

Dear Student,

Thank you for your interest in participating in a **Wilderness First Aid (WFA)** course sponsored by the Department of Outdoor Rec at the University of South Carolina and the **PEAK Program for Outdoor Education** at Heathwood Hall Episcopal School. The program will be held on the campus of Heathwood Hall in Columbia, SC. We are pleased to be affiliated with Landmark Learning and the Wilderness Medicine Institute of NOLS, and serve as a resource to you for your training needs.

Title: **Wilderness First Aid (WFA)**

Dates: **Saturday and Sunday, January 28 and 29, 2012**

Times: **8am – 5pm BOTH days**

Cost: **\$175.00**

Included in this packet are:

- ✓ Registration Form
- ✓ Health Form
- ✓ Release/s
- ✓ Course Expectations
- ✓ Gear List
- ✓ Directions to (Class meeting area)
- ✓ Course Policies

To complete your registration, please send us your Registration Form, Health Form, and Releases, along with your non-refundable deposit for 50% of the course tuition. Forms and payment should be sent to the following address:

**PEAK Program for Outdoor Education
Heathwood Hall Episcopal School
3000 South Beltline Boulevard
Columbia, SC 29201**

See the deposit/refund policy within the *Policies* section of this packet for explanation. Our office will confirm that this course is running no later than 30 days before the start date – at that time, please feel free to make travel plans.

The contents of this packet will provide you with what you need to prepare for an experience that will best suit your expectations. Please take the time to go through this information, and be in touch with questions or concerns that you may have prior to the course.

We look forward to welcoming you to Heathwood Hall for your **Wilderness First Aid (WFA)** course in January.

Sincerely,

Stan Wood, Director
PEAK Program for Outdoor Education
Heathwood Hall Episcopal School

Phone: 803-231-7723

Email: woods@heathwood.org

R E G I S T R A T I O N

Course Title: **Wilderness First Aid**

Course Dates: **Saturday & Sunday, January 28 & 29, 2012**

IMPORTANT: Please return this completed form along with your Deposit, Health Form and Release at least 30-days prior to your course. This information is confidential and will be used in the event that we need to contact you with questions, course changes or cancellations, and other related information.

Name _____ Cell# _____

Mailing Address _____ Eve # _____

_____ Day # _____

Email Address _____

Arrival: _____ Between 4PM and 9PM night before Lodging: _____ Camping

_____ by 8AM the first day of class _____ No Thanks

_____ Other Arrangements - *Please contact Stan Wood at 803-231-7723.*

Tuition: \$175.00

Lodging: no cost

TOTAL: \$175

STUDENT AGREEMENT:

I have read, understand, and agree to abide by all facility and course policies while I am enrolled in any base course.

Signature: _____ Date: _____



LANDMARK LEARNING
The Learning Specialists for the Outdoor Community.

HEALTH FORM

DISCLOSURE

Landmark programs involve a variety of activities including warm-ups, games, group initiative problems, low ropes elements and hands on application of CPR/first aid training. Some programs may also include other rigorous physical adventure activities such as backpacking, climbing, caving, paddling, swiftwater rescue, swimming, or hiking. These activities are designed to be within the limits of a person who is in reasonable good health. The level of participation in all programs and activities is at all times completely up to the individual.

Safety is a high priority in all programs. In addition, each participant must assume the risk that he or she may suffer an emotional or physical injury and disability. Each participant must have health/accident insurance coverage. The information requested on this form is intended to help alert staff to pre-existing medical conditions. This information will be held in confidence. Please complete the form below and bring it with you on the day of your scheduled program.

