



Dear EMT/WEMT Registrant,

Welcome to the SOLO Southeast EMT Basic/Wilderness EMT class! We are looking forward to your arrival. Here is some additional information you will need regarding the course and your stay at NOC.

Confirmation

Please review for accuracy. A \$300 non-refundable deposit is due at the time of booking. The course must be paid in full ONE MONTH prior to the course start date. On Sunday, the first day of class, plan to check in at 8:00 am at SOLO Southeast. We will start class promptly at 8:00 am on Sunday.

Cancellation Policy

Cancellations 30 or more days prior to the activity date receive a full refund minus a 5% cancellation fee. Cancellations 14-29 days prior to the activity date will receive a full credit minus a 5% cancellation fee. Cancellations 0-13 days prior to the activity date are not extended a refund or a credit.

Reservations credits are valid one year from the activity date.

Lodging

There are various lodging options available at NOC at a discounted rate to students. Most students opt for our discounted bunkhouse called Basecamp. This is very basic, shared lodging. You should expect to share the room with at least one other EMT student of the same gender. These rooms have heat and air conditioning; you also have access to a communal kitchen, refrigerator, showers and laundry. Please bring your own bath and bed linens (beds are twin size) and a flashlight. Some cooking utensils are provided, but we recommend bringing everything you need to cook and store your meals. All NOC buildings are smoke-free. Do not plan to store alcohol in the community refrigerator, as minors have access to this area.

Lodging packages start on Saturday, the evening before the first day of the course, and run through the Friday night of the last day of the course (additional lodging is available as needed). **This lodging option is not guaranteed.**

Register early to ensure that you get a discounted spot in Basecamp.

- EMT-Basic \$2200.00
(with 21 nights of lodging = \$2,462.24 (tax included))
- WEMT \$2925.00
(with 28 nights of lodging = \$3274.64 (tax included))

WE MUST ASK THAT YOU LEAVE YOUR PETS AT HOME

Nantahala Outdoor Center and SOLO Southeast

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Meals

While we do not offer a meal plan, participants will be offered a 20% discount card for use at our restaurants (hours vary by season). For those lodging at NOC, kitchen facilities (refrigerators, ovens, stoves, and microwaves) are available in the community building at Basecamp. NOC provides some pots, pans, dishes, cups and utensils, but it is still advised to bring your own cooking supplies. The closest grocery store is Ingles in Bryson City, about 13 miles from NOC.

Course Attendance and Dismissal

Students are participating in a professional qualification and are asked to consider this during the class. 100% attendance in all lecture and practical sessions is mandatory. Being on time to class is also expected every day. Repeated tardiness or absences are grounds for immediate dismissal. Tardiness or not appearing for a clinical rotation is grounds for dismissal as well. There will be no refunds if dismissed from course. Inappropriate behavior or the underage consumption of alcohol constitute grounds for immediate dismissal from SOLO courses without a refund. Although alcohol is allowed on campus at NOC, arriving to class late or repeatedly hung-over is unacceptable. Any evidence of use of illicit drugs is not tolerated and will also be instant grounds for dismissal from the program. NOC believes that training students as EMTs is a big responsibility, and expects a high level of professionalism from its students.

Assumption of Risk and Release of Liability/Medical Information

NOC is home to SOLO Southeast; however NOC is hosting this course, which is why you will be filling out an NOC waiver and medical history form. You will also be asked to consent to a background check, and photography release to participate in this course. (See below for more information on these requirements)

MANDATORY DOCUMENTATION: We Utilize CastleBranch, a third party reporting system. This is an online system and we will authorize you to begin submitting your documentation at the time of course registration.

Required Documentation:

1. **Medical History Form**
2. **NOC Waiver/Release of liability. In PDF Format.**
3. **Proof of graduation** from high school or a GED (a 10th grade reading level is assumed as part of this requirement). A diploma from an accredited two- or four-year college or university will also be accepted. **In PDF Format.**
4. Completion of West Care **clinical orientation manual**. Send originals of appendices A through E (details are listed below under “Requirements for Clinicals”) **In PDF Format.**

Immunizations, TB test and other requirements:

1. Proof of **clinical insurance** obtained from HPSO (details are listed below under “Requirements for Clinicals”)
2. **11 Panel Drug Screen**, completed by student and verified by a doctor or testing facility, and submitted with all course materials. ***Directions given through CastleBranch**
3. Provide proof of a negative **TB skin test** or have a clear chest x-ray if you have a positive TB test. This must have been verified within one year from clinical date.

