
WILDERNESS FIRST RESPONDER COURSE

Sponsored by *Colorado College Outdoor Education* and NOLS Wilderness Medicine

DATES: January 7 - 16, 2019
COST: \$685.00 (CC Students)
\$715.00 (Non-CC Students / Community Registration)
LOCATION: Colorado College - Colorado Springs, CO
South Commons, South Hall



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
- ✓ Comfortable shoes for classroom time (opt)
- ✓ 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

Registration on SUMMIT is required for the Wilderness First Responder course. Once you have signed up on SUMMIT, you are committed to taking the course and will be charged the cost of the course tuition regardless of whether or not you complete the course. The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits. THE COURSE TUITION IS NON-REFUNDABLE. If, for any reason, you cannot attend the course, you must find a replacement for your spot at least 30 days prior to the start of the course. A full refund will be given if we need to cancel the course for any reason.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download this agreement and read it 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 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.

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 48 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

- Meals and Lodging

There are no meals and lodging packages available for this course. You are encouraged to make your arrangements in advance of the course date. Feel free to contact the sponsor for lodging suggestions.

- Travel

The course will take place at: Colorado College - Colorado Springs, CO
(See the Map Below) South Commons – South Hall
130 E. Cache La Poudre St
Colorado Springs, CO

Contact Rachael Abler for more specific directions or if you have problems finding the course location.
Office: 719-389-6803 Cell: 810-937-9697.

CONTACT INFORMATION

Please contact us with any questions or concerns you may have. The Outdoor Education Center's regular office hours are Monday - Friday, 9:00am - 5:00pm (MST). Please note: starting December 20, 2018 – our office will be closed until January 7th for Winter Break. During this time we will be checking our email intermittently.

Course Host

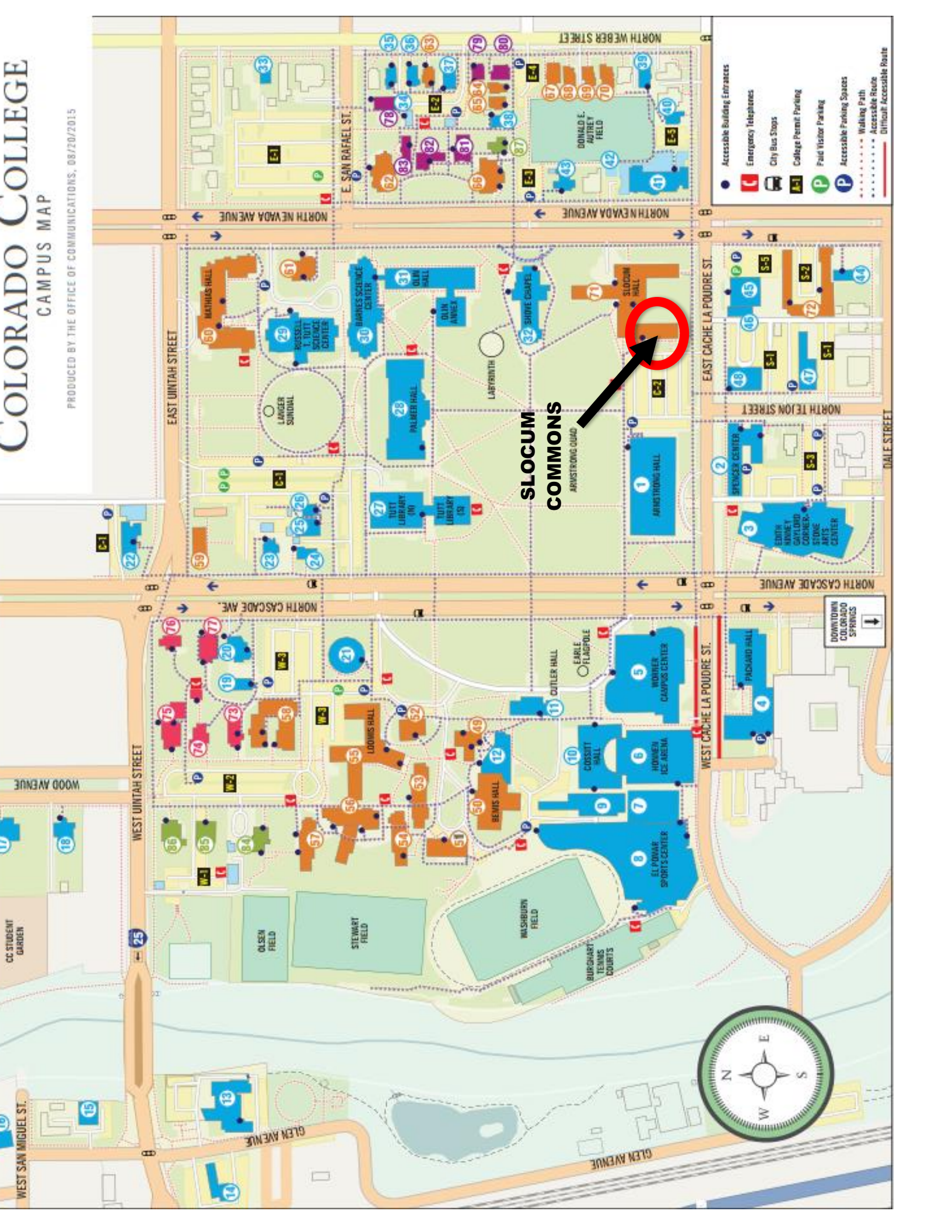
Rachael B. Abler
Outdoor Education Specialist
Phone: 719.389.6803
Email: rachael.abler@coloradocollege.edu.edu

