



Get Your SOLO Wilderness First Aid (WFA) Certification with Rockhopper Races and Redline Guiding.

Here's the Information You Need...

Rockhopper Races and Redline Guiding are teaming up to provide a **SOLO Wilderness First Aid course** that will satisfy the needs of first time aspirants, those seeking their WFA renewal, and, for an extra fee, anyone seeking a Wilderness First Responder (WFR) renewal. Additionally, also for an extra fee, a CPR/AED certification course will also be offered at the end of day one. Below are some of the specifics:

When and Where

This course is being held on the **Selected Dates** at the **AMC's Pinkham Notch Visitor's Center** location at 361 NH-16, Gorham, NH 03581. See [Schedule](#) below for more details. To learn more about the venue online, check out this page: <https://www.outdoors.org/lodging-camping/lodges/pinkham>

Course Background

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 Camp Association, US Coast Guard, and various guides' licensing boards as meeting their first aid requirement.

Paperwork

Please make sure to bring your medical form and waiver/release with you the first day of class. Better yet, deal with this online ahead of time at <https://waiver.smartwaiver.com/w/54bfb7fc3949a/web/>. Also, if recertifying your Wilderness First Responder (WFR) credentials, please let us know in advance and have this application filled out. <https://www.soloschools.com/wp-content/uploads/2018/02/WFR-Recertification-Application.pdf>. Please note that this recertification costs an extra \$15 and is payable by cash or check directly to SOLO Schools. This amount is due on day one.

Schedule

Class will run from **8am to 5pm on both Saturday and Sunday**. The optional **CPR/AED session will run from 5pm to 7pm on Saturday evening**.



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. The hour lunch break is not included in the 16-hours of class time.

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.

Lodging

There are many hotels, motels, inns, Airbnbs, and camping options in the Mt Washington Valley (North Conway, Jackson, Bartlett, Glen, Gorham), but we will always recommend making a reservation to secure your spot. We will, however, point out that there is convenient on-site lodging at the Joe Dodge Lodge. The AMC has good availability at the Joe Dodge Lodge to accommodate participants overnight. Bunk rooms with shared bath are \$70 (\$73.15 w/tax) per person per night for AMC members and include dinner and breakfast. *The AMC will happily to extend this discounted rate for our participants.* To take advantage of this offer, you will need to call their contact service center at (603) 466-2727, 9-5, Monday-Saturday to request it and reference group **#457168** registered under "Rockhopper Races." More info here: <https://www.outdoors.org/lodging-camping/lodges/pinkham/pinkham-before-you-go> (**directions**).

Meals

Mid-morning coffee and light refreshments are provided in your course tuition. Quality lunches are available on-site from the AMC and due to time constraints and distances to other options, we suggest



you choose this options. That said, you are welcome to pack your own lunch. If you are purchasing lunch on-site from the AMC, please contact them if you have special dietary needs or restrictions. Other meals may be purchased from AMC as well or from a number of other eateries in the Mt Washington Valley. There are many fine eating and drinking establishments in this area.

Gearing Up

Course time is spent both indoors and out. In any weather. So, be prepared for it. Rain gear, for example, is a must. As are warmer layers. Try to avoid cotton since it doesn't dry well. Also, don't bring your best gear. The outdoor classroom is notoriously hard on our articles of clothing and equipment. For more details about what to pack, here's what SOLO likes you to bring: <https://www.soloschools.com/wp-content/uploads/2018/02/WFA-and-WFR-Review-Gear-List.pdf>

Questions

Please feel free to reach out to your hosts or any one the above-mention providers if you have any questions.

