



Welcome!

Thank you for registering for the MEDIC SOLO [Disaster + Travel + Wilderness First Aid course](#).

We are so excited that you chose to learn with us.

Please devote a few hours to prepare for this class conscientiously – setting yourself up for the best possible learning experience.

Safety &
"do no harm"

A basic tenet of medicine is "Do No Harm." In MEDIC SOLO's 3 years of running in-person courses during the pandemic, no one came to us after a class saying they got sick and maybe they caught something in class. We did no harm, and with your adherence to our safety protocols, we aim to maintain this perfect record of protecting our cherished students and their loved ones – especially those who are immunocompromised – from coronavirus, monkeypox, flu, RSV, and more.

All 14 Days
Prior to
Class,
Please:

1) We strongly recommend avoiding non-essential interactions / gatherings / activities with others, and wearing an N95 or better mask throughout essential activities.

- *"Non-Essential"* = outdoor and indoor restaurants / bars / activities / gatherings with people outside of your household.
- *"Essential"* = activities along the lines of going to work (if working from home is not allowed or possible), school, the grocery store -- all while wearing an N95 or better mask.

Thank you for helping us maintain our 100% safety record in our third year of amidst-pandemic/endemic classes.

• If you come to have flu, COVID, RSV, monkeypox or other symptoms, or test positive, or have close contact with a COVID-positive person during the two weeks prior to class, for the safety of others we ask that you withdraw your participation, still subject to the refund policy listed in the payment section of our registration form. If during the 14 days before class you chose to have non-essential interactions, or essential interactions but did not wear an N95 mask, then in doing so you also chose to risk becoming ineligible to attend and ineligible to receive a refund or transfer. It is very difficult and costly to try to find an eligible replacement for your spot, shortly before class, and your one payment was for one spot in one class, not one spot in two classes. All that said, we'll do our best to work with you if you reach out to us via and attest that all 14 days before class, you avoided all non-essential activities, and wore an N95 or better mask throughout essential activities (including meals) with people outside of your household.

2) Keep a record of symptoms you have and when, on this [Student Intake Form](#) (please get it printed). Upon arrival at class you'll please ink-sign and hand it to your instructor, for determination of whether your attendance will be safe for others.

- Please do not attend if you might have an illness or disease which classmates might catch. If you don't attend, please see the small text further above.

3) Watch the following video:

- **Required Pre-Course (20 mins):** [Infectious Illnesses & Diseases: Transmission and Prevention](#)

Attendance
& Timing

On-time 100% attendance is required for certification, 8:00am-7pm each day. Please ignore any different timing you've seen elsewhere. In addition, there will be up to 10 to 30 minutes of homework on Saturday evening.

Arrival &
Check-in
Procedure

Upon arrival, please:

- 1) Sign your [Student Intake Form](#) and have it in-hand.
If you could not print, cut the line and ask your instructor for one.
- 2) Mask on, and sanitize your hands.
- 3) Line up 6+ feet distanced, then hand your signed Student Intake Form to Instructor.

Anyone who might possibly have COVID-19 will be turned away, sorry and thank you in advance for your understanding.

Required Clothing & Equipment

Mornings will feel very cold, especially with zero exercise and wind while sitting watching a presentation. **It is easily 20 degrees colder, and wetter, up at this mountain-top location** than for example in Washington DC. Rain speeds hypothermia. Please be prepared for all temperature and weather conditions, including: many clothing layers, winter hat, scarf, gloves, sleeping bag / blanket, sun hat, and hand fan if hot out.

*** Checklist of **Required** Clothing and Equipment ***

We understand you likely won't normally carry all of the below. We do not want students learning mediocre skills due to lack of supplies in class, because then poor skills will propagate into the field. Instead we have students perform skills excellently, so your muscle memory is top-notch, and then when in the field you'll do your best to improvise using all of the resources in that environment, including whatever the patient happened to bring with them.