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4. Provide proof that you are current on the following **immunizations**. Proof can be school records, doctor's records, military service records, titers, or a statement signed by your physician:
- **TB Skin Test** (within one year of clinical start date)
 - Immune status to **MMR** (series of 2 or titer showing immunity)
 - Immune status to **Pertussis**. Tdap will be accepted.
 - **Varicella** Series of 2 or a titer showing antibodies
 - **Hepatitis B** vaccine is recommended but not required. If you do not have proof of current Hepatitis B vaccination, you must sign a declination waiver.
 - **Tetanus** vaccine within the last ten years
 - Current **flu vaccine** (if the course occurs between October 1st and March 31st)

We have partnered with hospitals and EMS services that have mandatory requirements for vaccinations. If you do not have these vaccinations or choose not to have them, you will not be able to take the course.

You MUST submit records of your PPD (TB) test, proof of immunizations and all other required paperwork to CastleBranch at least two weeks prior to course start date or you will be assessed a \$75.00 late fee. There is a checklist in this packet listing all required documentation to help you in this gathering process.

Students who have not submitted their paperwork 7 days prior to the start of the course may be dismissed from the course without a refund.

Textbooks

You will receive your textbook via UPS/Fed EX/USPS two months prior to the course start date, or upon registration if within two months prior. The tuition fee includes the cost of the textbook. You are responsible for bring the text with you to the course, failure to do so will result in an additional fee for having to re-order and ship the text. ****Note: There will be approximately 16 hours of pre-course work to be completed prior to your first day of class,** details will be sent out with your text booking tracking number.

Notebooks and Texts Provided:

- Brady Emergency Care (13th edition)
- Wildcare SOLO textbook (for students completing the Wilderness-EMT)
- SOLO Southeast EMT Student Handbook
- *You should bring pens, pencils, paper, and any other school supplies needed.*

Clinical Experience

In addition to class time, EMT students are required to spend 12 hours observing in a clinical setting. SOLO arranges observation periods on non-class days. This means that you will spend two six-hour clinical rotations at a hospital emergency room or at an ambulance service. Shifts are generally scheduled on weekdays. For hospital/clinic observation, you must dress and act professionally following the clinical sites' dress and behavior codes:

- Collared shirt provided by NOC
- **Black straight-legged twill pants, or EMS-style utility pants (no jeans, shorts, skinny pants, or sweats)**
- **Black dress shoes or EMS boots (no high heels, sneakers, or sandals). Shoes must be in good condition**

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- All bodies and clothing must be clean and neat
- Long hair must be clean and pulled back (unnatural hair color may not be acceptable)
- All sites require removal of excess jewelry and visible non-traditional body piercings
- We also ask that you not have any visible tattoos (the use of a long sleeve undershirt to cover the lower arm is acceptable)

Acceptable Attire and Personal Appearance

You are at the clinical site as a guest observing patients who have come to their facility expecting a certain standard of cleanliness and professionalism. Your appearance is often the patient's first impression of the emergency medical services. Your demeanor around patients and care-givers is also important: how you act and talk can affect the atmosphere. There is always the possibility of contact with bodily fluids. Appropriate clothing helps reduce the risk of exposure. Although the risk of infectious disease to EMT student observers is minimal, you may be required to sign a waiver before you begin your observation. The latest information regarding infectious disease precautions will be explained by your instructor.

Transportation

The clinical locations range from 20-50 minutes away from the NOC. You will be responsible for your own transportation. It is usually possible to carpool with another student. Please let our office know if you will not have a vehicle, we can provide a list of shuttle drivers in the area, please note that an additional fee may apply.

Clinical Orientation Manual

As part of our clinical partnership with West Care, all students **MUST** complete the Clinical Orientation Manual sent to you along with this information packet. Once completed it is very important that you send original printouts of **appendices A through E**. Appendices A-E are part of the online registration packet due within one week of registering for the course.

