

# WILDERNESS FIRST RESPONDER (WFR) RE-CERTIFICATION COURSE

Sponsored by:

*The University of Utah,  
Center for Emergency Programs,  
Remote Rescue Training  
&  
NOLS Wilderness Medicine*



**DATES:** March 1-3, 2019  
**COST:** \$335 Tuition only  
**LOCATION:** University of Utah, Salt Lake City, UT

## **COURSE DESCRIPTION**

Review, practice, and stay on top of your skills with NOLS Wilderness Medicine's Wilderness First Responder Recertification Course. This scenario-based approach to recertification provides you the opportunity to test your skills against realistic situations. You will practice and relearn wilderness medicine protocols, review evacuation and decision making guidelines, and receive the latest updates in wilderness medicine over the course of three days.

You are required to complete both written and practical testing to recertify on this Recertification course. To achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials. Please come prepared. These online resources will assist you: <https://nols.edu/en/resources/wilderness-medicine-resources/>

Upon successful course completion, dependent on your current certification, you will earn the following NOLS Wilderness Medicine certifications: Wilderness Advanced First Aid/Wilderness First Responder/Wilderness EMT, 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. Attendance is required at all classes. The course consists of demonstrations, a few short lectures, skills practice sessions, and many practical scenarios. 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 blood and make-up (moulage) 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.

### **Packing Checklist**

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Light day pack

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- ✓ 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 Recertification course page, scrolling to Section 3 to click on “DOWNLOADS: Course Outline” at: <https://nols.edu/en/coursefinder/courses/wilderness-first-responder-recertification-WFRR/>.

## **WFR/WEMT/WAFA RECERTIFICATION REQUIREMENTS**

### *NOLS Wilderness Medicine Graduates*

NOLS Wilderness Medicine certification holders will be afforded a one-year period after expiration within which to recertify. This one-year re-entry period is only offered to those certified through NOLS Wilderness Medicine. Enrolled students must bring their certification card to the course so that the instructor can verify the expiration date.

### *Graduates From Other Wilderness Medicine Providers*

NOLS Wilderness Medicine welcomes eligible graduates from other providers to recertify on our Wilderness First Responder Recertification course. To be eligible for recertification you must possess a current (unexpired) WAFA certification, WFR certification from a provider whose WFR course is a minimum of 70 hours, or WEMT certification.

There is no re-entry period once your certification expires. It is your responsibility to make sure your certification meets this standard. If you are unsure, please contact NOLS Wilderness Medicine to verify your certification qualifies before enrolling in a course.

Students certified by other wilderness medicine providers are required to submit a photocopy of their unexpired certification card on the first day of the course. We cannot issue you a new card until we have verified your previous training.

Students recertifying the wilderness portion of their WEMT certification must submit a photocopy of their current EMT card on course.

## **REGISTRATION AND TUITION PAYMENT**

Tuition payment in full is required to reserve your spot in the course. Pay your tuition online (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) to NOLS. 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.

## **CANCELLATION AND REFUND POLICY**

All course payments and deposits are subject to the NOLS Wilderness Medicine refund and cancellation policy. If you cancel or withdraw from a course greater than or equal to 30 days prior to the course starting date, you will forfeit a \$35.00 administrative fee and the remainder of tuition collected to date will be refunded. Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable.

## **NOLS STUDENT AGREEMENT**

Please download this agreement and read it very carefully as it affects your legal rights: [www.nols.edu/en/filer/public/1481683959/906/](http://www.nols.edu/en/filer/public/1481683959/906/)

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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.

### **CONTINUING EDUCATION CREDITS FOR EMTS**

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 18 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. EMT certification is NOT a prerequisite for this class.

### **TRAVEL, DIRECTIONS AND PARKING INFO**

The course will meet in room 2090 or 2102 (we cannot schedule far in advance but the rooms are right around the corner from each other), Annex Building, Wing C, at the University of Utah, Salt Lake City Campus (1901 E. South Campus Drive, Salt Lake City, UT 84112).

There is a Trax station (the local train system, [www.rideuta.com/](http://www.rideuta.com/)) at the classroom building- Fort Douglas stop.

*Driving from I-80:* Take exit 129. Head north on Foothill Dr. for 3.4 miles.

