

## **WILDERNESS FIRST RESPONDER COURSE**

Sponsored by Ready SF and NOLS Wilderness Medicine

**DATES:** January 2-11, 2019  
**COST:** \$785 Tuition Only  
**LOCATION:** Planet Granite, 924 Old Mason St.  
San Francisco, CA 94129



### **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., with two additional evening sessions. Ten-day courses will include a day off; nine-day courses will not. 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 (moulage) 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 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
- 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)
- Camp chair for classroom time (optional)

## **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**

A deposit of \$300 is required to reserve your spot on the course. The balance of tuition is due two weeks prior to the first day of the course. You can pay your balance online at <https://www.nols.edu/portal/account/login/> (we accept Visa or Mastercard), by calling the NOLS Wilderness Medicine office with credit card information, or by mailing a check (with driver's license number).

The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits. A full refund will be given if we need to cancel the course for any reason.

**Course Cost:               \$785**  
**Less Deposit:             \$300 (due at time of registration)**  
**Your balance due:       \$485 (due two weeks prior to the first day of the course)**

## **NOLS WILDERNESS MEDICINE STUDENT AGREEMENT**

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

[Student Agreement](#)

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.

## **PLANET GRANITE WAIVER**

Waiver must be signed and students must have government issued ID with them at start of class. Waiver can be signed online here: <https://www.smartwaiver.com/w/5a90499aed788/web/>. You must also watch a [short video](#). It is the gym's policy. Thanks for doing this.

## **NOLS WILDERNESS MEDICINE POLICIES**

### **Cancellations**

If you cancel or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date, NOLS Wilderness Medicine will retain a \$35.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, tuition is non-refundable and non-transferable as per the following:
  - WFA, WFR-R, WMPP – loss of full tuition.
  - WFR, WAFA, WUMP – loss of course deposit.
- 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 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 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. 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/>

## **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.

### **STUDENT LOGISTICS**

**Travel & Directions:** The classroom is located at: Planet Granite Climbing Gym in San Francisco [http://www.planetgranite.com/locations/sanfrancisco/sf\\_faq.php](http://www.planetgranite.com/locations/sanfrancisco/sf_faq.php)

From 101, Van Ness Ave, Going North Travel on 101 Northbound, or Van Ness Avenue. Turn left onto Lombard Street. The road will veer right onto Richardson Ave, there is a sign for the Golden Gate Bridge. Get in the left lane on Richardson Turn left towards "The Presidio"(\*this is a new exit and not on most maps), 200 yards Turn right on Gorgas Ave, 200 yards Turn left on Mason Street, 800 yards We are located on the left.

From 280, 19th Ave, Park Presidio, Going North Travel North on Highway 1. Enter the Presidio on Park Presidio and go through the tunnel. Get in the right lane (very important or you'll drive across the bridge!) Follow the directions to the Golden Gate Bridge As soon as you see the toll booth, take the "Last San Francisco Exit", 100 yards Turn right on the Vista Access Road, 50 yards Turn left on Lincoln Blvd, 0.5 miles Turn left on McDowell Ave, 100 yards Turn left on Crissy Field Ave, 100 yards Go back under Doyle Drive, 100 yards Turn right towards Crissy Field and then immediately left onto Mason Street. We are located on your left.

From the Golden Gate Bridge Cross the Golden Gate Bridge, Go through the right toll booth Turn right, 50 yards past the toll booth. Go straight, 200 yards Turn left on Lincoln Blvd, 0.5 miles Turn left on McDowell Ave, 100 yards Turn left on Crissy Field Ave, 100 yards Go back under Doyle Drive, 100 yards Turn right towards Crissy Field and then immediately left onto Mason Street. We are located on your left.

For those looking to utilize public transportation check out 511.org to see how to best get to Planet Granite from your location.

**Meals and Lodging:** There is not a meals and lodging option for this course.

Hotels can be found at [www.hotels.com](http://www.hotels.com) or other travel websites. There are many motels in the Lombard Street area that are close to the course. There is a youth hostel in Fort Mason (Fort Mason Youth Hostel) that is 1.5 miles from the classroom.

## **CONTACT INFORMATION**

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

### **Course Sponsor:**

*Email:*            [yacubian@readysf.com](mailto:yacubian@readysf.com)

*Website:*        <http://readysf.com>

### **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>