GENERAL & MEDICAL INFORMATION

Name _____ Date of Birth _____

Do you have health/medical insurance?.....no yes

Name & Address of Company:

Do you have any limiting physical or health disabilities - temporary or permanent - that you or your doctor feel would limit your participation in a Landmark activity?.....no yes

Do you have any chronic or recurring injuries?.....no yes

Are you currently taking any medication?.....no yes

Do you have any allergies or reactions to any medications, plants, or insects?.....no yes

Have you had surgery in the past year for any condition which may limit your participation?.....no yes

Do you have asthma?.....no yes

Do you have diabetes?.....no yes

If yes to any of the above, please explain/describe:

Are you pregnant?.....no yes



HEALTH FORM

Do you have or do you have a history of:

____ high blood pressure ____ currently on medication for high blood pressure ____ heart palpitations
____ chest pain or pressure ____ stroke ____ heart attack ____ heart disease ____ heart murmur

If you answered yes to any of the above, please explain/describe:

Please list any other concerns or conditions that may affect your participation:

We strongly recommend that you consult your physician or midwife if you are pregnant or have checked off any of the conditions above before participation in Landmark activities.

EMERGENCY CONTACT INFORMATION

Person: _____ Relationship to you: _____

Address: _____

Phone Number: _____ Email: _____

PARTICIPANT AGREEMENT, RELEASE, AND ASSUMPTION OF RISK

In consideration of the services of Landmark Learning, Inc., their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "LL"), I hereby agree to release, indemnify, and discharge LL, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in hiking, camping, backpacking, caving, swimming, trailbuilding and/or individual and group initiatives, problem solving exercises and personal or professional growth and development training, including clinical and field experiences for EMT students, entails known and unanticipated risks that could result in physical or emotional injury or death. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks may include, among other things: Strenuous physical activity; slipping and falling; pinches, scrapes, twists and jolts; sprains, strains, broken bones; collision with fixed or movable objects; weather conditions; falling objects; water hazards; exhaustion; exposure to temperature and weather extremes which could cause hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; and exposure to potentially dangerous wild animals, insect bites, and hazardous plant life; rope burns; being struck by rock fall or other objects dislodged or thrown from above; equipment failure; and improper lifting or carrying; my own physical condition, and the physical exertion associated with this activity; the condition of roads, terrain, or highways and accidents connected with their use; other participants' and/or my own negligence; and emotional stress.

Furthermore, LL facilitators have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

CHALLENGE BY CHOICE: LL programs are composed of activities that may be unfamiliar to participants. To insure participants' control over their own personal safety, we have adopted the philosophy of "Challenge by Choice". At all times, participants in activities are completely in control of their own level of participation. During our programs participants need only to do or attempt to do those things that they choose. I (the "Participant") must:

- i) Listen carefully to all instructions and briefing;
- ii) Set my own goals in relation to the group's goals;
- iii) Make a decision as to my level of participation; and
- iv) Inform others of my choice.

No one will force me to do anything – the choice is clearly my own. During the program, LL facilitators will provide a challenging setting in which I may expand my limits while supporting my personal boundaries.

**Note: Because nationally standard certification programs require a baseline involvement and skill competency, choosing not to participate during such programs may affect your end certification status. However, your participation is recognized as voluntary and will be upheld by LL facilitators at all times.*

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless LL from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of LL's equipment or facilities.

4. Should LL or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I understand that LL does not provide health insurance for students of their courses. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

SIGNATURE (PAGE 1): _____ **DATE:** _____

6. In the event that I file a lawsuit against LL, I agree to do so solely in the state of North Carolina, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I further agree that the place of this release, its situs and forum, will be Jackson County, North Carolina, and it is said county and state for all matters whether sounding contract or tort relating to the validity, construction interpretation, and enforcement of this release be determined. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against LL on the basis of any claim from which I have released them herein. I also acknowledge that I have fully satisfied myself as to the nature of the activity or activities in which I will be participating, the risks associated with each such activity, the concept of "Challenge by Choice", and my responsibility to know my own limits. In the event of illness or injury, consent is hereby given to provide emergency medical care, hospitalization, or other treatment that may become necessary.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant _____ Print Name _____
Address _____
Phone _____ Date _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION
(Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) ("Minor") being permitted by LL to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless LL from any and all Claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Print Name: _____ Date: _____

PHOTO / MEDIA RELEASE

I grant Landmark Learning, Inc., the right to use, reproduce, assign and/or distribute photographs, films, video tapes, and sound recordings of me for use in materials they may create.

Signature: _____

Parent/Guardian's Signature _____



LANDMARK LEARNING
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WFA

COURSE EXPECTATIONS:

College Credit: (1 hour) for the WFA course is available through the University of Utah using the registration form included in your WFA folder, for an additional fee of \$95.

