

WILDERNESS FIRST RESPONDER (WFR) COURSE

Sponsored by:

*The University of Utah,
Center for Emergency Programs,
Remote Rescue Training*

&

NOLS Wilderness Medicine



DATES: March 8-17, 2019
COST: \$765 Tuition only
LOCATION: University of Utah, Salt Lake City

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 blood and make-up (mouflage) 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.

*Remote Rescue Training * Center for
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* ph 801-581-4512 *
www.RemoteRescueTraining.com*



*NOLS Wilderness Medicine
Lander, WY
ph 866-831-9001
fax 307-335-2355
www.nols.edu/wilderness-medicine*

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 a space in 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.

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 prior to the course start date, your tuition is non-refundable and non-transferable; cancellations will result in the loss of course deposit. Once the course has begun, the full 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: <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.

COLLEGE CREDIT

The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost of \$300.00. If interested, please check with the instructors on the first day of class for the necessary information and to register. For more information, visit <http://www.health.utah.edu/health-promotion/uucep/training/remote-rescue-training/wilderness-medicine.php#Credit>.

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EMT CONTINUING EDUCATION UNITS (CEU'S)

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. EMT certification is NOT a prerequisite for this course.

CONTINUING EDUCATION CREDITS FOR THE 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 the WMS here: <http://www.wms.org/>

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/) 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/cmnh/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/ 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:

(801)-581-3785

UUCEP: www.UUCEP.org

Fax: (801) 585-3646

Remote Rescue Training: www.RemoteRescueTraining.com

Email: UUCEP@utah.edu

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

FAX: 307-335-2355

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

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Wilderness First Responder Course Schedule

November 2016

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 (No day off for 9-Day Format)

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