

Outdoor Leadership - Project Week 1

Tuesday, December 15 - Saturday,
December 19

By:
Wyatt McAllister



Project Week Proposal:

Student: Wyatt McAllister

Advisor: Eric Mann

Project name:

Outdoor Leadership, Project Week 1 - Wilderness first aid and camping trip with 24-hour Solo at Inks Lake State Park

One sentence description of your project:

I will be attending a NOLS (**N**ational **O**utdoor **L**eadership **S**chool) WFA (**W**ilderness **F**irst **A**id) class and camping trip to Inks Lake State Park with my outdoor leadership group, led by David Heroy.

One paragraph explanation of why this project is important to you and/or the community:

I love the outdoors. I want to be around people that share this passion so that I can make friends that share my interests. Going on a camping trip will be a great opportunity to connect with these people that share my love of the outdoors. I also love helping people. I want to get this wilderness first aid certification so that I can be there for people when they need help. Getting this certification will make me able to save lives. I think that is one of the greatest gifts anyone can possess.

Brief description of the necessary ways of being for you to ensure the success of your project:

I will need to be **brave** because I will have to do things that I am scared to do like do CPR on a dummy and mess up. I will need to be **perseverant** because there will be things that do not come to me right away like understanding a difficult medical idea. I will need to work for them. I will need to be **calm** because I will be doing things that require level headedness. Finally, I will need to be **strong** because I will be doing things that take much physical effort, like hiking a long way (carrying 30 pounds of gear).

Your mentor(s) with contact information (phone & email):

Name: David Heroy

E-mail: david@khabele.org

Project Timeline:

Action	By When	Result Produced	Date of Completion
Pack for NOLS class and camping trip	Monday, December 14	Be ready for the week.	12/13/09
Be at Khabele on the first day.	Tuesday, December 15	Be there to do the project week	12/15/09
Be at Khabele on the second day.	Wednesday, December 16	Be there to do the project week	12/16/09
Be at Khabele on the third day.	Thursday, December 17	Be there to do the project week	12/17/09
Get batteries for camera	Wednesday, December 16	Be able to take pictures	12/16/09

Pre Project Schedule:

⇔ Either David Heroy or Florence Spalding will be driving me everywhere. ⇔

	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
8-9 a.m.	Introductions	Focused Spine Assessment Athletic Injuries Fractures Dislocations Heat	CPR	24 hour SOLO at Inks Lake State Park
9-10 a.m.	<ul style="list-style-type: none"> • Patient Assessment System • Initial assessment • Patient Exam, vital signs, focused history • Documentation 	↓	↓	↓
10-11 a.m.	↓	↓	Review/ Questions and Answers	↓
11-12 p.m.	↓	↓	↓	↓
12-1 p.m.	LUNCH	LUNCH	LUNCH	↓

1-2 p.m.	Spinal Cord Injury Management Head Injuries Shock Wilderness Wound Management	Cold Injuries Lightening Altitude Illness Acute Abdomen Anaphylaxis The Unresponsive Patient Wilderness First Aid Kits	Work on portfolio on the Drive to Inks Lake State Park	↓
2-3 p.m.	↓	↓	↓	↓
3-4 p.m.	↓	↓	↓	↓
4-5 p.m.	↓	↓	↓	↓
After 5 p.m.	Journal	Journal	Journal	↓

- Be sure to include transportation needs
- Schedule a minimum of 30 minutes a day for your journal:

Post Project Schedule:

⇔ Either David Heroy or Florence Spalding will be driving me everywhere. ⇔

	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
8-9 a.m.	8:10-8:30 Introductions 8:30-11:30 Patient Assessment System: Initial Assessment, Patient Exam	8:00-9:30 Documentation	8:15-8:45 Altitude Illness 8:45-9:30 Wilderness Wound Management Continued	Solo (chopping, eating, reading, and sleeping)
9-10 a.m.	↓	9:30-10:30 Athletic Injuries	9:30-10:00 Heat	↓
10-11 a.m.	↓	10:30-12:00 Fractures	10:00-10:30 Cold Injuries 10:30-11:15 The Unresponsive patient	↓
11-12 p.m.	11:30-12:00 Vital Signs	↓	11:15-12:25 Anaphylaxis	↓
12-1 p.m.	LUNCH	LUNCH	12:25-12:30 Wilderness First Aid Kits 12:30-12:35 Lightning	↓

