



WILDERNESS FIRST RESPONDER COURSE SSRA 242A and SSRA 242B

WILDERNESS FIRST RESPONDER COURSE

Sponsored by **Whitman College Outdoor Program** and NOLS Wilderness Medicine



DATES: *January 4-13, 2019*
COST: Whitman: \$650, Community: \$775
DEPOSIT: \$400 for Community registration
LOCATION: Whitman College, *Walla Walla, WA*

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 do 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 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
- ✓ 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:

www.nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/

REGISTRATION AND PAYMENT

Whitman Students: The registrar's office will handle all Whitman student registrations for this class. Whitman students can register any time during the fall semester for this class (**SSRA 242A and SSRA 242B**) with the registrar's office since this class will occur in January before the spring semester begins. Registration is handled on a first come first served basis. **Make sure to register for the correct section! There are 2 courses in January and 1 in March!**

Community Members/Non-Whitman Students: There are several spaces reserved for non Whitman students for the January WFR courses. If spaces remain available after student registration takes place, non Whitman student registration will remain open until all spots are filled. Registration for these spaces is handled by the Whitman College Outdoor Program Rental Shop on a first come first served basis. Call 509-527-5965 or email Lish Riley at rileyab@whitman.edu for more info.

A deposit of \$400.00 is required to reserve a space in the course. Tuition balance is due by the first day of the course and is payable by check, credit card (*Visa/MasterCard*), or cash. Checks made out to: '**Whitman College Outdoor Program**'.

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: \$775 general public
Less Deposit: \$400 (due at time of registration)
Your balance due: \$375 general public

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 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:
 - WFR, WAFA – 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, Tobacco, Firearms

No alcohol or tobacco is allowed on site. You may not bring firearms or other weapons on a NOLS course.

CONTINUING EDUCATION

Whitman Students: Whitman students will receive 2 credit hours of SSRA activity course credit for this course when they register through the normal Whitman class registration process. Since this is a “credit class”; **Whitman students are required to be on time and to attend all class sessions or credit will not be granted.** Contact the OP Director if you have questions.

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.

STUDENT LOGISTICS

Meals and Lodging

Whitman students:

The residence halls are closed during Winter Break and you will need to find your own lodging off campus. Students normally talk to upperclassmen that have an apartment or house off campus and make arrangements on their own. You can also get a list of fellow students enrolled in the class from the OP Director to see if anyone else in the WFR course can help you with lodging. Residence Life may choose to make on campus housing options available upon request. If you are searching for on campus housing options, contact the Residence Life office to see what options exist as soon as you can.

Non-Whitman students:

There is no lodging provided for the January WFR courses.

Walla Walla has many hotel, bed and breakfast, and airbnb options. Some hotels that are close include the following, but there are many others:

Walla Walla Vineyard Inn (509) 529-4360

Travel Lodge (509) 529-4940

La Quinta, 776 Silverstone Dr (509) 394-8815

PLACES TO EAT

There is no meal plan for this course. A few favorite places to eat include:

Graze 5 S Colville St, Walla Walla, (excellent sandwiches, salads, and paninis)

Olive 21 E Main St, Walla Walla, (lunch/dinner menu, pizza, sandwiches, desserts,)

La Monarcha Taco Truck #1 Parked at the corner of West Rose Street and 11th Ave

La Monarcha Taco Truck #2 Parked on Isaacs Ave in the NAPA Auto Parts Parking Lot

Taququeria Yungapeti 320 S 9th Ave (Taco truck food in an indoor setting)

Thai Ploy Spokane St. , Walla Walla, WA, 99362 (good Thai food, no reservation needed)

Soi 71: Thai Noodle House 119 W Alder St (509) 876-8886 (really good thai food)

Colville Street Patisserie 40 S. Colville 509-301-7289 (Great desserts)

The Green Lantern 1606 E Isaacs Ave 509-525-6303 (Great fish tacos and full menu)

Walla Walla Indian Cuisine 12 E Main St. Walla Walla 509-524-9191

Travel

From the West: Take Route 12 to Walla Walla. Take the Clinton Street exit, continue straight through the light at Isaacs and after 3 blocks you will come to Boyer Ave. Turn right on Boyer Ave, drive 4 more blocks to Park Street. The Reid Campus Center is the large brick building on the Southwest corner of the intersection of Boyer and Park Street. The Ballroom is on the main floor. The address is 345 Boyer Ave, Walla Walla, WA, 99362.

From the South: Take Route 125 until you intersect Route 12, and then follow the directions above.

The Outdoor Program Rental Shop is located in the basement of the Reid Campus Center next to the Post Office.

CONTACT INFORMATION

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

Course Host

Course Host

We want everyone to enjoy the course and their stay. Please feel free to contact us for assistance.

Brien Sheedy
Whitman College
Outdoor Program Director
sheedybr@whitman.edu
509-522-4395 (Work)
509-386-4375 (Cell)

Stuart Chapin
Whitman College
Assistant Director
chapins@whitman.edu
509-527-5791 (work)
509-3014364 (Cell)

Alicia "Lish" Riley
Whitman College
Rental Shop Manager
rileyab@whitman.edu
509-527-5965 (work)

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