



YELLOWSTONE FOREVER

WILDERNESS FIRST AID

Itinerary & Details

FIELD SEMINAR – SUMMER 2024

INSTRUCTOR: NOLS Wilderness Medicine Staff

INSTRUCTOR BIOGRAPHY: NOLS instructors are expert educators with years of medical and wilderness leadership experience. They are, first and foremost, intentional educators. With backgrounds ranging from veterans of the U.S. Navy to National Park Service Rangers, outdoor educators, flight nurses, and more, they bring real and deep experiences to teaching the recognition, treatment, and prevention of wilderness emergencies.

ACTIVITY LEVEL: This course is an activity **level 1** and students enrolled in this course are expected to be active participants. Be prepared to hike up to 1 mile per day, comfortably, through relatively flat terrain on maintained trails.*

**All field activities will be conducted as a group. If you cannot meet the activity level expectations during your program, you may be restricted from participation in daily outings. We will not alter program itineraries or activities to accommodate participants who cannot meet the expectations of the stated activity level.*

LOCATION: Course begins at the Yellowstone Forever classrooms located in Gardiner, MT.

PROGRAM DATES & TIMES: The program begins at 7:45 a.m. on Wednesday, May 1, 2023, and ends on Thursday, May 2, 2023, at 5:00 p.m.

LODGING CHECK-IN & CHECK-OUT: No lodging is provided for this course, however, there may be limited lodging available through Yellowstone Forever at the Yellowstone Field Overlook Campus. For more information, please contact the Institute at institute@yellowstone.org. You can also find more information on Gardiner based lodging here: [Gardiner, MT - Lodging](#). (Yellowstone River Motel will grant you 10% off their rooms if you mention that you are taking a Yellowstone Forever Field Seminar.)

MEALS: You will need to bring your own food; lunch should be able to travel in the field with you.

For general information about the facilities, preparing for classes, what to expect, cancellation policies, and more, please see the [Gardiner Field Seminars - Summer General Information](#) document.

***This program is hosted by NOLS Wilderness Medicine, based out of Lander, WY.**

FROM THE INSTRUCTOR

Prepare for the unexpected with this engaging, hands-on introduction to wilderness medicine, taught over two or two and a half days. If you like to take short trips relatively close to medical resources, work at wilderness camps, enjoy weekend family outdoor activities, or recreate outdoors, this course is for you.

This course is great for people of all experience levels and is best suited for those who recreate outdoors where EMS response can be expected in a timely manner (fewer than eight hours). You'll learn the Patient Assessment System, how to provide effective first aid treatments for injuries and illnesses common in the outdoors, and how to make appropriate evacuation decisions.

You'll learn both in the classroom and in outdoor settings regardless of weather, so come prepared for wet, muddy, cold, or hot environments!

NOLS' curriculum is unique and includes many advanced topics that other programs leave out, such as dislocation reduction and epinephrine administration. In just two days, you'll have the knowledge, skills, and ability to make sound decisions in emergency situations. This program is ideal for trip leaders, camp staff, outdoor enthusiasts, and individuals in remote locations. NOLS' program is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies. This program does not include CPR.

This program cannot be used as a WFR or WEMT recertification course unless you hold an eligible certification from NOLS Wilderness Medicine. For further information, see the FAQ portion of the NOLS website: <https://www.nols.edu/en/courses/wilderness-medicine/recertify/>. Participants using the WFA course to recertify their WFR will be required to pass both a written and a practical test on Day Two of the program. Check the following web page for information and resources on how to best prepare for your program: <https://www.nols.edu/en/resources/wilderness-medicine-resources/>. All students are required to submit a photocopy of their WFR certification card on the first day of the program. There is a one-year grace period for recertification of NOLS Wilderness Medicine cards. (Please keep in mind that your certification is not current during this grace period and will not be viewed as a valid Wilderness First Responder certification once the grace period has begun.)

Check-in begins at 7:45 a.m. in the classroom of the Yellowstone Forever facilities at 308 Park St., Gardiner, Montana, near the Roosevelt Arch entrance (North Entrance) to Yellowstone National Park. Program days run from 8:00 a.m. to 5:00 p.m.

The format for WFA is classroom lectures integrated with practical scenarios. Scenarios and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for lying on the potentially wet, cold, and muddy or snowy ground, playing the roles of both rescuer and patient. Frequently, stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally, the classroom environment lends itself to a pair of comfy shoes/slippers and a Crazy Creek-type chair. Please come equipped with a light day pack, waterproof top and bottom, light hiking boots, and layers well suited for spending time outside playing the roles of patient and rescuer. You will have an hour for lunch both days, you may bring a lunch or go off-site to eat.

- *NOLS Wilderness Medicine*

PROGRAM ITINERARY

The itinerary is designed to take advantage of the best opportunities in the park, but may be adjusted to adapt to weather conditions, wildlife activity, holidays, and road construction. *The details and timing of the agenda are subject to change.*

Day 1

7:45 a.m.	Check-In and Patient Assessment System
8:00 a.m.	Check-in at Yellowstone Forever Headquarters in the Classrooms Class Begins The program starts by covering the Patient Assessment System. In the afternoon, students will learn about emergency and evacuation plans, spinal injuries, head injuries, shock, and wilderness wound management.
5:00 p.m.	Class Wrap-Up

Day 2

8:00 a.m.	Expanding on the Patient Assessment System
	Class Begins On day two, students will spend the morning learning about wilderness wound management, musculoskeletal injuries, and heat illnesses. The afternoon will follow with lessons covering cold injuries, lightning, altitude illness, chest pain and abdominal pain, shortness of breath and altered mental status, and anaphylaxis.
5:00 p.m.	Class Wrap-Up

PROGRAM EQUIPMENT

For a full list of recommended equipment for all courses see the [Gardiner Field Seminars - Summer General Information](#) document.

Items specific to this course are:

- Indoor shoes – *pair of comfy shoes/slippers*
- Crazy Creek-type chair – *optional*
- Light day pack
- Waterproof clothing – *top and bottom*
- Light hiking boots
- Layers – *suited for spending time outside*

RECOMMENDED READING

No prior reading is required, but participants might enjoy the following publications, that complement the program. Most publications are available at Yellowstone Forever's online store at shop.yellowstone.org. Yellowstone Forever supporters receive a 15% discount and proceeds directly support the park.

- There are books and reference materials on the NOLS website:
<https://store.nols.edu/collections/publications/Wilderness-Medicine-Curriculum>

WHOM TO CONTACT

For any questions, concerns, or additional information please contact the following:

- Program itinerary, health forms, payment, and activity questions please contact Yellowstone Forever at institute@yellowstone.org or 406-848-2400
- Road updates, park conditions, and general park information please contact Yellowstone National Park Service at <https://www.nps.gov/yell/contacts.htm>
- If running late for a program, please contact 406-848-2400