1-2 p.m.	Focused History	1:00-1:30 Dislocations 1:30-2:30 Spine Injury Management 2:30-3:00 Shock	Lunch	↓
2-3 p.m.	CPR	3:00-3:30 Focused Spine Assessment 3:30-4:15 Head Injuries	2:00-2:15 Pack Up 2:15-4:15 Drive to Inks Lake State Park	↓
3-4 p.m.	↓	4:15-4:45 Wilderness Wound Management 4:45-5:00 Acute Abdomen	↓	↓
4-5 p.m.	↓	↓	↓ 4:15-4:45 Organizing food 4:45-5:30 Hiking to base camp 5:30-5:50 hanging out at base camp 5:50-6:20 putting stuff at Solo site	Pack up
After 5 p.m.	Journal	Journal	Solo (chopping, eating, reading, and sleeping)	Drive to new campsite, dinner, hang out and sleep

Materials Needed:

Material Needed	Where to get it	Cost
*Equipment For Camping Trip	My garage and wardrobe	N/A
Camera, Case and Cords	My room	N/A
Computer	Backpack	N/A
*Get Materials For Class	Room	N/A
Car	Khabele back parking lot	N/A

*See attached list of materials (Pg. 7-8)

Materials Needed for Inks Lake State Park Trip:

Personal Equipment:

- Sleeping Bag (synthetic is preferred)
- Sleeping Pad
- Small pillow
- Day pack or small back pack (for day hike)
- Water bottles (1-2 bottles)
- Flashlight/headlamp (bring extra batteries)
- Mess kit (cup, bowl, & spoon at minimum)
- Knife (Swiss-Army or similar)
- Insect repellent
- Sun block and or lotion
- Chap-stick
- Toiletries (toothbrush, toothpaste, medications, pads and/or tampons, etc.)
- Sunglasses
- Binoculars (bring extra if you have them, we will be bird watching)
- Notebook/journal (I suggest getting one for this course if you don't have one and pencil or pen in zip-lock bag)
- Camera (waterproof or in zip-lock bag)

Clothes:

- Long pants (blue jeans should do, but on cold weather trips jeans or any cotton is to be avoided. Cotton is known as the “death cloth” in cold weather because it does not retain its insulating properties when damp or wet)
- Shorts
- T-shirt, underwear
- Socks
- Shoes 1-2 pair (closed toes, will be going on short hikes)
- Water proof rain gear (jacket and pants, it will likely rain, Poncho is okay, coated nylon or GoreTex)
- Fleece (in case it's cold)
- Hat (for sun)
- Hat (fleece or wool, for cold nights)

Group Equipment:

- Tent
- Stove and fuel
- Lighter/matches
- Cooler
- Rope
- Tarp

Materials Needed for the NOLS Class:

- Outdoor clothing appropriate for lying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Be prepared to get moulage (fake blood) on anything you bring
- Pair of comfy shoes or slippers
- Crazy creek-type chair for the class time.
- A light day pack
- Waterproof top and bottom
- Light hiking boots
- Layers well suited for spending time outside playing the role of patient and rescuer.

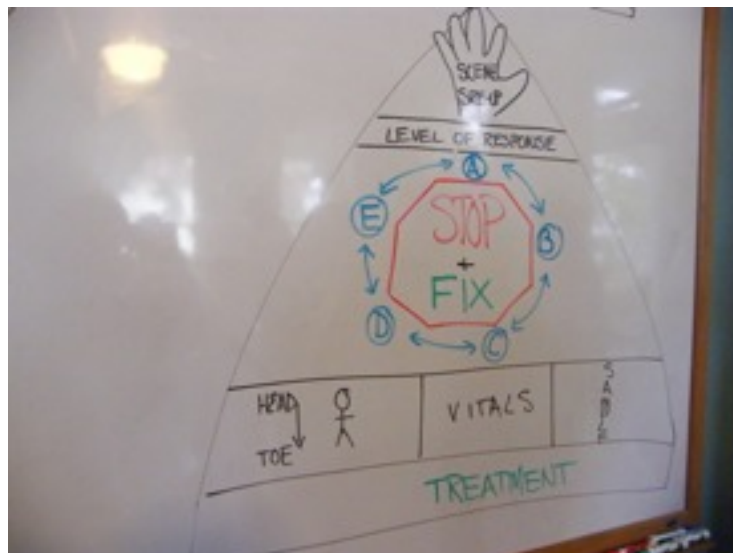
Journal - Day 1

Hello. My name is Wyatt McAllister and for my project week, I am doing a NOLS WFA course with my Outdoor Leadership class and then going on a camping trip. Today was my first day attending the NOLS class. We have two instructors:



Their names are Mark and Liza. Mark Served in the U.S. Army.

