

## **WILDERNESS FIRST RESPONDER COURSE**

Sponsored by Center Activities and NOLS Wilderness Medicine

**DATES:** May 22-31, 2019

**COST:** \$650 HSU Students • \$725 All Others • Tuition only

**LOCATION:** Humboldt State University, Arcata, CA



The class will meet in Nelson Hall East, Room 102, also known as Goodwin Forum. You'll find this location marked on the enclosed map in area 5 between D & E.

### **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:

[www.nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/](http://www.nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/)

## REGISTRATION AND TUITION PAYMENT

50% payment is required to reserve your spot in the course prior to April 1<sup>st</sup>; the remaining 50% is due by April 22<sup>nd</sup>. Registrations received after April 1<sup>st</sup> require payment in full. Tuition is payable by check (with driver's license number), Visa/MasterCard/Discover/American Express, or cash. The tuition fee covers textbooks, syllabus, equipment, certification and continuing education credits. NOLS Wilderness Medicine is not obligated to allow any student to attend a course until all NOLS Wilderness Medicine paperwork has been received, reviewed and approved by NOLS Wilderness Medicine.

## CANCELLATIONS

If you cancel on or before April 22<sup>nd</sup>, a \$35 fee will be assessed. There will be no refunds after April 22<sup>nd</sup>. This policy supercedes the standard Center Activities refund policy. A full refund will be given if we have 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.**

## NOLS WILDERNESS MEDICINE POLICIES

### 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, tobacco or vaping is allowed on site. Humboldt State is a smoke-free campus.

## **Firearms**

You may not bring firearms or other weapons to a NOLS course or to the HSU campus.

## **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. 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: <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**

Meals and lodging are not provided for this course. Lodging options are provided at the end of this document.

### **Parking**

Campus parking permits are **REQUIRED** during the course excluding weekends. Metered spots do not accept permits -you must pay with coins. Lots marked with a (G) are general lots. Day permits are available for \$3.50 per day at kiosk locations in each parking lot. Day permits are not valid in lots marked with an (S) which are staff lots. You may also park off campus without a permit. Tickets are expensive so please regard the signage in the lot or space where you are parking!

The Parking Kiosk booth as indicated on the enclosed HSU campus map is a good place to check for information when you arrive on campus. If they are not open you can check with University Police which is downstairs in the building marked Student Business Services. Information is also on the <http://www2.humboldt.edu/parking/> . For interactive maps, click on "Helpful Maps" on the left hand column. Click on "Campus Parking Maps" for details on the location of permit dispensers and general lots.

## **CONTACT INFORMATION**

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

### **Center Activities, Humboldt State University**

*Office Hours: Monday to Friday from 10:00am – 5:00pm*

*Phone: (707)826-3357*

*Email: [cntract@humboldt.edu](mailto:cntract@humboldt.edu)*

*Fax: (707)826-3354*

*Website: <http://www2.humboldt.edu/centeractivities/>*

### **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>*

## **Lodging Info:**

If you are coming from out of the local area there are numerous lodging possibilities nearby. You may wish to contact the Arcata Chamber of Commerce at 707-822-3619 or on the web at <http://www.arcatachamber.com/> for more information. There are also many listings on Airbnb and VRBO.

