

**TRAINING OPPORTUNITIES FOR RESPONDING TO
MEDICAL EMERGENCIES**

1. TYPES OF CLASSES & **WEBSITES** FOR MORE INFORMATION:

- a. **RED CROSS:** As shown on the website below, there are many types of First Aid classes offered by the Red Cross. Some are on-line, others in-person. **Costs range from \$30 to \$40 for on-line classes, and ~\$60 to \$90 for in-person training.** *In-person training prices vary depending on where the training is given and what Red Cross, affiliated organization is giving the training.*

<https://www.redcross.org/take-a-class/first-aid?latitude=48.2011&longitude=-122.378&searchtype=class&zip=Seattle%2C%20WA%2C%20USA>

- b. **THE MOUNTAINEERS:** There are two types of training classes, hybrid and in-person. Either one earns a student a [Wilderness First Aid Accreditation \(w/badge\)](#).

Wilderness First Aid Class: One training location for this class is at the Seattle Club headquarters (**206-521-6001**) in Magnuson Park although training is also offered in Everett, Olympia, and Bremerton. In-the-field training responding to scenarios is usually on the weekend.

https://www.mountaineers.org/courses/courses-clinics-seminars#c9=&b_start=0&c4=First+Aid

- No CPR training.
- Hybrid: 8-10 hours online and 8 or more hours in the field. This training also includes a 2-hour online final assessment test. Example locations are:
<https://www.mountaineers.org/locations-lodges/olympia-branch/committees/olympia-first-aid-committee/course-templates/wilderness-first-aid-wfa-olympia-1/wilderness-first-aid-wfa-olympia-2024>
OR <https://www.mountaineers.org/locations-lodges/foothills-branch/committees/foothills-first-aid-committee/course-templates/wilderness-first-aid-wfa-foothills/wilderness-first-aid-wfa-2023>
- In-Person: 16 hours. <https://www.mountaineers.org/locations-lodges/seattle-branch/committees/seattle-first-aid-committee/course-templates/alpine-first-aid-afa-course/wilderness-first-aid-wfa-inperson-2024>
- **Prices appear to vary with the location & particular instructor of the training.** Examples of costs are:
 - o **Hybrid:** \$125 if a member of the Mountaineers / \$200 if not a member.
 - o **In-Person:** \$350 if a member of the Mountaineers / \$275 if not a member.
 - o The annual membership cost is \$85.

- c. **NATIONAL OUTDOOR LEADERSHIP SCHOOL (NOLS) / REI:** NOLS is a nationally recognized, non-profit organization headquartered in Wyoming. NOLS's "Wilderness Medicine Institute" (WMI) is the organization that provides various types of wilderness first aid and other classes. WMI has entered into a partnership with REI to offer wilderness medicine courses through "REI Experiences". The classes are typically on weekends. The courses below are offered by REI at some time during the year.

REI Seattle Contact: 877-475-1938

(1) NOLS/REI Wilderness Safety Training:

- **2 days (16 hours)**
- No CPR training.
- Course teaches:
 - o Trip planning principles and how to identify life-threatening wilderness hazards.
 - o Outdoor leadership and decision-making strategies.
 - o Emergency planning (self-assessment tools included)
- **Cost: \$275 for a non-REI member, \$245 for a REI member**
- If you are not an REI member, it is financially beneficial to become one since the lifetime membership cost is only \$30.

https://www.rei.com/events/91289/wilderness-safety-training-2-day-course?course.baseMemberPrice=100.01-9999;g_rg

(2) NOLS/REI Wilderness First Aid Class:

- **2 days (16 hours)**
- No CPR training.
- Instruction will take place in classrooms and outdoor settings regardless of weather. Course completion results in a Wilderness First Aid certification.
 - o Understanding and applying the Patient Assessment System.
 - o Providing effective first aid treatments for common injuries and illnesses.
 - o Learning to make appropriate evacuation decisions.
- **Cost: \$369 for a non-REI member, \$339 for a REI member**

<https://www.rei.com/events/46423/wilderness-first-aid-2-day-class/a02Dp000003Wmz8IAC>