First, we started with introductions. We went around the room and said what are names were, why we wanted to be there and an interesting fact about ourselves that we thought no one else knew. We then talked about what you are supposed to do when you find a person that was in trouble. We were taught how to act, what to say, and how to speak to make your patient feel most comfortable. They gave us a set of steps to follow. These were arranged in a triangular diagram:



To briefly sum up this diagram, you first size up the situation, determine the patient's level of response, fix any pressing problems, examine them from head to toe, examine their vitals, talk to them about their history and symptoms and then treat them. We learned how to do all of these things except treat them, which would take most of the rest of the class.

To learn this diagram, we split up into two groups. One went out of the room with one instructor and got painted with fake blood



David Heroy with a fake "wound"

and told the scenario that they would act out. A few of the accidents in these scenarios were: getting trampled by a horse, falling down a hill, tripping in a gopher hole and falling into a ravine. The other group would then be told the scenario and they would get into pairs and go examine the hurt group. We did this several times, had lunch



Andrew, Kat and Rachel having lunch

and then moved on to the next part of our day.

After we did patient exams, we learned about CPR. We were taught all about what needed to be done to save the patient and why. We then practiced our new skills on dummies:



Breath, god dam you!

We then went on to learn about chest compressions and how to do them in conjunction with CPR. We learned the precise cycles of chest compressions and CPR to do to save a patient's life. We then got into partners and practiced our skills on dummies again:



Me saving a dummy's life



My partner, Kat, saving a dummy's life

After this, we packed up and went home.

I had two big challenges today. A big challenge of my day was remembering all the steps to assess a patient. I ended up forgetting and doing things out of order. I handled this challenge by practicing the steps until I memorized them. Another big challenge for me was doing the chest compressions. You had to do 120 in two minutes

and I got really tired and off pace. I solved that problem by continuing to do the compressions even when I was tired and practicing until I got the rhythm.

I also had some successes today. A big success for me today was taking notes. I am not usually a good note taker but I took very good notes today. I feel I got all the information I needed. I also loved the teaching style Mark and Liza were using. They would teach us an idea, show us how to implement it and then let us practice it. It was a huge success for me to find this teaching style.

Journal - Day 2

Today was my second day doing the NOLS WFA course. I had a great time. Today we did even more than yesterday. I am beginning to understand just how much material they are cramming into this three day course.

Right when we got there, we started to learn about documentation. In this part of the course, we learned how to document our patient assessment. We did this for an hour and a half. Then we learned about athletic injuries and fractures. We learned how to make a splint for a leg:



Me, Feron and Aliya binding Meghan's "broken" leg

We learned how to bind an ankle:



Kat getting her ankle bound

We also learned how to bind a hurt knee. We then learned how to fix different kinds of fractures by moving the bones back in place with our hands. After we had finished with fractures and athletic injuries, we had lunch.

When we got back from lunch, we learned how to fix dislocations. We learned how to fix a dislocated shoulder, finger and patella (knee cap). The reason the dislocation persists is because muscles are in the way. All you need to do is relax the muscles and the bone will pop back into place. For a shoulder, you lay the patient on a surface with their arm hanging off and make their arm hold weight until their muscles are exhausted:



Rachel getting her shoulder “relocated.”

We then learned how to move a patient that has a potential spine injury. We went out on the grass and practiced how to move patients that were on their stomachs and that were sprawled over their legs:



Mark moving Feron

We then learned about shock. Shock is when the body is not getting enough oxygen into the system. We learned what the vital signs of a shock patient would look like and what general symptoms they would have. We were then taught how to treat a person in shock: to put them in shock position and to do CPR.

We learned how to do a Focused Spine Assessment. That is a series of tests you do to determine if a patient has a spinal cord injury. That centered on making sure the patient could feel the pain of an injury and making sure they were coherent.

After we did Spine Assessments, we did head injuries. We went out and assessed a patient that had “hit their head on a rock.” We then went back inside and learned about different types of head injuries (severe and mild) and how to treat them. A person with a severe head injury should be evacuated immediately from the back country.