Liability Insurance

Students are required to purchase their own liability insurance for clinical observation and interaction with patients. The insurance is provided by HPSO, lasts one year, and costs \$38.00. To obtain the clinical insurance, follow these steps:

1. Log on to www.hpso.com
2. Click **Apply Now**
3. Under **Individual Healthcare Providers and Students**, select **Professional Liability Insurance Quick Quote**
4. Select that you would like an insurance quote as an **Individual**
5. Complete the Quick Quote form using your current state of residence. Your professional/area of study should be **EMS-Basic/Intermediate**.
6. Review the Quick Quote information, then click **Complete Your Online Application** to apply for coverage.
7. You should receive an application submission email shortly after applying. Once your application is approved (usually within 24-48 hours) you will receive your Certificate of Coverage by email. Please email this certificate promptly to solo.admin@noc.com. This certificate, along with the rest of your paperwork, is due two weeks before the start of class.

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Testing

Testing is an important component of taking this accelerated EMT. You must have good reading ability (10th grade at least) and not suffer severe test anxiety or disability. You will take daily quizzes, weekly tests, and a final written exam.

In order to evaluate your progress and eventual proficiency, appropriate tests and quizzes will be frequently administered including: ASHI CPR Pro, First Responder, SOLO Wilderness EMT, and National Registry EMT practice tests.

- The American Safety and Health Institute CPR for the Professional exam requires a passing score of 70% or better. You must pass CPR to attend clinical rotations and pass the course. *CPR will be administered within the first week of the course, the SOLO office staff will upload your CPR card to CastleBranch at that time
- Each SOLO test has both a written and practical component requiring a passing score of 70% or better.
- All exam candidates must be appropriately dressed. Tank tops, short-shorts, tight clothing, cut off shirts and/or pants are examples of inappropriate attire. Inappropriately dressed candidates will be asked to leave the testing facility.

PLEASE NOTE THAT IF YOU FAIL TO ACHIEVE AN 80% OR HIGHER ON YOUR FINAL SOLO TEST, YOU WILL NOT BE ABLE TO TEST FOR STATE OR NATIONAL REGISTRY EXAMS. PAYING FOR THE CLASS DOES NOT GUARANTEE PASSING THE CLASS.

Licensure

SOLO students will take the SOLO final exam and the NREMT practical exam on the last day of class. Students must pass both tests to pass the course.

Upon successful completion of SOLO Southeast's EMT class you will be able to take the National Registry written examination, NC State examination or both. Reciprocity with your home state is not guaranteed. Please see the handout regarding reciprocity requirements, and please contact your local EMS agency with specific questions.

Recommended Gear List

EMT Intensive course:

- Approved clothing for clinicals (see above)
- Waterproof jacket
- Wrist watch (cell phone is not sufficient)
- Pens and any other office supplies necessary for studying (notebooks, highlighters, sticky-notes, etc.)
- Warm clothing for outside scenarios

Wilderness EMT (as above and...):

- Backpack for carrying gear (medium to large)
- Rain gear (tops and bottoms)
- Layers of clothing (for splinting exercises and to keep yourself warm during scenarios)
- Warm hat or sun hat (depending on season)
- Water bottles (at least 1 quart/liter)
- Head lamp or flashlight
- Footwear appropriate to the terrain (closed toes, no flip flops)

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- Insect repellent (seasonal)
- Sunscreen (seasonal)
- Clothing that could be worn on a rafting trip (seasonal)

Additional items (not required):

- Old sleeping bag or blanket
- Footwear you don't mind getting wet
- Knife
- Plastic tarp or groundsheet (min 6'X6')
- Sleeping pad (ensolite or thermarest)
- Personal first aid kit (Band-Aids etc.)
- Some of our scenarios may be water based; if you have your own wetsuit, PFD, water shoes, splash gear etc. please feel free to bring them, although we will supply all necessary gear free of charge

Other Services and Information

Phones

- There is cell service in the area, but as we are in the mountains, there are dead zones. Verizon has the best coverage
- The SOLO Office phone number is 828-366-7517
- In an **emergency** you can contact Jonathon Bryant, SOLO Southeast EMT Director at 603-733-6636
- There are no public phones in the Basecamp lodging facility

Email

Free wireless internet is available throughout NOC; however, service can be spotty in our lodging facilities.

Mail

You can receive mail at NOC during your stay. The address should read:

Your Name – EMT (or WEMT) Student
 C/O Nantahala Outdoor Center
 13077 Highway 19 West
 Bryson City, NC 28713

Laundry

Coin operated washers and dryers are available in the rear of our General Store. There is also a laundromat in Bryson City for the big jobs.

Entertainment

We do have TVs in the cabins (not Basecamp), as well as at River's End Restaurant and Big Wesser BBQ (open seasonally). There are no TVs in Basecamp. Movie theaters are about 40-45 minutes both to the east on US 74 in Sylva and west on US 74 in Andrews. Bring running, biking (mountain and road), hiking and rain gear to experience the best of the Smoky Mountains.

