

MEDIC

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Thank you for registering for the [MEDIC SOLO Disaster + Wilderness First Aid course](#), sponsored by [Sierra Club Potomac Region Outings](#).

Please note that ***on-time* 100% attendance is required for certification, 8:30am - 6:30pm or 7pm each day.** If you tend to arrive late to things, please plan to arrive early. Additional note: there will be a little bit of homework on Saturday eve (~10 to 30 mins).

*** Required Clothing and Equipment *** ***Please bring into class first thing Saturday morning – don't leave in car***

- 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.* (Same goes for equipment listed below.)
- 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 and something(s) longer than a leg such as a shovel, hoe, broom, hockey stick, etc. Blankets and/or sleeping bags will be great, too, as well as an old sheet to cut up, and shears.
- Adventurers: bring stiff elements (hiking / ski poles, canoe / kayak paddles, wood branches, etc.)
 - o People recertifying W.F.Responder *must* bring rigid element at least as tall as shoulder, not trekking pole.
- Adventurers: bag with full set of your equipment. Backpackers: fully packed backpack as if you were going out on a weekend trip, to innovate & practice splint & other first aid improv using your own gear. Ditto climbers, etc.
- Extra clothes (such as what you'd bring camping) you don't mind getting dirty, for your use in padding splints
- Old clothes, an old bedsheet, or rope which you don't mind cutting up to make ties for splints, and scissors/knife
- Sleeping pad (Thermarest, etc.) or yoga mat if you have either of these
- Sunscreen, sun glasses, bug spray if desired
- Water bottle
- Lunch for each day** – for max education time, lunches (12.30pm or 12:45pm) are ~25 mins – no time to go out.
- Snacks
- Mug and spoon (for the hot water / hot chocolate / coffee / tea while it lasts)
- Digital watch, or watch which has a seconds hand
- Pen / pencil, and paper or notebook. Some people feel that note-taking room in the course textbook is limited.
- Course book(s) if you received it in advance (or if you took the course before and still have the book)
- Optional: something (used Tyvek envelope?) to keep textbook (9"x11") dry/papers not blown away while outside.
- Optional: checkbook in case you might like to buy some unique, hard-to-find first aid items available in class.

*****ON-TIME ARRIVAL IS ESSENTIAL SO YOU CAN GET IN!** THE BUILDING AND ELEVATOR ARE LOCKED and it unfair to have someone miss class to wait at the front door & elevator for late arrivals. Thanks.***

- **Plan for metro delays** due to track work or other causes
- **Plan for traffic delays** due to motorcade or other reasons
- **If you are late and call from the street to be let in, you will cause a major delay to the class and you will make everyone end the day late.** From the classroom for the instructor to go let you in, it takes a lot of time to walk to elevator, call and wait for elevator, descend 8 floors, walk to main door, let you in, call and wait for elevator, etc.
- **Budget extra time to find the parking lot** (see below)
- **The security guard sitting inside the front door is NOT allowed to let you in. If you bang on the door trying to get the guard to let you in, all you'll do is cause the guard to get upset, and you'll still be stuck outside. Please do not bother / ask the security guard.** Instead, call instructor at 434-465-8733, wait outside until s/he is done teaching the set of topics during which you called, and then s/he will pause class to go let you in.

TRULY SINCERE APOLOGIES for giving so much instruction to simply be on time. You are a mindful adult, and so emphasizing these things should not be necessary. Alas despite all of these things being said, it still has happened that 5 people have arrived varying degrees of late, causing major disruption and delay to the class.

Bring all gear in with you. There is no time to go back out to your car to get it.

Course Location: Sierra Club office (8th floor) in the "Capitol Place" building, 50 F St. NW, Washington, DC 20001.

- [Map to Classroom Building](#)
- [Map to Parking Lot](#) (**see parking note below**; on E St. NE, near corner of N. Capital St. NW)

>> **Public Transit:** 1 block from Amtrak & Greyhound Washington Union Station metro stop. For approximate public transit directions, click the "Map to Classroom Building" link above, enter the address you're coming from into white box, just above it click on the bus/train icon, then click "more options and times" and choose the appropriate date and time. Double-check Metro rail and bus directions at www.wmata.com. Then see walking directions below.

>> **Driving & PARKING:** The parking lot map-linked above is a government lot; the sign does *not* say it's free on weekends. Bellmen / valet parkers at the hotel across the street have said it's free, and we have always parked there successfully in the past; but as it's not noted on the sign, please make your own decision. An alternative (\$11/day as of 7/2013) is Colonial Parking garage, on E St. between New Jersey Ave NW and N. Capitol St. NW. On Sunday only, there is free street parking on the classroom building street (F St.) and elsewhere. **For driving directions**, click the appropriate "Map" link above, enter the address you're coming from into the white box. Note that F Street is 1-way eastbound. Then see walking directions below.

>> **Walking:** The building is marked "Capitol Place" and "50 F St. NW." **For walking directions**, click the "Map to Classroom Building" link above, enter where you're coming from into the white box, and just above it click on the walking human icon.

Cancellations & refunds: as noted in the registration form, the course fee is refundable (1) if you did not request the book to be shipped in advance [in which case, course fee is not refundable in whole or part], AND (2) you cancel ten days or more in advance, AND (3) the instructor is able to find a replacement for your spot (dropping out affects the learning of other students – when it comes to scenarios, an absence causes an odd number of students, making for incomplete scenario learning experiences). If you need to cancel fewer than ten days in advance, notification as soon as possible will be most appreciated; the instructor will try to work with you and find a replacement, however it may be too late. If a charge card payment is refunded, \$6 will be retained to cover the commission the charge card company ate.