



## **WILDERNESS FIRST RESPONDER COURSE**

Sponsored by *Icelandic Mountain guides and NOLS*  
Wilderness Medicine



**DATES:** May 6<sup>st</sup> – May 15<sup>th</sup> 2019  
**COST:** 165.000 ISK  
**LOCATION:** Malarhöfði 6, 110 Reykjavík, Iceland

### **COURSE DESCRIPTION**

The Wilderness First Responder course is essential if you work or recreate in the outdoors or in other austere environments where access to medical care is delayed or communication is unreliable. It is the industry standard for professional guides, trip leaders, search and rescue team members, outdoor recreationists, and international travelers. Upon completion, you will be able to conduct a thorough physical exam, obtain a patient history, assess vital signs, provide emergency care in the wilderness, and make crucial evacuation decisions. During this fast-paced, engaging course, you will spend half your time practicing skills and participating in realistic scenarios, including a full-scale night mock rescue.

NOLS Wilderness Medicine's nationally recognized curriculum encompasses a wide range of topics including long-term patient care, wound management, selective spine immobilization, reducing dislocations, litter packaging, and epinephrine administration. Dynamic educators who have practiced medicine in both wilderness and urban environments will teach you skills and protocols to step forward in an emergency, and you will finish the intensive 80-hour course with the tools and confidence to manage patients in the backcountry for multiple days.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder, Adult and Child CPR & Airway Management, and Epinephrine Auto-injector.

### **CLASS FORMAT AND PERSONAL PREPAREDNESS**

Check in is at 8:45 a.m. on the first day of the course. Course days run from 9:00 a.m. to 6:00 p.m., with two additional evening sessions. Ten-day courses will include a day off; The class format is classroom lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground playing the role of both rescuer and patient. Frequently stage (mouflage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of comfy shoes or slippers. A 4-hour evening, outdoor mock rescue is part of the curriculum; dress accordingly.

## Packing Checklist

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Headlamp
- ✓ Light day pack
- ✓ Waterproof outerwear top and bottom
- ✓ Light hiking boots or sturdy shoes
- ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions
- ✓ Slippers or comfortable shoes for classroom time (optional)
- ✓ 2 – 3 old towels and/or 2-3 old T-shirts used for padding during splinting.

## COURSE OUTLINE

For the full course outline, visit the WFR course page, scrolling to Section 2 to click on “DOWNLOADS: Course Outline” at: <https://nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/>.

## REGISTRATION AND TUITION PAYMENT

Full payments or a PRO registration is needed up on signing up for the course. Cancellations and refunds are dealt with according to the [terms of payment for IMG Multi-day-Tours](#). Note also that not all WFR/WFR-Recert courses by IMG are confirmed to run. For an update on your course status pls. contact us.

## NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download this agreement and read it carefully as it affects your legal rights:

[https://www.nols.edu/media/filer\\_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi\\_agreement\\_2017\\_january.pdf](https://www.nols.edu/media/filer_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi_agreement_2017_january.pdf)

Bring the two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of NOLS Wilderness Medicine program and are at the sole risk of the participant.

### **Pets**

Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

### **Alcohol and Tobacco**

No alcohol or tobacco is allowed on site.

## CONTINUING EDUCATION

### **EMT Continuing Education**

NOLS Wilderness Medicine is proud to be a Commission on Accreditation of Pre-Hospital Continuing Education (CAPCE) accredited organization. Current EMTs are eligible to receive 48 CEU hours at no additional cost for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course. Please ensure that CAPCE CEUs will be accepted by your State EMS organization.

## **TRAVEL AND DIRECTIONS**

The course is held at Malarhöfði 6, 110 Reykjavík. The house of the Rescue-team, Hjálparsveit Skáta Reykjavík (HSSR). Transport between the down-town of Reykjavík and the course location will be provided for international students. Google maps location: <https://goo.gl/maps/q9P6P3j5L4N2>

## **LODGING AND MEALS**

There are no Meal plans available for this course. For international student's transport from the down-town area to and from the course location will be provided. There is a good selection of restaurants and supermarkets nearby. To connect to others looking for lodging use this link:  
[https://docs.google.com/spreadsheets/d/1UYBy4F-zmKvdSsJNH69kijFFlz\\_LoOMPWEOPEXpSHGw/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1UYBy4F-zmKvdSsJNH69kijFFlz_LoOMPWEOPEXpSHGw/edit?usp=sharing)

## **CONTACT INFORMATION**

Please contact us with any questions or concerns you may have.

### **Course Host – Icelandic Mountain Guides**

*Office Hours: 09:00 – 16:00 GMT*

*Phone: +345 5224981 (Ivar)*

*Email: [ivar@mountainguides.is](mailto:ivar@mountainguides.is)*

*Website: [www.mountainguides.is/](http://www.mountainguides.is/)*

### **NOLS Wilderness Medicine:**

*Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.*

*Phone: (866) 831-9001*

*Email: [wilderness\\_medicine@nols.edu](mailto:wilderness_medicine@nols.edu)*

*Fax: (307) 335-2355*

*Website: <http://www.nols.edu/wilderness-medicine>*