NOLS Wilderness Medicine:

Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.
Phone: (866) 831-9001
Email: wilderness_medicine@nols.edu
Fax: (307) 335-2355
Website: <http://www.nols.edu/wilderness-medicine>

COLORADO COLLEGE CAMPUS MAP

PRODUCED BY THE OFFICE OF COMMUNICATIONS, 08/20/2015



SLOCUM COMMONS



DOWNTOWN
COLORADO
SPRINGS

- Accessible Building Entrances
- Emergency Telephones
- City Bus Stops
- College Permit Parking
- Paid Visitor Parking
- Accessible Parking Spaces
- Walking Path
- Accessible Route
- Difficult Accessible Route

ACADEMIC & ADMINISTRATIVE FACILITIES

- 1. Armstrong Hall**
Armstrong Great Hall; Kathryn Mohrman Theatre; Max Kade Theatre;
Departments: English; French and Italian; German, Russian, and East Asian Languages; Philosophy; Religion; Spanish; **Offices:** Dean of the College and the Faculty; Dean of Students; Accessibility Resources; Collaborative for Community Engagement; Field Study; International Programs; ITS-; Registrar; Student Life; Summer Session; Sustainability
- 2. Spencer Center**
Offices: President; Advancement; Communications; Finance & Administration; Financial Aid; Human Resources; ITS-; Payroll; Purchasing; Student Accounts
- 3. Edith Kinney Gaylord Cornerstone Arts Center**
I.D.E.A. Space; Richard F. Celeste Theatre; **Departments:** Film & Media Studies; Theatre/Dance
- 4. Packard Hall - Seay Library of Music & Art; Departments:** Art; Music
- 5. Lloyd E. Worner Campus Center**
Arts & Crafts Studios; Benjamin's Cafe; Bookstore; Colorado Coffee; Rastall Dining Hall; Student Mail Services; WES Room; **Offices:** The Butler Center; Residential Life and Campus Activities; Gold Card Office; Information Desk; Sexual Assault Response & Prevention Program; Student Organization Offices; Wellness Resource Center
- 6. Honnen Ice Arena**
- 7. Schlessman Natatorium (Pool)**
- 8. El Pomar Sports Center**
Adam F. Press Fitness Center; Auxiliary Gym; Jerry Carle Varsity Strength & Conditioning; Reid Arena; Ritt Kellogg Climbing Gym; Squash & Racquetball Courts; **Departments:** Human Biology and Kinesiology; **Offices:** Athletics and Athletics Marketing
- 9. Williams Central Plant**
- 10. Cossitt Hall**
Cossitt Amphitheatre; Faculty Commons; Women's Soccer Facility;
Departments: Comparative Literature and Classics; Theatre/Dance
- 11. Cutler Hall - Admission**
- 12. Taylor Hall - Press at Colorado College; Taylor Theatre; Student Theatre Workshop**
- 13. Van Briggle Building - Facilities Services**
- 14. Transportation Services**
- 15. Facilities Grounds Shop**
- 16. Facilities Purchasing & Support Services**
- 17. Stewart House - CC Student Garden**
- 18. 1210 Wood Avenue - President's Residence**
- 19. Morreale Carriage House - Innovation Institute**
- 20. Morreale House - Career Center**
- 21. Boettcher Center**
Student Health Center, Counseling, and Student Insurance
- 22. Tutt Alumni House - Alumni Relations**
- 23. Interdisciplinary House (ID House)**
Departments: Asian Studies; Feminist and Gender Studies; Race, Ethnicity, and Migration Studies

