



WILDERNESS FIRST RESPONDER

Hosted by Idaho Rescue Training
Taught by NOLS Wilderness Medicine



DATES: March 16-24, 2019

COST: \$745. \$300 Deposit required

LOCATION: Riverstone International School
5521 E Warm Springs Ave, Boise, ID 83716

COURSE DESCRIPTION

Essential for anyone who spends a significant amount of time in remote places, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. During this fast-paced, engaging course, you will spend half your time outside of the classroom in realistic scenarios, including a full-scale night mock rescue. The nationally recognized NOLS Wilderness Medicine curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. The intensive 80-hour curriculum is delivered by dynamic educators who have practiced medicine in both wilderness and urban environments. You will leave this course with the tools and confidence to manage patients in the backcountry for multiple days. This 9-day course is ideal for all professionals operating in remote environments. NOLS Wilderness Medicine Adult and Child CPR certification is included.

CLASS FORMAT AND EQUIPMENT

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm, plus two evening sessions (days 3 and 8). We will take a 1-hour lunch break daily from roughly Noon-1pm. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios. Attendance is required for all scheduled classes. Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on potentially wet, 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 reality of a scenario. Generally, the classroom environment lends itself to a pair of comfy shoes/slipper and a camp-type chair.

You will need: a large daypack with multiple layers, water bottle, waterproof top and bottoms, sturdy boots, head lamp or flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so dress accordingly.

EMT TO WILDERNESS EMT UPGRADE

This course can be used for all current EMT's to upgrade to a Wilderness EMT. Students currently holding an EMT certification should bring a copy of their current certification with them to class and will be issued a WEMT card upon successful completion of the course. EMT's can also use this class for CEU's.

REGISTRATION/POLICIES

A deposit of \$300 is required to reserve a space in the course. Full tuition balance is due one month prior to the first day of class. The tuition fee covers textbooks, syllabus, equipment and certifications. NOLS Wilderness Medicine is not obligated to allow any student to attend a course until all NOLS Wilderness Medicine paperwork has been received, reviewed and approved by NOLS Wilderness Medicine. A full refund will be given if we need to cancel the course for any reason.

Please submit deposit at least 30 days prior to course start. Full tuition is due to register within 30 days of course start date.

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, Idaho Rescue Training will retain a \$50.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, the course deposit is non-refundable and non-transferable.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

(Including Assumption of Risks and Agreements of Release and Indemnity)

Please download this agreement at <https://www.nols.edu/en/filer/public/1481683959/906/> and read it carefully as it affects your legal rights. 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 the NOLS Wilderness Medicine program and are at the sole risk of the participant.

CONTINUING EDUCATION AND COLLEGE CREDIT

NOLS Wilderness Medicine is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course.

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 \$165. 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. If you are interested in receiving college credit, please inquire with your instructors on the first day of class for the necessary information.

TRAVEL/DIRECTIONS

Class will be held at the Riverstone International School, 5521 E Warm Springs Ave, Boise, ID 83716. There is plenty of free parking on-site.

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 off the site.

LODGING

There is no meal and lodging package available for this course. There are many hotels and camping opportunities around Boise.

Please contact Paul Holle with any questions.

208-720-8437

paul_holle@nols.edu



NOLS Wilderness Medicine Institute

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 Immobilization & Litter Packaging

Afternoon

Chest Injury
Shock

Readings: Ch 2, 3, 4

DAY 3

Morning

Focused Spinal 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

Textbook: NOLS Wilderness Medicine

DAY 6

Morning

Cardiac
CPR

Afternoon

CPR
Respiratory
Altered Mental Status

Readings: Ch 17, 19

DAY 7

Morning

Acute Abdomen
Allergies and Anaphylaxis

Afternoon

Diabetes
SAR, Evac and Emergency Plans

Evening

Mock Rescue

Readings: Ch 16, 18, 19, Appendix B

DAY 8

Morning

Decision-making
Mental Health
Urinary and Reproductive

Afternoon

Poisoning
Communicable Disease
Medical Legal

Readings: Ch 12, 20, 21, 22, 27, 28, 29

DAY 9

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