We then started wounds (specifically burns). Liza “burned” her hand:



Liza with a “burned” hand

We then talked about how to treat burns and what kind of burns meant that the person needed immediate evacuation. If more than 10% of your body is burned, or if your hands or face are burned, you need to be evacuated immediately. Also never treat burns with hydrogen peroxide, iodine or soap because living tissue will be damaged. Only treat burns with water.

The last things we learned about were abdominal injuries. Liza pretended to have abdominal pain. We went around the room and asked her questions to determine what was wrong with her. She then talked to us about what types of symptoms people with different abdominal injuries would have and when you should evacuate people. After we did abdominal injuries, we went home.

I had a successful day today. A big success of my day was retaining the knowledge that I was taught. I felt like I remembered a ton of what I learned, more so than yesterday. Another big success was learning about spinal injuries and

management. I believe that is one of the most important parts of wilderness first aid. It is also the one I am most interested in.

I also had some challenges today. A big challenge for me was finding a partner in the exercises we did today. I was always the last one standing around to get a partner. I did not get with the people I wanted to, but I just got with whoever wanted to be my partner and I was happy anyway. Another big challenge was the cold. It was colder today than it was yesterday and when we went outside to do the scenarios I was freezing. I just did the scenarios anyway and I was fine.

Journal - Day 3

Today was my third and final day of the NOLS WFA course. I had a good day today. Right when we got to Khabele, we talked about altitude illness. We learned what may cause it and how to treat it. No one knows exactly what causes altitude illness. We do know that it is caused by ascending to rapidly and it makes the brain swell for some reason. The only way to treat it is to go as least 2,000 feet down from where you started to have symptoms.

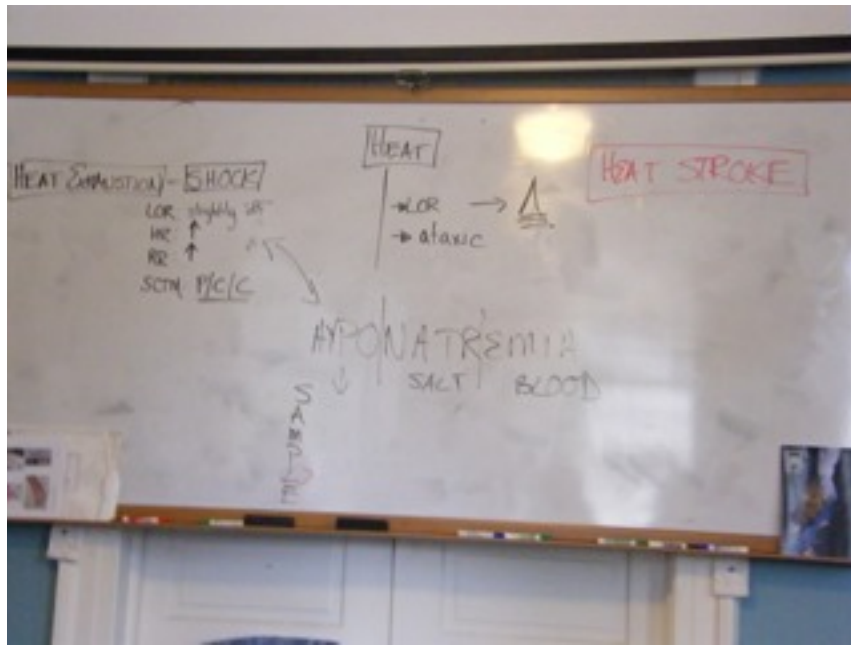
After we did altitude illness, we talked more about wounds. Meghan got “wounded”:



Poor Meghan in pain

We then dressed and cleaned her “wound.” Then we talked about various other types of wounded such as lacerations, amputations, abrasions, punctures and others. We talked about what each type of wound was and how to treat it. Something interesting I learned was that if you have something stuck it your patient, you should not pull it out because it could get infected (barring extenuating circumstances like someone being stuck to a tree).