Outfitter's Store

Our two-story Outfitter's Store features an incredible selection of equipment, apparel and accessories for the outdoor world. From high-performance kayaks to the latest trail shoes, we carry top brands and a selection of innovative gear you won't find anywhere else. We also have a full-service bike shop and rental bikes. The store should have many of the items required on your gear list as well.

Weather

The weather in western NC is extremely variable. Please check the weather for zip code 28713 before you arrive. Come prepared to be outside for long periods in any weather. In the winter, pack for snow. In the summer, be ready for rain and highs in the 80s.

We look forward to having you here. Good luck with your preparation and feel free to call us with any questions you may have.

SOLO Southeast | Nantahala Outdoor Center
828-488-7243 (office)
solo.admin@noc.com

Educational and Functional Job Requirements for Wilderness Medical Students and Providers

The Wilderness EMT course is a job-training program leading to certification. Based on the Department of Transportation's EMT curriculum, the WEMT program integrates wilderness and medical training. By definition, "wilderness" in wilderness emergency medicine is based on the concepts of: (1) Distance from traditional care and transport – usually one hour or more; (2) Environmental concerns such as severe weather, altitude, heat, cold, and depth; (3) Improvisation of equipment so as to minimize weight; (4) Difficult or hazardous terrain. Students enrolled in this program must participate in all practical labs, which include indoor and outdoor scenarios (day and night), and pass all practical and written exams to receive certification.

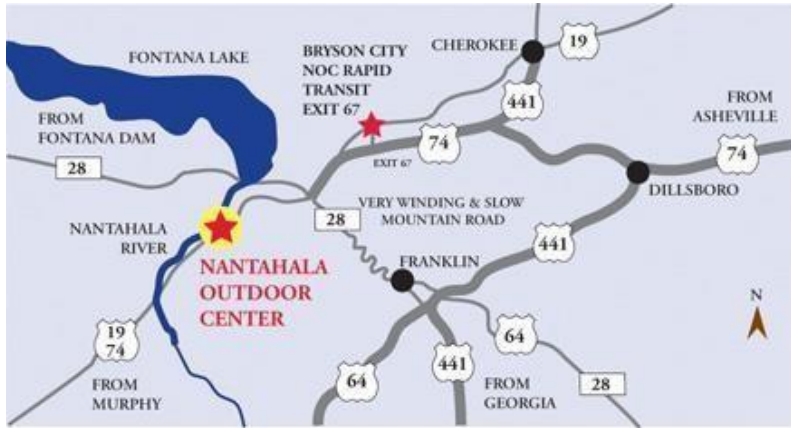
All students must be able to:

1. Negotiate all types of non-technical terrain, in all weather conditions carrying at least one-quarter of their body weight for a distance of 4 miles in 4 hours.
2. Locate and communicate with a patient, possibly not in the line of sight; i.e., in an enclosed space, down a cliff, in a ravine, etc.
3. Convey patient information to other caregivers face-to-face, by radio, or by phone.
4. Determine that the scene is reasonably safe from ice falling, avalanche (snow and/or rock), trees cracking and falling, high (not visible) winds, approaching thunderstorms, animals, etc.
5. Control the incident scene.
6. Communicate from a distance if a student or rescuer becomes separated from the team.
7. Assess breathing, airway, and circulation.
8. Survive and perform patient care alone, due to limited resources of people, equipment, and difficult access.

There are many reasons that may preclude people from taking these programs and receiving certification as a Wilderness EMT. SOLO regrets that, unfortunately, not all reasons can be adequately compensated for with regards to safety and training for certification. Therefore, we must (for the SAFETY of all concerned, both students and future patients) request that you complete all required forms, assuring competence to participate in any of SOLO's programs and activities.

***Course check-in will take place at 8:00 am the first day of your course
at the SOLO Southeast classroom.***

Be aware! Driving on winding mountain roads can take up to twice as long as normal travel time and mileages can be deceptive. The meeting place for this trip is Nantahala Outdoor Center (NOC) at Wesser, North Carolina. NOC is located 13 miles southwest of Bryson City and 20 miles northeast of Andrews on US 74.



