



OUTWARD BOUND CALIFORNIA

Wilderness First Responder Course Wilderness Medical Training Center and Outward Bound California

This course is held at the Outward Bound California's High Sierra base camp in Midpines, CA. Participants are expected to follow applicable school policy and basecamp operating procedures, and Wilderness Medical Training Center's course regulations.

Release/Assumption of Risk

All participants will be asked to read and sign a liability release for both OBCA and WMTC 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. 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.

Payment and Refunds

1. 100% tuition required in full to hold a spot on course.
2. Once you register and pay for a course, there are no refunds unless the course is canceled.
3. If OBCA or WMTC has to cancel the course, funds paid are 100% refundable.

Community Living

Much of the instruction will be led as a participatory and hands-on activity, with micro-lecturettes for specific topics and workshops. 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 clean up, 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.

It is important to note that this course happens in conjunction with an Outward Bound Semester course. Many of the students in this course will be an intact group already and are completing this WFR course as part of the OBCA Outdoor Educator Semester course. The Outward Bound staff working with these students will not be a part of the WFR course, but will be with the students at all times they are not in class. Upon arrival at Outward Bound California, staff will go over some general guidelines that will help everyone to understand community living expectations. For example, the students participating in the Outward Bound Course will not have access to cell phones/computers and will be camping and eating on their own without access to our dining hall or other facilities. We ask that you are respectful of the experience these students are having by restricting your use of electronic devices to when students are not around and that you are compassionate when talking about the "luxuries" of front-country life they may not have access to.

Meals

Course participants will provide all meals for the duration of the course, OBCA nor WMTC will provide

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meals at any point during the course. For participants who opt for the housing option, a full kitchen facility with access to refrigerators freezers and cooking equipment will be provided for participant use. Course participants will be responsible for the prep and clean up of their meals.

All participants, regardless of housing option, will have 45 min for a lunch break during the daily course curriculum and access to a microwave, coffee machine and hot water kettle during the day. Please ensure meals and breaks are efficient. Expect most days to wrap up by 6pm for dinner plans.

Access to restaurants and a medium-sized grocery store can be found in the town of Mariposa, CA, 9mi away from the Outward Bound basecamp.

Drugs and Alcohol -

No controlled substances are permitted on Outward Bound California property. This is a ZERO TOLERANCE policy.

The use of alcohol must not take place within proximity to, or within 8 hours of interaction with, Outward Bound students. Visitors will follow the same rules & guidelines as Outward Bound staff and these will be covered by Outward Bound staff after your arrival. Generally speaking, responsible use of alcohol may be permitted in the evenings in designated areas. These guidelines are designed to ensure that alcohol is not a part of any Outward Bound course and may be changed at the discretion of Program Management. Violation of this policy may result in immediate expulsion from the program with no fee or tuition reimbursement.

All participants using 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 course hours.

Tobacco

Cigarette smoking, dipping and chewing tobacco is only permitted in specific staff areas, away from the administrative offices, dining hall, and Outward Bound student and staff. Smoking is NOT permitted inside staff housing or any building on base. Violations of this request can result in immediate expulsion from the course with no fee or tuition reimbursement. Butts must be disposed of properly. If your nicotine needs interfere with class attendance or participation, please investigate other nicotine alternatives (the patch, gum, or other).

In addition, tobacco is not permitted on any Outward Bound courses and therefore Outward Bound students in your class will not be permitted to use tobacco products at any time. Please respect this policy by limiting or eliminating your tobacco use during class hours and not arriving at class smelling of smoke.

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



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current certification in Wilderness First Responder, Wilderness EMT, and professional level CPR. In the event of an accident, Wilderness Medical Training Center and/or Outward Bound California 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. 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 withdraw from the course. Cancellation policies will be in effect.

Facility

Please bring an extra pair of “inside” shoes, slippers, or sandals for use in the classroom. We ask folks to remove their “outside” shoes upon entering, in order to cut drastically down on clean-up, and for hygiene reasons would like people not to go barefoot.

Indoor rustic lodging is available at an additional expense to the course tuition. You must supply your own blankets and linens or a sleeping bag. Typical rooms simple cot-like beds and will be shared rooms, with 1-2 participants per room.

The classroom is in a non-heated building that has bathrooms. Please bring your own toiletries, towels, etc. There will be access to shower facilities for participants who opted for the housing option. Please help us to conserve water accordingly.

The weather at Midpines in early October can vary greatly. Class time will be spent both in and out of the classroom regardless of weather. Expect days to be sunny and warm (60's) with nights cooling off into the 30's.

Phones/Computers

Cell service is generally limited throughout the base camp, although Verizon has the best coverage. We do request that cell phones be turned off (and prefer to have you leave them in your rooms) during class hours. Wireless access is available at our base in our Staff Lounge building to use with your own computer equipment. A limited number of staff computers and phones may be used at the discretion of the Program Management.

Harassment

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