### **Arcata/McKinleyville – Hotels**

#### **Best Western Arcata Inn**

4827 Valley West Blvd.  
Arcata, CA 95521  
707.826.0313

#### **Days Inn & Suites**

4701 Valley West Blvd  
Arcata, CA 95521  
707.826.2827

#### **Hampton Inn & Suites**

4750 Valley West Blvd  
Arcata, CA 95521  
707.822.5896

#### **Hotel Arcata**

708 9th St  
Arcata, CA 95521  
707.826.0217

#### **Comfort Inn Arcata**

4700 Valley West Blvd.  
Arcata, CA 95521  
707.826.9660

### **Eureka- Hotels**

#### **Best Western Plus Bayshore Inn**

3500 Broadway  
Eureka, CA 95503  
707.268.8005

#### **Best Western Plus Humboldt Bay Inn**

232 W 5<sup>th</sup> Street  
Eureka, CA 95501  
707.443.2234

#### **Holiday Inn Express & Suites Eureka**

815 W Wabash Ave.  
Eureka, CA 95501  
707.269.0682

#### **Clarion Hotel By Humboldt Bay**

2223 4<sup>th</sup> Street  
Eureka, CA 95501  
707.442.3261

#### **Motel 6**

4755 Valley West Boulevard  
Arcata, CA 95521  
707.822.7061

#### **Red Roof Inn**

4975 Valley West Boulevard  
Arcata, CA 95521  
707.633.6148

#### **Super 8**

4887 Valley West Boulevard  
Arcata, CA 95521  
707.822.8888

#### **Ramada**

3535 Janes Road  
Arcata, CA 95521  
707.822.0409

#### **Holiday Inn Express**

3107 Concorde Dr  
McKinleyville, CA 95519  
707-840-9305

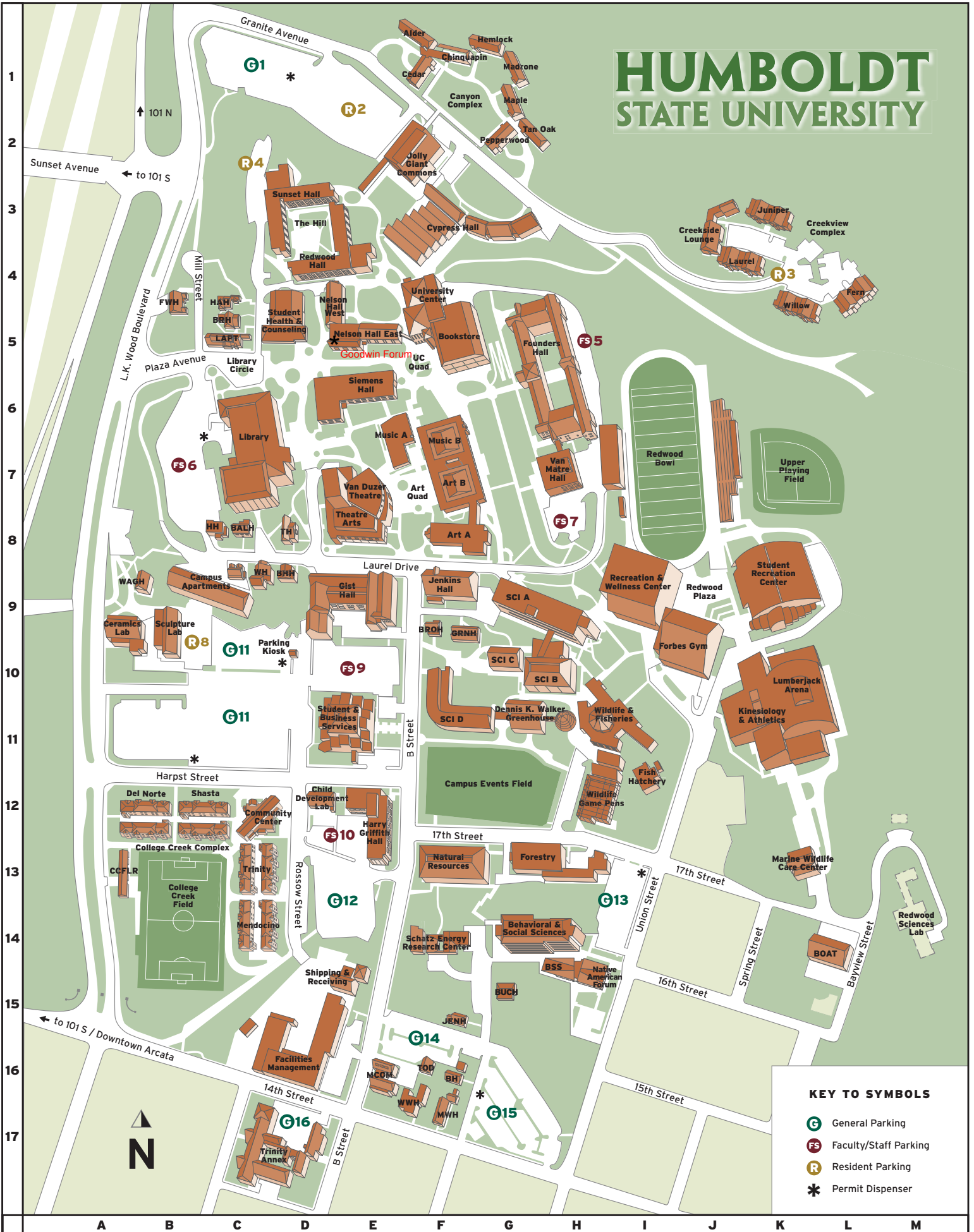
#### **Redwood Coast Cabins and RV Resort**