After we finished wounds, we did heat injuries like heat stroke and heat exhaustion. We did a scenario where some of us were running in a hard race and the rest of us were aid station workers. The aid station workers had to examine the runners and decide if they keep on running in the race. We switched groups and then went back and discussed the symptoms we saw in our patients. One group had heat stroke and the other had heat exhaustion. We learned about how to treat both and when to evacuate people:



I found it interesting that heat exhaustion can be a form of shock.
After heat, we had a small break in which I hung out with Feron and Will:

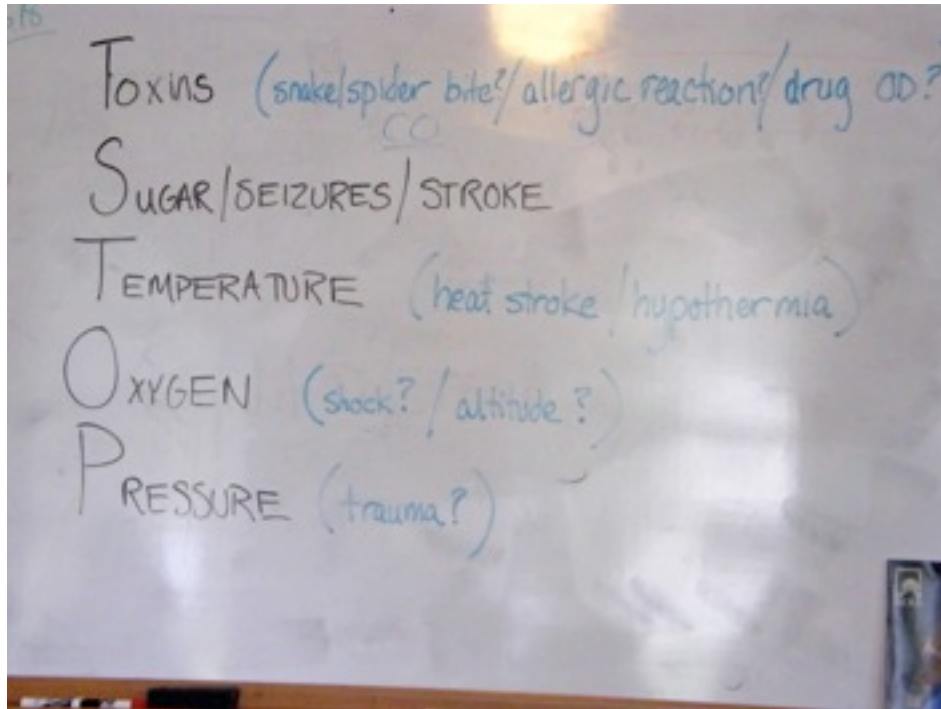
Feron and Will partying



We then did cold injuries like hypothermia and frost bite. We did a scenario outside where I had hypothermia and everyone had to make a hypo-wrap to save me. They put plastic sheeting down and then sleeping pads, then three sleeping bags that I got in. They rolled the whole thing up and draped another plastic sheet over the top to keep the rain off of me. I felt very warm. We then went back inside and talked about hypothermia and frostbite. We learned about how to treat them and exactly how they

are caused. If you have frostbite and are in a remote environment, you should not thaw the frozen limb if there is a risk it might refreeze.

We then talked about what you should do if a patient is unresponsive (they do not acknowledge you in any way or respond to painful stimuli). There are five main reasons why a patient would be unresponsive:



We learned about each one in detail. We learned that if your patient is unresponsive, you should always give them sugar because if they are a diabetic, they could be revived. We then did a scenario where a patient was unresponsive and we had to determine what to do.

Then we talked about allergic reactions. We learned about what they are. They are a negative response the body has to an external substance that it does not like. We learned about what medications are best to treat allergic reactions. We learned about Epi-pens. Epi-pens are small tubes that have Benadryl (a medication that can treat reactions). You stick them in your leg and it fixes your reaction. One of the students in the class was allergic to peanuts and we interviewed him or her to find out information about allergic reactions.

We then talked about first aid kits: what to put in them and why. Then we went outside and did a scenario where someone was mauled by a raging hippo. We treated them with the assessment system we had learned. My patient was Aliya:



I was surprised at how well I did. On the first day we had done a scenario where someone had hit their head and I did not know what to do. All I did was wrap the persons head in my jacket and stand there. I was please at how far I had come since then.

We then quickly talked about how to avoid a lighting strike and what to do if someone was struck by lighting. You need to spread out from the group and stay low. Get in an open place where things can't fall on you. You also need to make sure you have everyone by assigning people numbers and then calling them out one by one. If someone does not call out their number then you look for them. If someone gets struck by lightening, you should do CPR and evacuate them.