Turn right onto Mario Capecchi and go 0.4 miles.

Turn left onto East South Campus Drive and make the first right hand turn (100 meters).

*Driving from I-15 Southbound:* Take exit 307. Head east on 400 South for 2.9 miles.

400 South merges into 500 South. Continue on 500 South for another 1.3 miles.

Turn left onto Mario Capecchi and go 0.4 miles.

Turn left onto East South Campus Drive and make the first right hand turn (100 meters).

\* About 10-15 minutes from I-80 or I-15, although traffic may cause delays during rush hour.

Parking on campus on weekdays requires a parking permit. Permits may be purchased ahead of time online at <https://utah.t2hosted.com/cmnn/index.aspx> or are available at the Commuter Services office in the Annex. "U" permits cost \$5/day and a "U" lot is located across the street to the SE. Night and weekend parking is free. Plan to arrive 15 minutes early if you need to purchase a parking permit: park in front of Commuter Services in a red metered loading zone spot and push the button for 20 minutes free parking while you go inside to get your permit.

Go to <https://map.utah.edu> for a campus map. Use the drop-down menus at the top to search for the Annex and to show "U" parking areas.

### **LODGING, MEALS AND RECREATION**

There are no room and board packages available for this course. Salt Lake City host many hotels with prices in all budgets. The U of U Guest House ([www.guesthouse.utah.edu/](http://www.guesthouse.utah.edu/) or 801-587-1000) is a short walk from the classroom and provides the most convenient lodging. Any hotel in Salt Lake City near the University Trax line will make for an easy commute. There is no camping within the area of the course.

The honors residential building immediately next door has a cafeteria that is open 7 days a week. There are a few other options for lunches within easy walking distance on campus or we recommend that you bring a lunch.

The Bonneville Shoreline Trail is a recreation area within walking distance from the classroom and the University Guest House. This area allows for great trail running, hiking and mountain biking. The Wasatch Mountain Range hold world-class recreation of all sorts, including climbing, skiing/riding, mountain biking, trail running etc.

These areas are all within a 15-minute drive of the course location.

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## COURSE POLICIES

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.

NO ALCOHOL OR TOBACCO IS ALLOWED ON-SITE. The University of Utah is a dry, tobacco-free campus. Drinking or storage of alcoholic beverages may result in dismissal from campus, and thus the inability to complete the course, with NO REFUND.

FIREARMS OR OTHER WEAPONS ARE NOT ALLOWED ON NOLS COURSES.

## ABOUT THE HOST

The Center for Emergency Programs is part of the University of Utah Department of [Health, Kinesiology, and Recreation](#) and trains over 1200 people per year. We provide training in pre-hospital emergency medical care, disaster paramedic, and technical wilderness rescue. Classes range from basic CPR through EMT and can be taken for University credit, non-credit or certification.

Undergraduates in the [Remote Rescue](#) program receive a Bachelor of Science in Health, Kinesiology and Recreation with an emphasis in Emergency Medical Services and a Wilderness Rescue interest area. Classes include Fundamentals of Search and Rescue, High-Angle Rope Rescue, Swiftwater Rescue, Avalanche Rescue, EMS in Challenging Environments and more.

Classes are offered every semester following the academic calendar as well as in short formats. Remote Rescue classes can be offered by contract at your facility and according to your schedule.

## CONTACT INFORMATION

We hope this information is helpful. Please contact us with any questions or concerns you may have.

### *Host:*

University of Utah, Center for Emergency Programs (UUCEP)

Office: (801)-581-4512

Websites: UUCEP: [www.UUCEP.org](http://www.UUCEP.org)

(801)-581-3785

Remote Rescue Training: [www.RemoteRescueTraining.com](http://www.RemoteRescueTraining.com)

Email: [UUCEP@utah.edu](mailto:UUCEP@utah.edu)

[Rescue@utah.edu](mailto:Rescue@utah.edu)

### *NOLS Wilderness Medicine:*

Office hours are Monday - Friday, 9:00am - 5:00pm Mountain Time.

Phone: 866-831-9001

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

FAX: 307-335-2355

Web site: <http://www.nols.edu/wilderness-medicine>

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