maine is Vacationland! There are numerous amazing adventures near Biddeford and around Maine. Here are just a few options close by:

- Hike at Rachel Carson National Wildlife Refuge. ([https://www.fws.gov/refuge/Rachel\\_Carson/about.html](https://www.fws.gov/refuge/Rachel_Carson/about.html))
- Bring your wetsuit and surfboard to Higgins Beach. (<https://visitmaine.com/things-to-do/parks-recreation-areas/higgins-beach/>)
- Explore beautiful Casco Bay around Portland by ferry, kayak, or stand-up paddleboard.
- Check out the excellent food and art scene in Portland.

## **QUESTIONS**

If you have specific questions or concerns about the course please contact Ben Tettlebaum at [ben.tettlebaum@gmail.com](mailto:ben.tettlebaum@gmail.com).

**Thank you for choosing to take this course with CBC and NOLS! We look forward to meeting you soon!**