



## WMI WILDERNESS FIRST RESPONDER

Sponsored by Teton Science Schools (TSS)  
and the Wilderness Medicine Institute of NOLS (WMI)

**DATES:** Monday August 5 - Wednesday August 14, 2019  
**COST:** \$955.00 Tuition Only (includes lunches)  
**COST:** \$1635.00 Tuition with meals and lodging  
**LOCATION:** Kelly Campus of Teton Science Schools, Kelly, WY

### 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.

### REGISTRATION/POLICIES

Tuition deposit of \$300 is required to reserve your spot in the course. Balance due 30 days before start date. Tuition is payable by check (with driver's license number), Visa/MasterCard/Discover/AmEx or cash. The tuition fee includes tuition, textbooks, equipment use and continuing education credits. WMI is not obligated to allow any student to attend a course until all WMI & TSS paperwork has been received, reviewed and approved. A full refund will be given if we need to cancel the course for any reason.

### 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, TSS will retain a \$50.00 administrative fee.
- ❖ Within 30 days of the course start date, tuition is non-refundable and non-transferable.

### CONTINUING EDUCATION CREDITS

#### EMT Continuing Education Units

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.

#### Fellowship in the Academy of Wilderness Medicine (FAWM)

Through joint sponsorship with the Wilderness Medical Society active members of WMS may earn up to 55 hours at no additional cost for participation in the Wilderness First Responder course. Learn more about WMS here: <http://www.wms.org>

#### Pre-Course Access to College Credit

The WFR course is pre-approved for three semester hour credits through Western State Colorado University (WSCU) for an additional cost of \$240. Thirty days prior to the NOLS Wilderness Medicine course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from NOLS Wilderness Medicine.

#### On-Course Access to College Credit

The WFR course is pre-approved for three semester hour credits through the University of Utah for an additional cost of \$300. If you are interested in receiving college credit, please inquire with your instructors on the first day of class for the necessary information.

## FORMS REQUIRED FOR PARTICIPATION

Please download this agreement and read it carefully as it affects your legal rights: [WMI STUDENT AGREEMENT](#) (includes Assumption of Risks and Agreements of Release and Indemnity) *FOR MINORS AND ADULTS*. 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.

## CLASS FORMAT & EQUIPMENT

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00 AM – 5:00 PM plus two evening sessions will be scheduled. Saturday is a day off. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required for all classes. Scenarios and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for lying on the potentially wet, muddy, snowy and/or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the realism of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slippers and a camp-type chair. A 4-hour evening, outdoor mock rescue is part of the curriculum; dress accordingly. Departure is after class on Wednesday.

Please come equipped with: a light day pack, notebook and pencil or pen, sunglasses and hat, clothing layers that allow you to be comfortable in a variety of weather conditions, water bottle, waterproof outerwear top and bottom, light hiking boots or sturdy shoes, headlamp and a watch with a seconds reference. (Optional: Slippers and camp chair for classroom time.) A 4-hour evening, outdoor mock rescue is part of the curriculum, so please dress accordingly.

❖ Students staying on campus will also need to bring a sleeping bag and sheet for underneath it, pillowcase, towels and personal items. Departure is after class on Wednesday.

## ARRIVALS AND DEPARTURES

**Participants staying off campus** should arrive at 7:45 AM on Monday. Class will run from 8 AM – 5 PM Monday-Friday and Sunday-Wednesday, with 2 evening sessions; Saturday is a day off. Tuition includes lunches on class days. Departure is after class on Wednesday, at 5 PM.

**Participants staying on campus must be at least 18 years of age & should arrive on campus on Sunday between 6-9 PM. Dinner is not available on site that night.** Meals from breakfast on Monday through lunch on the last day of class and 10 nights lodging are included in course fee. Departure is after class on Wednesday. There are several taxi companies in the Jackson area. For complete transportation information, you may contact the Jackson Chamber of Commerce on the internet at [www.jacksonholechamber.com](http://www.jacksonholechamber.com) or 307-733-3316.

## TRAVEL DIRECTIONS

Our Kelly Campus is located at 1 Ditch Creek Rd, Kelly, WY. **Please do not confuse this location with the Jackson Campus.** Parking at Kelly Campus is in the visitor lot, first lot on the left. Travel directions attached.

## COURSE POLICIES

**PETS ARE NOT ALLOWED AT THE COURSE SITES. THIS INCLUDES LEASHING THEM OUTSIDE OR KEEPING THEM IN YOUR VEHICLE. 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.

All participants may 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**. TSS is not responsible for participants at any time.

All staff and participants are expected to assist with daily chores such as meal service and cleanup, tidying classroom/living space and weekly "Hands to Work" cleanup. TSS does not maintain a nut free food environment.

**NO SMOKING OR ALCOHOL OR WEAPONS ARE ALLOWED ON SITE**

## CONTACT INFORMATION

Please contact us with any questions or concerns you may have. TSS office hours are Monday - Friday, 8:00 AM - 4:30 PM Mountain Time. Phone: 307-734-3707 or Email: [registrar@tetonscience.org](mailto:registrar@tetonscience.org) [www.tetonscience.org](http://www.tetonscience.org)

Specific course related questions should be directed to NOLS Wilderness Medicine, 284 Lincoln St, Lander, WY 82520  
toll free phone: 866-831-9001 fax: 307-335-2355 email: [wmi@nols.edu](mailto:wmi@nols.edu) website: <http://nols.edu/wmi>