- [Student Intake Form](#) (sign upon arrival just before exiting vehicle).
- Nose and mouth covering:
 - At least 2 layers within it (neck gaiters do not qualify). N95 Strongly Recommended.
 - If it sometimes slips below your nose, you must please re-sew it or get a new one.
 - [No exhalation valve](#) unless you're also wearing a non-valved mask.
- If you'll be wearing glasses, they're likely to fog up, inhibiting your learning.
 - Please acquire [Sea Drops](#) or [Anti-fog Spray](#) or [Sea Gel](#) etc. (available at dive shops)
 - Medical or athletic tape sealing the top of your mask to your face, might help
- Hand sanitizer, full and easily portable in your pocket. You will use a lot in class.
- Medical gloves if you have (note: instructor will provide also).
- Large umbrella if it might rain during outdoor check-in.
- If under age 18: [Participant Agreement](#) (participant signs page 1; parent signs page 2).
- Wear outdoorsy clothing (or gardening clothing for those who aren't hikers etc.) which:
 1. is appropriate for the forecast weather (non-cotton if rain – we still will be outside a lot), and
 2. you do not mind getting dirty, stained, or possibly torn. You'll be rolled on the dirt ground, likely with fake blood and make-up. These are supposed to wash out, but better safe than sorry.
- Rain gear tops and bottoms if it might rain.
- Disaster-interested folks: find and bring things from home to use as stiff elements in splint-making: something(s) around the length of a forearm & something(s) longer than a leg such as a shovel, mop, broom, hockey stick, etc.
- Adventurers: bring stiff elements (hiking / ski poles, canoe / kayak paddles, wood branches, etc.).
 - People recertifying W.F.Responder *must* bring a rigid element at least as tall as shoulder, not a trekking pole.
- Adventurers: bag with full set of your equipment. Backpackers: fully packed backpack as if going out on a weekend trip, for splinting and other first aid improvisation. Ditto climbers, etc.
- Extra clothes (such as what you'd bring camping) you don't mind getting dirty, for use in padding splints. Blankets and sleeping bags will be great, too.
- Several outfits and a large plastic bag (e.g. large trash bag). Your clothes/shoes might touch the clothes or gear of others, hence pathogens could get onto your clothes, and it'll be smartest not to enter your car or lodging with possibly-infected clothes thereby spreading pathogens into your car/lodging. Instead, put used clothes into a plastic bag, to go straight into your washing machine.
- Sleeping pad (Thermarest, etc.) or yoga mat if you have either of these.
- Old clothes / bedsheet / rope, for cutting into ties for splints.
- Scissors / shears, or knife.
- Gauze (roll or pads).
- Elastic bandage (e.g. Ace bandage).
- Sunscreen, sun glasses, bug spray if desired.
- Headlamp / flashlight (not your cellphone light).
- Water bottles: all the water you'll need for the entire day, each day.
- Pre-made lunch for each day, IF you're not on meal plan.** Lunch break is only 25-30 minutes.
- Snacks.
- Mug and spoon (for the hot water / hot chocolate / coffee / tea while it lasts).
- Digital watch, or watch which has a seconds hand.
- Clipboard / something comfortable as a writing surface.

- Pen / pencil, and paper or notebook. Some people feel that note-taking room in the course textbook is limited.
- Used Tyvek envelope, or large Ziploc bag etc. to keep papers from blowing away and your textbook (9"x11") dry.
- Toiletries, soap and towel.
- Another mask which you can use if taking a shower, and shampoo etc.
- Shower sandals if you so desire
- Highly recommended: anti-viral treatment for your chair / seating area, if you would like.
A rag soaked in 0.1% (or higher) bleach, 0.5% (or higher) hydrogen peroxide which is preferred as it has no scent, or alcohol pads, are proven to kill Coronavirus IF the surface is kept wet with the liquid for at least one full minute. The CDC states virus transmission this way is "less likely" but not impossible.
- Optional: checkbook in case you might like to buy some unique, hard-to-find first aid items available in class
(credit-card-sized first aid guidebook, proven-best bug sprays and shears, splints, triangular bandages / cravats, iodine packet, waterproof SOAP note, survival tips bandana, dWFA patch for backpacks etc., smallest keychains with non-latex medical gloves and CPR face shield inside, world's-best W.F.Responder textbook)

Please bring *everything* on the checklist above, which enables **others** to pass the class. Your classmates can use only *your* stuff when performing care-giving steps on you as patient.