Recertification: The best method to recertify a WFR, WUMP, or WEMT is through a WFR Recertification course. As of Sep 1, 2011, the option to recertify through a WFA is for currently certified/in grace period WMI card holders, only. Current WFRs from other providers must utilize the WFR Recertification course.

The WFA course is ideal for guides and trip leaders on 1-2 day outings. This 2-day course (with optional evening of CPR) gives 16 hours of contact time in a learning setting. Teaching methods include an emphasis on didactic lectures and hands-on, experiential workshops and scenarios.

Your rescue gear needs to be packed and ready to go at any moment throughout the course. Please refer to and follow the WFA Rescue Gear Checklist closely, and contact us with any questions you may have.

Either AHA or WMI CPR for adults and children can be available the evening before the WFA begins for an additional cost, if arranged by the course host. Both courses follow the 2010 curriculum guidelines set by the AHA. The AHA course is street-based in content and skills taught. WMI's CPR course bridges the AHA curriculum to skills needed in a remote setting. CPR is not required in order to complete the WFA course or to make your WFA certification valid – it is a complimentary certification that will enhance your WFA experience.

Bad things happen outdoors and usually in bad weather! So, be prepared for the weather...dress in layers that you can remove indoors or in the sun, and layer up when we go outside. Full rain protection is a necessity, both rain tops and pants. Your comfort and ability to pay attention during this intense course will be helped if you stay well-hydrated and have snacks on hand to munch during class.

The course ends near 5PM on the last day with any required exams, student evaluations of the experience, and graduation. Please do not make travel plans that require an earlier departure or you will have to make alternative testing arrangements at a later course.

Additional Resources:

If you would like to read ahead, you can visit the NOLS bookstore on-line at www.nols.edu/wmi. You will find some great resources there, particularly the *Wilderness Medicine Field Guide* by WMI of NOLS. Other resources will be made available to you at your course.

WMI RESCUE GEAR CHECKLIST

We will try to be outdoors as much as possible, regardless of the weather. Please dress appropriately for the weather, and to be comfortable both in and outdoors at any time during your course.

If you are recertifying your current or in grace period WFR, please bring a copy of your card to the course for your instructor to verify. OR, send it with your registration form when you sign up for the course. We cannot give a new card until we have a copy on file. Thank you!

Required: (These items should be packed and ready to go for mock rescues throughout class times, and at any moment.)

Day pack or similar size pack, lined and waterproof, filled with:

- A watch, preferably with a sweeping second hand, but digital is adequate.
- 2 water bottles
- Backcountry clothing – appropriate to season and climate, (think layers and staying dry)
- 1 set of clothing (shirt and pants) that can be completely destroyed with stage makeup and shears.
- 1 warm hat/toboggan
- Gloves
- Rain gear, including rain pants
- Synthetic tops and bottoms – long underwear
- Hiking boots / hiking socks
- Synthetic jacket/top (Polartec or comparable, wool OK)
- Head lamp/flashlight
- Notebook/writing utensils
- Camp chair, ensolite pad, thermarest, or similar
- Bandanas, p-cord, ties, straps, or anything else that can be used for attachment (the more the better)

In addition: If you participate in gear intensive activities (paddling, climbing, etc.) feel free to bring your gear / what you would normally have with you. The more you practice with what you would actually have on hand, the better your patient care in an actual emergency.

Optional: (Consider acquiring these items over time.)

Bivy kit - Stuff sack containing:

- Warm hat, additional
- 2 garbage bags
- Whistle
- Plumber's candles / candle lantern
- Lighters/waterproof matches
- Metal water cup
- 60' p-cord/nylon cordage
- 10'x10' plastic sheeting
- Compass
- Extra wool socks

LANDMARK LEARNING 101

Release/Assumption of Risk

All participants will be asked to read and sign a release acknowledging the inherent risks that are involved in any outdoor adventure activities. Minors will have a parent or guardian sign on their behalf.