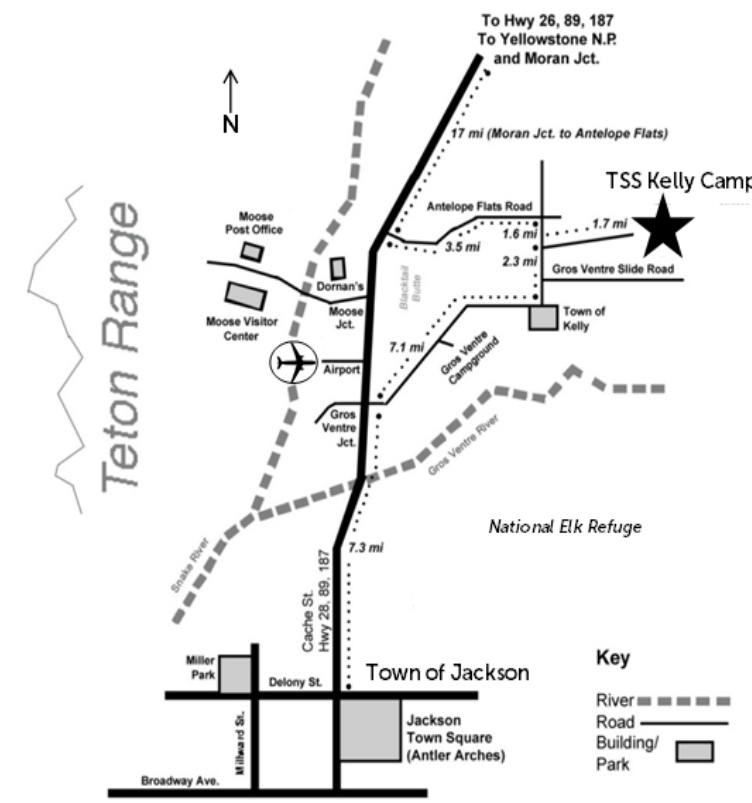
# Getting to Jackson Hole, WY

**By Air:** Jackson Hole Airport (JAC) is 20 minutes from our campus and is serviced by American, Delta, Skywest, and United. You may also want to check rates and availability through Salt Lake City, Utah (a five hour drive to Jackson) or Idaho Falls, Idaho (two hour drive).

**Car Rental:** If you plan on renting a car before, during or after the course, Alamo, Avis and Hertz are available at the Jackson Hole airport. We recommend you make your car rental reservation in advance of the course.

**By Car or Bus:** If you are driving to Jackson Hole, there is free parking at the campus.

## Driving Directions to the Kelly Campus:



1 Ditch Creek Rd, Kelly, WY 83011

### From the north:

From Highway 26/89/187, turn LEFT onto Antelope Flats Road\*. If you go as far as Moose Junction (Park Headquarters), you have gone too far. Once on Antelope Flats Road, drive approx. 3.5 miles to a crossroad and turn RIGHT. After approx. 1.6 miles you will come to the Teton Science Schools turnoff. There will be a small sign on the right. Turn LEFT. The school is approx. 1.7 miles up this road.

### From the south:

From Highway 26/89/187, turn RIGHT onto the Gros Ventre Road almost immediately after crossing the Gros Ventre River. After approx. 7.1 miles you will see the town of Kelly (don't blink!) and the road will take a sharp turn to the left. From here it is approx. 2.3 miles to the turnoff for the Kelly Campus of the Teton Science Schools, marked by a small sign on the left. Turn RIGHT onto the school road and travel approx. 1.7 miles to our buildings.

\*Antelope Flats Road is closed during the winter. If Antelope Flats Road is closed, continue south on Highway 26/89/187 for approx. 6.7 miles. Turn LEFT onto Gros Ventre Road and then follow the directions above for arriving from the South.



# NOLS Wilderness Medicine

## Wilderness First Responder Course Schedule

### DAY 1

#### Morning

Introductions: Wilderness vs. Urban  
Patient Assessment System

#### Afternoon

Patient Assessment System  
Documentation  
*Readings: Ch 1*

### DAY 2

#### Morning

Spinal Cord Injury  
Lifting and Moving  
Spinal Protection & Litter Packaging

#### Afternoon

Chest Injury  
Shock  
*Readings: Ch 2, 3, 4*

### DAY 3

#### Morning

Focused Spine Assessment  
Head Injury

#### Afternoon

Athletic Injury  
Fracture Management

#### Evening

Dislocations  
*Readings: Ch 4, 5, 6*

### DAY 4

#### Morning

Wilderness Wound Management

#### Afternoon

Hypothermia, Frostbite and Non-Freezing Cold Injury  
Heat and Hydration  
*Readings: Ch 7, 8, 9, 10, 23*

### DAY 5

#### Morning

Altitude Illness  
Bites and Stings

#### Afternoon

Lightning  
Submersion  
Leadership, Teamwork, Communication  
Stress First Aid  
*Readings: Ch 11, 12, 13, 14, 26*

### DAY 6 - DAY OFF

### DAY 7

#### Morning

Cardiac  
CPR

#### Afternoon

CPR  
Respiratory  
Altered Mental Status  
*Readings: Ch 17, 19*

### DAY 8

#### Morning

Acute Abdomen  
Allergies and Anaphylaxis

#### Afternoon

Diabetes  
SAR, Evac and Emergency Plans

#### Evening

Mock Rescue  
*Readings: Ch 16, 18, 19, Appendix B*

### DAY 9

#### Morning

Decision-making  
Mental Health  
Urinary and Reproductive

#### Afternoon

Poisoning  
Communicable Disease  
Medical Legal  
*Readings: Ch 12, 20, 21, 22, 27, 28, 29*

### DAY 10

#### Morning

Common Problems Wrap-up  
Wilderness Drug and First Aid Kits  
Pain Management in the Wilderness  
Written and Practical Exams  
*Readings: Ch 24, 25, Appendix A*

#### Afternoon

Written and Practical Exams  
Closing Ceremony

Textbook: NOLS Wilderness Medicine