



**Wyoming
Catholic College**
Wisdom in God's Country

WMI WILDERNESS FIRST RESPONDER

**Sponsored by the Wilderness Medicine Institute of NOLS
and Wyoming Catholic College**

DATES: *August 14-23, 2009*
COST: *\$600.00 Tuition only*
LOCATION: *Lander, WY*

COURSE DESCRIPTION

This course is essential for anyone who spends significant time in remote places or who has a professional career in the outdoors. The Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue. WMI's curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. Dynamic educators who have practiced both wilderness and urban medicine will teach you essential wilderness medicine skills. This 10-day course is ideal for all professionals operating in remote environments. Adult/child CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

REGISTRATION/POLICIES

A deposit of one half of the total tuition price is required to reserve a space in the course. Tuition balance is due the week before the course. Payments may be made via checks, *Visa/MasterCard* or cash. The tuition fee covers textbooks, syllabus, equipment and certifications.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- ❖ Greater than or equal to 30 days prior to the course starting date, WCC will retain a \$35.00 administrative fee. Within 30 days of the course start date the tuition deposit is non-refundable and once the course has begun, the tuition is non-refundable.

Acknowledgment and Assumption of Risks Release and Indemnity Agreement: Please read the enclosed document very carefully as it affects your legal rights. We ask that you bring this signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document. Failure to provide a signed document will result in you not being able to participate in the course. WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.

CLASS FORMAT/ EQUIPMENT

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. The format for the WFR is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a crazy creek-type chair. Please come equipped with a light day pack, waterproof top and bottom, light hiking boots, and layers well suited for spending time outside playing the role of patient and rescuer.

TRAVEL/DIRECTIONS

This course will take place in Lander, Wyoming at the Wyoming Catholic College campus located at 163 Leedy Dr (Holy Rosary Church) in the classroom building. For directions see [Holy Rosary Church Map](#).

LODGING/RECREATION

There is not a meal and lodging option for this course. Below are some lodging options.

Lander Chamber of Commerce: <http://www.landerchamber.org/> 307-332-3892

Camping:

The nearest camping is approximately 10 minutes away in Lander City Park, additional camping is approximately 20 minutes away in Sinks Canyon for information contact the Shoshone National Forest office at 307-332-5460.

Lodging:

Motels within 1 mile from Wyoming Catholic College:

Inn at Lander Best Western #307-332-2847 260 Grand View Dr

Roadway Inn Pronghorn Lodge #307-332-3940 150 East Main St

Holiday Lodge #307-332-2511 210 McFarlane Dr

PETS ARE NOT ALLOWED AT THE TEACHING SITE. THIS INCLUDES

LEASHING THEM OUTSIDE. NO EXCEPTIONS. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

NO SMOKING OR ALCOHOL IS ALLOWED ON SITE

Please contact us with any questions or concerns you may have. WMI office hours in Lander, WY are Monday - Friday, 9:00am - 5:00pm Mountain Time.

Phone: 866-831-9001

Email: wmi@nols.edu

FAX: 307-335-2355

Web site: <http://wmi.nols.edu>

Or contact Wyoming Catholic College M-F 9am-5pm

P.O. Box 750 • Lander, WY 82520 • www.wyomingcatholiccollege.com
Office: 307-332-2930 • toll free: 877-332-2930 • facsimile: 307-332-2918



Wilderness Medicine Institute of NOLS

Wilderness First Responder Course Schedule

DAY 1

Morning

Introductions: Wilderness vs. Urban
Initial Assessment
Patient Exam
Vital Signs: LOC, HR, RR, SCTM

Afternoon

Vital Signs: BP, Pupils
Focused History
Documentation
Medical Legal Issues

WFR Text Chapters: 1, 2, 3

DAY 2

Morning

Problem of the Day
Review and Practical Session
CPR

Afternoon

CPR: Remote Environments and Oxygen
Spinal Cord Injuries
Lifting and Moving
Spinal Immobilization Litter Packaging, Carrying,
Long-Term Patient Management

WFR Text Chapters: 4, 5, 8, Appendix B and C

DAY 3

Morning

Problem of the Day
Chest Injuries
Shock

Afternoon

Focused Spinal Assessment
Head Injuries

WFR Text Chapters: 6, 7, 9, 10

DAY 4

Morning

Problem of the Day
Wilderness Wound Management

Afternoon

Problem of the Day
Athletic Injuries
Fracture Management

Evening

Traction Splinting
Dislocations

WFR Text Chapters: 12, 13, 14, 15, 30

DAY 5

Morning

Problem of the Day
Review and Practical Session
Hypothermia
Frostbite and Non-Freezing Cold Injury

Afternoon

Heat and Hydration
Altitude Illness
Practical Scenario

WFR Text Chapters: 16, 17, 18

DAY 6 DAY OFF

DAY 7

Morning

Problem of the Day
Cardiac Emergencies
Respiratory Emergencies

Afternoon

Neurological Emergencies
Acute Abdomen

WFR Text Chapters: 11, 23, 24, 25, 29

DAY 8

Morning

Problem of the Day
Bites and Stings
Allergies and Anaphylaxis

Afternoon

Diabetes
Search Scenario
Principles of Search and Rescue/Evacuation

Evening

Mock Rescue

WFR Text Chapters: 21, 26, 28, 35, 36

DAY 9

Morning

Mock Rescue Debrief
Common Problems Wrap-up
Communicable Disease
Poisoning
Lightning

Afternoon

Submersion Incidents
Gender Medical Issues

WFR Text Chapters: 19, 20, 27, 31, 32

DAY 10

Morning

Wilderness Drug and First Aid Kits
Written and Practical Exams
Closing Ceremony

WFR Text Chapters: 37

Textbook: *The Wilderness First Responder* by Buck Tilton