

WILDERNESS FIRST RESPONDER COURSE

Sponsored by BHSU Outdoor Program and NOLS Wilderness Medicine

DATES: *March 2-10, 2019 (9 straight days)*

COST: *\$700 for current BHSU Outdoor Education students; \$750 for all others*

LOCATION: *Black Hills State University, Spearfish, SD*



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 7:45 a.m. on the first day of the course. Course days run from 8:00 a.m. to 5:00 p.m. for nine straight days (including weekend days) and two evenings sessions (typically Monday and Friday). There are no days 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 indoor comfy shoes and a camp chair. 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
- ✓ 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

COURSE OUTLINE

For the full course outline, visit the WFR course page: www.nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/

REGISTRATION

1. **Complete the Course Registration Form:** www.BHSU.edu/OERRegister
2. **Pay the Course Registration Fee:** \$700 for current BHSU Outdoor Education students; \$750 for all others at <http://emarket.bhsu.edu/>. A \$300 deposit holds your spot in the course; full payment is due two weeks prior to start of course.

Your payment includes instruction, handouts, a field pocket-guide, equipment use, and certification. A full refund will be given if we need to cancel the course for any reason.

Course Registration Fee is non-transferable and covers textbooks, syllabus, course equipment, and certification cards. BHSU and NOLS are not obligated to allow any student to attend the course until all NOLS and BHSU paperwork has been received, reviewed, and approved by NOLS and BHSU.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

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

<https://www.nols.edu/en/filer/public/1481683959/906/>. 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. 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 the NOLS Wilderness Medicine program and are at the sole risk of the participant.

NOLS WILDERNESS MEDICINE POLICIES

Cancellations

If you cancel or withdraw from a course:

- Greater than or equal to 30 days prior to the course start date, BHSU will retain a \$35.00 administrative fee. The remainder of registration fees collected to date will be refunded.
- Within 30 days of the course start date, WFA registration is non-refundable and non-transferable.
- Once the course begins, no refunds will be awarded. All course registrations are non-transferable.

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 outside of your personal vehicle.

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 70 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. Also, 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: www.wms.org

COLLEGE CREDITS

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.

BHSU Student Access to College Credit

The WFR course is pre-approved for three semester hours of credit through the Black Hills State University for currently enrolled students for \$120 (\$40/credit). To sign up for college credit, students complete a one-page registration form and submit cash, check or money order (no credit cards; there's an ATM in the lobby) for \$120 made out to "BHSU" the first day of the course. We also accept cash. BHSU students that wish the credits to appear on their spring transcript and count towards financial aid must register and pay the course registration fee and credit fee by December 15, 2018.

STUDENT LOGISTICS

Meals and Lodging

Meals and lodging are not offered for this course. The Spearfish Chamber of Commerce has an excellent listing of area accommodations (motels, resorts, cabins, campgrounds). You may view these at

<https://business.spearfishchamber.org/list/category/lodging-1076> or call the Chamber of Commerce at 1-800-626-8013.

Location

The course will be held in the Donald Young Center on the Campus of Black Hills State University in classroom 214 and outdoors on campus. Directions and a map can be viewed on the BHSU website: <http://www.bhsu.edu/About-BHSU/Campus-Map>. Enter by any of the entrances and proceed to the second floor, following the signs to the classroom.

CONTACT INFORMATION

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

Course Host



Contact: Chris McCart, BHSU Outdoor Education Program Coordinator
Office Phone: 605-642-6027
Email: Christine.McCart@BHSU.edu
Website: www.bhsu.edu/outdoored/

NOLS Wilderness Medicine:



Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.
Phone: (866) 831-9001
Fax: (307) 335-2355
Email: wilderness_medicine@nols.edu
Website: www.nols.edu/wilderness-medicine