We finally got in a circle and debriefed the course. We said what we liked about it and how we thought it could be improved. We went back inside and said good by to our instructors. Their full names were: Mark Kane and Liza Howard.

We then went out for lunch. I went to lunch at Whole Foods. When we came back, we faced a difficult task: fitting this



Oh No! Look at all our bags!

and 12 people into a van and a Prius. We somehow managed it (with a little squashing). We then set off for Inks Lake State Park. It was a two hour drive and when we got there we were happy to get out...until we realized it was a very long hike to the base camp campsite (especially carrying all our stuff). When we got there we were all tired and it was getting dark. While some people made a second trip to the van, others set up tents for us to stay in if it was pouring rain.

When everyone had their stuff at base camp, David assigned us all campsite numbers for our 24 hour Solo (The point of the Solo was to spent 24 hours alone in the woods, relax and reflect on the semester). We got a few minutes to put our stuff in our campsites before we went back to base camp for a final meeting.

In this meeting, David told us the rules of the Solo: no talking to anyone else and no leaving you campsite. He said he would check up on us a few times to make sure we were okay. An inspirational quote was read and we were off.

I went to my campsite and set up my shelter. I put a ground cloth down, hung a tarp between two trees, staked it down and called it good. I read a book for a while. Then I went to sleep. I slept well that night.

As usual, I had a few challenges today. Taking notes in the WFA class was a big challenge for me. I felt like there was a huge amount of material covered very fast. I had to pay very close attention or I would miss something. I just took the best notes I could and payed attention. I still learned a lot. Another big challenge was getting my stuff all the way from the van to the campsite. I did not know I would have to carry my stuff any great distance when I packed it and so I did not pack light. I just did the best I could and it I got all my stuff to base camp in one piece.

Finally, I also had some successes today. I am very proud of myself for coming so far in learning how to assess and help a patient. I was amazed at how much better I treated Aliya on the last day than Alexis on the first. I also loved getting to relax and read before I went to bed. I love to read and I hate it when I have to read in a crowded lunchroom or an airport. Reading in the silent woods was relaxing for me.

Journal - Day 4

Today I went on my 24 hour Solo. I woke up this morning to a big snag: my shelter had fallen down on me and my head was outside the tent. Surprisingly I was very warm and I had slept the whole night without waking up. I put my shelter back together and then slept for a little while longer. Once I woke up I went outside and looked at my shelter again. I was surprised at how good it looked:



I just sat around, read and slept most of the day. Sometimes I would eat some of the cheese, nuts and fruit we were issued before the Solo. At one point, I went and sat by the river that bordered the back of my campsite and read. It was very peaceful. I had a hatchet so I took out my boundless rage at the world (joking) by chopping a dead tree in half:



Before



After!

It is hard to say exactly what I did on my Solo because I lost track of time. I do know that I alternated between sleeping, reading and chopping for the whole time.

At one point, I looked at my watch and realized it was 4:00 in the afternoon. David said that he wanted us to be leaving for another campsite around 5:00 so I packed up my stuff



30 pounds of my gear!

and set off for the van.

Along the way, I saw Will and Meghan trying to haul all their stuff to the van by putting it on a tarp and dragging the tarp all the way to the street. I did not realize what a terrible idea this was until after I put all my stuff in the tarp and helped drag it. After we got it all the way there, we realized that there were several huge holes in the tarp. It was totaled. My water bottle had been sticking out one of the holes and it had been scraped badly. I was glad it was Will's tarp and not mine.

When we all got to the van, we circled up and talked a little about how our Solos went. We then split up into two groups, the “challenge” group and the dinner group. The challenge group got a map of the area with our new campsite circled on it and were told to hike to our new campsite. The dinner group got to go in the van to our new campsite, fix dinner and set up. I was in the dinner group.

The six of us in the dinner group (Rachel, Cat, Alexis, Evan, Hannah and I) went to the new campsite:



Our campsite

It had a great view of Inks Lake:



First, we unloaded the van. Then Kat, Alexis and Hannah made dinner while the rest of us set up tents. I set up my tent and then helped with dinner a little more before the challenge group got back. We hung out for a while and then had dinner.

Someone said they were going to bring a stove and didn't so we only had one stove. This meant that we could not get all the meal cooked. We had spaghetti with marinara sauce. We had a choice of good warm spaghetti or soggy doughy spaghetti. A few brave souls made a sacrifice and ate the soggy doughy spaghetti. We also had salad with balsamic vinaigrette. We had cheese, nuts and pita chips to top off the salad if we wanted. We all sat around the fire to eat our meal.