Ideas of:

- *How much to bring*
- *Pants to wear (e.g. already stained)*



**CPR / AED
Certification**

For those paid-up for this add-on: 6:00pm sharp -10pm Friday March 31.

Please bring with you to CPR/AED class:

- Your Student Intake Form; please follow the "Arrival & check-in procedure" green box section above. (Line up outside / please don't enter classroom until instructor says).
- Mug and spoon (for the hot water / hot chocolate / coffee / tea while it lasts).
- Properly-fitting mask
- Hand sanitizer
- Headlamp (not your cellphone light)
- Winter clothing – scenarios might be outside
- Rain gear if it might rain
- Water bottle
- Cushion / pillow for your knees
- Pen, and if you want: paper / notebook
- Clipboard or something firm to write on

Please Help
Instructor &
Classmates
Focus on
dtWFA
Instruction,
Thanks! 😊

Please do not exhale unless your mask is in place, when indoors on the first (ground) level of any communal building, and during caregiving scenarios outdoors.

If mask-wearing and frequent hand-sanitizing throughout class will frustrate you, then this class might not be a good fit for you. Frustration experienced and shown during class or in feedback survey will distract your classmates and perhaps you too, and upset and draw away from the instructor's focusing on providing the top-quality dtWFA education for which MEDIC SOLO is reputed.

Course
Location &
Directions

Course location: Experience Learning's Spruce Knob Mountain Center, WV
[Driving directions](#) ~ **[Short facility tour video](#)**

Physical address: 18 Woodlands Way, Circleville, WV 26804. Technology will get you to the front gate. Once you arrive on campus just follow the main lane back for about a mile to the main campus and the yurts. There's one turn - bear right at the intersection in the direction of the arrow.

Depending on your arrival time, there might not be a staff member present to welcome you. Let's all please help each other get oriented and situated – thanks!

This is a great, wild and remote place. Cell phone reception is unreliable as are amenities like stores and restaurants. It will be a minimum of an hour drive to access any sort of off-mountain amenity - please prepare accordingly with meals (see below), snacks and any other comforts you may desire.

Consider arriving on campus sometime Friday afternoon, go for a stroll through the prairie, explore the wilderness up there, enjoy!

Meals

Your visiting instructor highly recommends signing up for the meal plan (in advance so they can plan for you). The nourishment is awesome, and filling. Supper will be served at 5:15pm on Friday March 31 (pre-CPR class). Reminder no mask off on level 1 of buildings; you can dine on level 2 or outside. Saturday-Sunday breakfast 7:15am, lunch 12:30pm, supper 7pm. Sunday's supper will be the weekend in review.

You are welcome to use the walk-in fridge to store food and cook on your own camp stove or in the microwave in the kitchen. Experience Learning asks that in the heat of prepping and serving meals you avoid the kitchen so our cook can work.

Hooray!

Congratulations on choosing such a spectacular venue, [Instructor Mateo](#) says:

The first class I ever took in first aid (as a student) was at Experience Learning's Spruce Knob Mountain Center (SKMC) back in 2004; that amazing experience continues to be fresh in my mind with memories of beautiful location and facilities, awesome instruction, delicious and plentiful food (get the meal plan, the chefs are awesome!) and incredibly wonderful people. I'm excited to return full-circle to this location, which is my #1 favorite place to visit and teach at all year long. Experience Learning and I endeavor to serve you with an amazing experience on all counts. I look forward to meeting and working with you.