NOC's Nantahala Outpost GPS
Coordinates: 35.331048, -83.591843

Physical Address:
13077 Hwy 19 W
Bryson City, NC 28713

NOC does not recommend the use of GPS or online mapping sites, as the directions they give can sometimes be confusing or suggest alternate routes to what we recommend. These routes can often double your travel time. We advise using the directions below.

From Asheville, NC (approximately 80 miles)

Take I-40 W toward Knoxville, TN. Take Exit 27 onto US 74 W (Great Smoky Mountains Expressway) toward Waynesville/Clyde. After 48 miles (past Bryson City), the highway narrows to two lanes. Continue straight on US 74 for 4.3 more miles until you see the river and a bridge on your right. Go across the bridge and follow the paved road over the railroad tracks. Continue on the paved road up the hill to your left. You will see SOLO Southeast on your right. Parking is in the lot just up the hill from the classroom.

From West Atlanta, GA (approximately 150 miles)

Take I-75 N to I-575 N which becomes State Hwy 5 which in turn becomes Hwy 76. Stay with this road until just past Blue Ridge, GA, and then turn left onto Hwy 60 to Mineral Bluff, GA. In Mineral Bluff, turn right onto Hwy 60 Spur and follow it into North Carolina to US 74 E, turning right toward Murphy and Andrews. NOC is located 20 miles east of Andrews, NC. You will follow the river for the last 8 miles. Cross the bridge just past the NOC Outfitter's Store on the left. Follow the paved road over the railroad tracks. Continue on the paved road up the hill to your left. You will see SOLO Southeast on your right. Parking is in the lot just up the hill from the classroom.

From East Atlanta, GA (approximately 175 miles)

Take I-85N to I-985N. At Gainesville, GA take 365N to 441N. Near Dillsboro, NC Hwy 441 will funnel into US 74. Take 74 W toward Bryson City. After 22 miles on US 74 (past Bryson City), the highway narrows to two lanes. Continue straight on US 74 for 4.3 more miles until you see the river and a bridge on your right. Go across the bridge and follow the paved road over the railroad tracks. Continue on the paved road up the hill to your left. You will see SOLO Southeast on your right. Parking is in the lot just up the hill from the classroom.

From Chattanooga, TN (approximately 130 miles)

Take I-75N toward Cleveland, TN. Take the first Cleveland exit (#20) onto US 64 Bypass East. Go 6 miles; take Ocoee Exit US 64 E towards Ocoee/Murphy, NC. At Murphy the road number changes to US 74. Stay on US 74 E. NOC is 20 miles east of Andrews, NC. You will follow the river for the last 8 miles. Cross the bridge just past the NOC Outfitter's Store on the left. Follow the paved road over the railroad tracks. Continue on the paved road up the hill to your left. You will see SOLO Southeast on your right. Parking is in the lot just up the hill from the classroom.

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NOC Campus

★ NOC ADVENTURE CENTER

CHECK-IN FOR ALL ACTIVITIES HERE

- Adventure Pass
- Whitewater Rafting
- Lake Tour Rentals
- Mountain Bike Rentals
- Mountaintop Zip Line Tour
- Zip Line Adventure Park

- 2 River's End Restaurant
- 3 Big Wesser BBQ & Brew
- 4 Outfitter's Store
- 5 Mountain Top Zip Line Tour
- 6 Zip Line Adventure Park
- 7 Alpine Tower
- 8 Fontana Lake Launch Area
- 9 Treetop Adventure Nets
- 10 Paddling School

#11 SOLO (formerly Relia's Garden Restaurant) is where course check-in and your classroom are located.

- 11 1st floor Relia's Garden Group Dining
2nd floor SOLO Wilderness Medicine
- 12 Deluxe Cabins
- 13 Dogwood Motel
- 14 Basecamp
- 15 Platform Tents
- 16 Kleinrath Hall
- 17 Stonehouse
- 18 Custom Group Check-in
- 19 General Store
- 20 Photo Finish



RIVER FEATURES

- 21 Concrete Beach
- 22 Nantahala Falls
- 23 Viewing Platform
- 24 NOC Raft Take Out
- 25 2013 Freestyle Worlds Wave
- 26 Big Wesser Falls
- 27 Wesser Creek Falls

- Restrooms
- Showers
- Appalachian Trail
- Great Smoky Mountain Railroad
- Walkways
- Trails

www.noc.com

800.232.RAFT

SUBARU Coca-Cola

Please be aware that this map does not represent changes in topography. Much of our property is steep and may be challenging to walk.

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