After dinner, we cleaned up and then went back to the fire for a powwow. We sat around the circle and said how our Solos went, what we liked about the course and what we thought needed improvement. A few highlights about the Solo were: Rachel making a cactus sculpture and then taking it with her, Will sleeping under an unstable cliff and having dirt fall on him all night, George singing at the top of his lungs, me chopping a dead tree in half and Cat finding hunting blinds in trees and going to sit it them. Many people had suggestions about the course but none of them were interesting enough to mention.

After the powwow, Will, Meagan, Aliya, Ferron and me went down to a pier by our campsite and hung out for a few hours. We just chatted about how the trip went, talked about ourselves and discussed the best system of government. I argued for democracy and Meghan argued for Anarchy. After a while, Ferron, Will and I went back to camp, leaving Aliya and Meghan to chat a little more. I stole a banana from the van and then went to sleep in my tent.

The next morning we packed up, ate breakfast and went home.

A big challenge for me today was chopping the big tree in half. It was very hard work. I just kept chopping away and at the end of my Solo it broke in half. There was a final crack at the end that I relished. Another challenge was getting my shelter set back up in the morning when it was so cold. I just did it anyway and warmed up afterwards.

I loved the peacefulness of the Solo. I work very hard and don't give myself very much time for relaxation. I loved just being able to sit around and read for 24 hours, not having any deadlines or projects to worry about. The whole Solo was a big success for me. I also loved getting to sit with my friends out on the pier and chat. It was great to be able to relax with friends and talk about ourselves.

Reflective Essay:

My project week is now at an end. I have had a wonderful time this week. I have gotten a WFA certification from NOLS, gone on a relaxing Solo and connected with the people in my Outdoor Leadership group, with myself and with nature.

I loved the WFA course. I loved the teaching style our instructors used. They first explained the skill to us, then showed us how to do it, then let us practice the skill. I found this style works well for me. Because of the course, I am able to save someone's life. If I see someone hurt, I can possibly keep him from dying. This is amazing but it also comes with a responsibility. If I see someone that is hurt and do not do anything about it or make a mistake, then their death could be my fault. I believe that I can handle this responsibility though and I am honored to have it.

My Solo was also great. It was very relaxing. As I said before, I work very hard as a practice. This semester, I worked harder than I have worked in a long time. I was dead tired and this Solo was very rejuvenating for me. I just got to sit down and relax without any projects to work on or deadlines to follow. I did not need to do anything. I just slept and read and ate and chopped. I also loved reading in peace and quiet. I just had a great time.

Chopping wood also made my Solo relaxing. It is great exercise. I loved getting to split the wood and see the different layers. There is the outer bark, then a layer of tough skin and then yellowish heartwood. It is like the tree has layers in its body just like we do. This made me feel a kinship to trees. Chopping also gave me a project. I love projects. I spend my life doing them. Having a project that was fun was very relaxing for me.

I connected with my peers, myself and nature during this week. One of the major reasons that I loved the WFA course was the interdependence of it. When you try to help someone who is hurt badly, you hold their life in your hands. You may be the difference between life and death for them. That was amazing for me. When we were doing the scenarios, we had to depend on our rescuers when we were a patient and our partners when we were the rescuer. The interdependence really helped to bring me closer to the other people in my group.

After we did the course, we went to Inks Lake State Park where I strongly connected with nature on my Solo. It was so silent in the woods. There were no noises of cars or people. There was no light pollution in the sky. Even at our ranch you can sometimes hear cars on the road and lights from the nearby town of Bastrop obscure some of the stars in the sky.

Even as I connected to my peers and nature, I also connected with myself during this week. Being in the state park reminded me that nature is intrinsically beautiful. I now want to spend more time just stopping to think in the peacefulness of nature. I learned that I love to relax, during my Solo. I spend my life working and I never stop to contemplate. I want to stop and think more often.

This week was a great success. I learned to help people during the WFA course, discovered a teaching style I liked, got a huge responsibility I chose to accept and had a relaxing Solo. I got to take a break from my busy life, sit back and relax. I connected with my peers through the WFA course. I developed my passion for nature and I also developed my passion for contemplation. This was my most successful project week yet.