



Wilderness First Aid

March 24-25th

8am-5pm daily

Offered in Partnership with Colorado Outside to offer certification through
Wilderness Medical Associates

Program Start Time and Location: This event will be held at the Outdoor Engagement Center and outside nearby.

Program Cost: \$220 listed rate, \$198 UD Student Rate

Registration: Learn more about the course and register through Colorado Outside by completing the [online form](#).

Description (copied from the WMA website)

The best and most comprehensive course of its kind to offer relevant and realistic first-aid training for seasonal outdoor activities or short term wilderness endeavors and pursuits. Wilderness First Aid is a two-day introduction to general medical concepts and basic life support skills. It is targeted to the outdoor enthusiast on day trips or short adventures. The course is taught by professional instructors with significant patient care and backcountry experience. **Certification upon successful completion is issued through Wilderness Medical Associates.**

Course topics Include:

Patient Assessment System; CPR; Circulatory System; Nervous System; Respiratory

System; Fractures, Stable Injuries; Splints 1-Extremities; Hypothermia; Hyperthermia and Heat Illness; Near Drowning; Lightning Injuries; Wounds and Burns; Anaphylaxis; Lifting, Moving Extrication; Patient Carries; Backcountry Medicine

Patient assessment drills and simulations will be specific to the group, the environment, and the context of operations or the activities performed in the field. Given the short duration of this course, emphasis is placed on hands-on activities, including PAS drills as a major learning tool as opposed to long lectures.

Be Prepared:

- Food is not provided. Please pack snacks, a lunch, and water bottle.
- Training will be held indoors and outdoors *regardless* of the weather (unless severe). Please dress accordingly and bring appropriate layers. An extra warm layer, pair of socks and a pair of inside and outside shoes is recommended. .
- There will be a microwave, refrigerator, toaster oven, and kettle available for snacking/lunch needs during the session.
- Additional information will be provided by Colorado Outside upon registration.

Policy

- For a full list of UD Campus Recreation policy view our [website](#).
- Cancellation & Refunds:
 - Consult Colorado Outside for cancellation and refund policy.

Expectations for Participation

To ensure a safe and positive experience, we request that all participants acknowledge and abide by University of Dayton and Department of Campus Recreation rules, policies, and guidelines. Participation, membership, and use of University of Dayton Campus Recreation programs, services, and facilities are a privilege, which comes with responsibilities.

- All participants must fill out the UDCR Trip Waiver/Release and [Medical Form](#)
- Recognize the role of modeling acceptable social behavior and contributing to a positive community in the spirit of our Marianist and Catholic traditions.
- Read, understand, and abide by all Campus Recreation policies and procedures.
- Be considerate to other participants, as well as Campus Recreation employees, and respect their individual rights.
- Take responsibility for personal and community security.
- Be safety conscious at all times.
- Respond to and cooperate with all Campus Recreation and University of Dayton employees.

- Disorderly conduct, abuse, or misuse of the facility, equipment, staff, or disregard for policies will not be tolerated. Violators may be subject to disciplinary action, reimbursement for damages, and/or potential suspension from the facilities and programs. Participants who are suspended will not have any portion of their fees refunded.

Questions? Contact us!

- For general inquiry, cancellation, and registration email udcroudoor@udayton.edu
- For sensitive or specific inquiry, questions, or requests for accommodation, contact:
 - Amber Dierking, Assistant Director for Outdoor Education via email to adierking1@udayton.edu or phone at 937-229-2397. O
 - Darren Stokes, Owner of Colorado Outside, 719-395-5358, coloradooutside@gmail.com