Eligibility

Participants must be of sound health and able to walk 6-8 miles a day and/or display adequate swimming skills in water-based courses. Although our trips are designed to travel at a leisurely pace and much of the day is occupied with classroom and practical time, this request serves to mark an appropriate level of physical fitness.

Deposits and Refunds

1. 50% tuition deposit required to hold a spot in a course.
2. Full course payment due 30 days before course start.
3. Registration within 30 days of course start requires full tuition at registration.
4. If student cancels:
 - More than 30 days prior to course start, funds paid minus \$35 admin fee is refundable or transferable.
 - Within 30 days prior to course start, 50% of tuition is transferable, the remainder is forfeited.
 - Funds are not transferable or refundable once the course starts.
5. If course cancels due to low enrollment, funds paid are transferable or 100% refundable.
6. Transfers must be made to courses (at the base, ONLY) within one calendar year of original course enrollment, or funds will be forfeited. Funds may not be transferred to an outside, sponsored course.

Community Living

Much of the instruction will be led as a participatory and hands-on activity, with micro-lecturettes for specific topics and workshops. In a Base course, each person is expected to participate fully within the class context, as well as in the living community during non-class times. This includes participating in general chores like classroom power cleans, collecting and maintaining classroom gear and equipment, but also include managing personal living needs within the context of the group, and assisting others with their needs as they become apparent. In a Backcountry Classroom setting, each person will be responsible for helping out as an active part in the group's everyday camping tasks including: cooking, cleaning, equipment set up and break down, water purification, etc. Living with other people in close conditions requires practice in understanding and tolerance. All participants should be prepared to work within the group's dynamics.

Drugs and Alcohol - This is a ZERO TOLERANCE policy.

No controlled substances or alcoholic beverages are permitted on Landmark property or during courses. *Violation of this policy will result in immediate expulsion from the program with no fee or tuition reimbursement.*

All participants under the influence of a prescription medication must inform the administration on their health forms, and the course instructors will also have access to that information. Medications and health issues should not disqualify you from a program; instructors need to know how to help you in the event that you need it. We encourage participants to bring all medications needed during trip/course hours. Your instructor will help make travel accommodations for needed items. (Ex. Bee sting kits, inhalers, etc.).

Tobacco

Class times are inappropriate for tobacco product use (chew, cigarettes, etc.). During 10 minute breaks, lunch, and after class there will be a designated area in which you can use tobacco. At our base we ask

folks to smoke, etc. *in the parking lot only*. Violation of this request can result in immediate expulsion from the course with no fee or tuition reimbursement. Please field dress your butts and dispose of them in the appropriate receptacles – the nicotine in the filters is not only dangerous to you, but highly toxic to the wildlife in our Steward Forest. If your nicotine needs interfere with class attendance, you should investigate other nicotine alternatives (the patch, gum, or other).

Transportation

In courses that continue backcountry, participants are responsible for transportation to the trailhead or river sites. We will arrange carpools to program sites when we are together as a class. At all times we attempt to find suitable parking options; however, Landmark assumes no responsibility for vehicles left unattended.

Safety

It is our primary mission to provide outdoor adventure programming while paying close attention to plans for risk management. The outdoors and outdoor activities are inherently dangerous. We have chosen equipment and program sites carefully. Our instructors are outdoor professionals who hold current certification in Wilderness First Responder, Wilderness EMT, and professional level CPR. In the event of an accident, Landmark staff will aid in medical care of the ill or injured until EMS arrives or evacuation is executed. Any costs of medical care and evacuation beyond the initial medical care given by our staff, is the sole responsibility of the ill or injured.

Pets

Please leave your animal companions at home. Due to allergies and preferences of other people in your course and neighbor relations, it is inappropriate to bring them. *No animal will be tied outside of a vehicle or kept inside of a vehicle during our courses*. If you do arrive with an animal we will direct you toward a kennel for the duration of your course. If this is unacceptable, we will ask that you unenroll in the course. Cancellation policies will be in effect.

Harassment

Absolutely no harassment of any kind will be tolerated by students, staff, or administrators during courses and after course hours on Landmark property. It is your responsibility to report any misconduct to the administration of Landmark. If you are suspected of harassing others you will be asked to leave, and your tuition will not be refunded.