24. Derr House - Hulbert Center for Southwest Studies

- 25. Mierow House - Department:** Education
- 26. Gill House**
- 27. Tutt Library**
North Offices: Circulation and Reserves; Interlibrary Loan; ITS: Help Desk; Librarian Offices; Research Desk; **South Offices:** Colket Center for Academic Excellence; *ESL Specialist; Oral Communication Center; Quantitative Reasoning Center (QRC); Reading, Rhetoric and First Year Programs; and Ruth Barton Writing Center;* College Archives and Special Collections; Computer & Advanced Technology Labs; Crown Faculty Center; Learning Commons
- 28. Palmer Hall**
Games Common Room: ITS: GIS Labs; **Departments:** Economics & Business; Geology; History; Political Science; Sociology
- 29. Russell T. Tutt Science Center**
Departments: Environmental Program; Geology; Mathematics & Computer Science; Psychology
- 30. Barnes Science Center**
Departments: Anthropology; Chemistry and Biochemistry; Physics; **Office:** ITS:
- 31. Olin Hall/Olin Annex ("Fishbowl")**
Departments: Molecular Biology; Organismal Biology & Ecology
- 32. Shove Chapel**
Chaplains' Office; Religious & Spiritual Life; Sacred Grounds; campus gatherings
- 33. 1116 N. Weber - Sodexo Custodial Services**
- 34. Student Greenhouse**
- 35. 1028 N. Weber Street - Cutler Publications**
- 36. 1024 N. Weber Street**
- 37. 1014 N. Weber Street**
Offices: Special Senior Status (SSS) Faculty Offices; State of the Rockies Project
- 38. Speech and Debate House**
- 39. KRCC Radio**
- 40. Office of Annual Giving and Dialogue Center**
- 41. Cheryl Schlessman Bennett Children's Center**
- 42. 915 N. Nevada - Autrey Field Support Facility**
- 43. 931 N. Nevada - Ahlberg Outdoor Education Center**
- 44. 802 N. Nevada - Student Activities**
- 45. 3D Arts - Art Sculpture Studios**
- 46. Johnson Building - Senior Art Studios**
- 47. Central Services**
Offices: Copy Center; Mail Services; and Print Shop
- 48. 833 N. Tejon - Campus Safety; Campus Parking; CSPD Resource Officer**

RESIDENCE HALLS/HOUSES

- 49. Ticknor Hall - Offices:** Food Service/ Bon Appetit
- 50. Bemis Hall**
Bemis Great Hall; **Offices:** Housing and Conferences
- 51. McGregor Hall**
- 52. Montgomery Hall**
- 53. Antero Apartments**

54. Blanca Apartments

- 55. Loomis Hall**
- 56. John Lord Knight Apartments**
Jerome P. McHugh Commons and Alumni Plaza; Preserve Cafe
- 57. El Diente Apartments**
- 58. Edith Gaylord House**
- 59. Breton Hall**
- 60. Mathias Hall - Local Goods**
- 61. Arthur House**
- 62. Jackson House**
- 63. Synergy House (1018)**
- 64. Interfaith House**
- 65. Synergy House (1006)**
- 66. Lennox House - Offices:** Ellis Ulysses Butler, Jr. Intercultural Leadership Lounge and Classroom; The Glass House
- 67. 930 N. Weber - Senior Cottage**
- 68. 928 N. Weber - Senior Cottage**
- 69. 922 N. Weber - Senior Cottage**
- 70. 918 N. Weber - Senior Cottage**
- 71. Slocum Hall - Slocum Commons**
- 72. Colorado College Inn (CC Inn)**

RESIDENCE HALLS/LANGUAGE HOUSES

- 73. Mullett House - Russian**
- 74. Max Kade House - German; Leonard Suttion Study Center**
- 75. Elbert House**
Wst Wing: Italian; **East Wing (ELF):** Japanese and Chinese
- 76. Haskell House - French**
- 77. Windom House - Spanish**

FRATERNITIES/SORORITIES

- 78. Sigma Chi Fraternity**
- 79. Phi Gamma Delta Fraternity**
- 80. Kappa Sigma Fraternity**
- 81. Kappa Alpha Theta Sorority**
- 82. Kappa Kappa Gamma Sorority**
- 83. Delta Gamma Sorority**

FACULTY/STAFF HOUSING

- 84. Hamlin House**
- 85. 1144 N. Cascade**
- 86. 1140 N. Cascade**
- 87. 1005 N. Nevada - Dean of Students' Residence**