

MEDIC

Attn: Rosefsky
250 W. Main St. #702
Charlottesville, VA 22902

phone: 434-INJURED (434-465-8733) www.solowfa.com
email: matt (at) solowfa (dot) com fax: 815-642-0601



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

Please note that ***on-time* 100% attendance is required for certification, 8:30am – 6:30pm 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.
- Adventurers: bring stiff elements (hiking / ski poles, canoe / kayak paddles, wood branches, etc.)
 - o People recertifying their W.F.Responder *must* bring a rigid element that's at least 4.5 feet long (*measure!*).
- 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
- 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
- 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** – to maximize your education time, lunches (~12.30pm) 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: checkbook in case you might like to buy some unique, hard-to-find first aid items available in class.

Classroom Location: Old Dominion University, Student Recreation Center, Room 1002

Free Parking: Lots 44 and 49 at Old Dominion University, any space except those individually marked "reserved."

>> Map location: <http://goo.gl/maps/Uxqyl> **Please arrive 15-20 minutes early in case of parking problems (see Plans B/C below).**

Driving Directions to closer lot 49 (if full, note lot 44 is accessible through the back of lot 49, or another entrance is off 49th St.).

>> Option A:

- 1) Click the map link above, which is the location of Lot 49 where you can park for free on weekends.
- 2) On the left side of the web page that appears, enter into the white box the street address, city, state you're coming from.
- 3) IF THIS PARKING LOT IS FULL: from here, carry on with "Plan B Parking" or "Plan C Parking" below.

>> Option B:

- 1) Make your way to Hampton Blvd in Norfolk. Hampton Blvd. runs north-south
- 2) Turn West onto 49th street (at the Shell Gas Station.)
- 3) Travel west on 49th Street to the stop sign at Powhatan Avenue. Turn Left onto Powhatan Avenue.
- 4) Take your next Left onto 48th Street. Turn Left into Lot 49 and park for free on weekends.
- 5) IF THIS PARKING LOT IS FULL: from here, carry on with "Plan B Parking" or "Plan C Parking" below.

Classroom Walking Directions: Walk further along 48th street, see some handicapped parking spaces in a small lot on right, enter the double-doors in that handicapped lot, look for classroom 1002. If those doors are locked, walk to left around the building to other doors.

Plan B Parking (If Lots Above are Full): Back out to turn Left (south) on Powhatan Ave, Left on 43rd St., then first Left, drive as far in as you can, park anywhere except the middle spots which say "reserved for tennis." Walk ~50 yards in the direction you were driving in, and enter the gym building on the left. Enter, turn right past the coffee area, walk down a hallway to room 1002 on right.

Plan C Parking: Back out to turn Left (south) on Powhatan, soon turn Right into big parking lot. Follow walking directions from Plan B.

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.