4050 US HWY 101, Eureka, CA 95501  
[redwoodcoastrv.com](http://redwoodcoastrv.com)

For cabin or tent sites, call 707-822-4243

For RV sites, call 707-822-4250

# HUMBOLDT STATE UNIVERSITY



# HSU CAMPUS LISTING

## Alphabetical by Facility Name

<b>- A -</b>		<b>- G -</b>		<b>- R -</b>	
ALDER	Alder Residence Hall.....1F	GH	Gist Hall.....9D	RWC	Recreation & Wellness Center..... 9I
ARTA	Art A..... 8F	<b>- H -</b>		RB	Redwood Bowl .....7I
ARTB	Art B.....7F	HH	Hadley House .....8B		Redwood Plaza ..... 9J
	Art Quad.....7F	HAA	Hagopian House (YES) .....4B	REDWO	Redwood Residence Hall .....4D
<b>- B -</b>		HGH	Harry Griffith Hall.....12E		Redwood Sciences Lab .....14M
BH	Baiocchi House .....16F	HEMLC	Hemlock Residence Hall .....1G	<b>- S -</b>	
BALH	Balabanis House (MCC)..... 8C		Hill, The.....3D	SERC	Schatz Energy Research Ctr.....14F
BSS	Behavioral & Soc. Sciences ..... 14G	<b>- J -</b>		SCIA	Science A..... 9G
BOAT	Boat Facility ..... 14K	JH	Jenkins Hall..... 9F	SCIB	Science B..... 10H
BRH	Brero House (ITEPP)..... 5C	JENH	Jensen House (Children's Center)....15F	SCIC	Science C..... 10G
BHH	Bret Harte House.....9D	JGC	Jolly Giant Commons..... 2F	SCID	Science D.....10F
BROH	Brookins House..... 9F	JUNIP	Juniper Residence Hall .....3K	SCLPT	Sculpture Lab..... 9B
BUCH	Buck House (CCAT) .....15G	<b>- K -</b>		SHAST	Shasta Residence Hall.....12B
<b>- C -</b>		KA	Kinesiology & Athletics.....11K	SR	Shipping & Receiving .....15E
CA	Campus Apartments..... 9B	<b>- L -</b>		SH	Siemens Hall..... 6E
CEF	Campus Events Field.....11F	LAURE	Laurel Residence Hall.....4J	SBS	Student & Business Services.....11E
	Canyon, The.....1F	LIB	Library ..... 7C	HC	Student Health & Counseling .....5D
CEDAR	Cedar Residence Hall.....1F		Library Circle .....5C	SRC	Student Recreation Center .....8K
CERAM	Ceramics Lab ..... 9A	LAPT	Little Apartments.....5C	SUNST	Sunset Residence Hall.....3D
CDL	Child Dev. Lab, Swetman.....12D	<b>- M -</b>		<b>- T -</b>	
CHINQ	Chinquapin Residence Hall.....1F	MADRN	Madrone Residence Hall..... 1G	TANOK	Tan Oak Residence Hall.....2G
	College Creek Complex .....12B	MAPLE	Maple Residence Hall.....1G	TH	Telonicher House.....8D
CCF	College Creek Field.....14B	MWCC	Marine Wildlife Care Center.....13K	TA	Theatre Arts.....8D
CCFLR	College Cr. Field Locker Rooms.....13A	MCOM	Marketing & Communications .....16E	TOD	Toddler Center .....16F
CCCTR	Community Center .....12C	MWH	Mary Warren House .....17F	ANEX	Trinity Annex .....17C
CREEK	Creekside Lounge..... 3J	MENDO	Mendocino Residence Hall.....14C	TRIN	Trinity Residence Hall .....13C
	Creekview Complex..... 3K	MUSA	Music A ..... 6E	<b>- U -</b>	
CYPRS	Cypress Residence Hall ..... 3F	MUSB	Music B ..... 6F		UC Quad..... 5F
<b>- D -</b>		<b>- N -</b>		UC	University Center.....4F
DELNO	Del Norte Residence Hall.....12B	NR	Natural Resources .....13F	UPF	Upper Playing Field .....4K
SCIE	Dennis K. Walker Greenhouse .....11G	NHE	Nelson Hall East..... 5E	<b>- V -</b>	
<b>- E -</b>		NHW	Nelson Hall West .....4D	VMH	Van Matre Hall .....7H
GRNH	Experiemental Greenhouse ..... 9F	<b>- P -</b>		<b>- W -</b>	
<b>- F -</b>		PARK	Parking Kiosk..... 10D	WAGH	Wagner House .....9B
FM	Facilities Management .....16D	PEPR	Pepperwood Residence Hall..... 2G	WWH	Walter Warren House (INRSEP).....17B
FERN	Fern Residence Hall ..... 4L	<b>- R -</b>		WH	Warren House..... 9C
FWH	Feuerwerker House.....4B			WDFS	Wildlife & Fisheries .....11H
FSH	Fish Hatchery .....12I	<b>- S -</b>		WGP	Wildlife Game Pens .....12H
FGYM	Forbes Gym.....10I			WILLO	Willow Residence Hall.....4L
FR	Forestry.....13H	<b>- T -</b>			
FH	Founders Hall .....5H				

## Event, Meeting, and Retail Spaces

Bookstore	University Center (UC) 332 ..... 5F
College Creek Marketplace	Community Center (CCCTR) 102.....12C
Depot	University Center (UC) 127..... 5F
Fieldhouse	Student Recreation Center (SRC) 165.....8K
Fishbowl	Library (LIB) 209 ..... 7C
Fulkerson Recital Hall	Music B (MUSB) 132..... 6F
Goodwin Forum	Nelson Hall East (NHE) 102 ..... 5E
Great Hall	Community Center (CCCTR) 260.....12C
Green & Gold Room	Founders Hall (FH) 166..... 5H
J Dining Hall	Jolly Giant Commons (JGC) 400..... 2F
Kate Buchanan Room (KBR)	University Center (UC) 225.....4F
Lumberjack Arena	Kinesiology & Athletics (KA) 247 ..... 10K
Native American Forum	Behavioral & Soc. Sciences (BSS) 162 ..... 15H
Van Duzer Theatre (JVD)	Theatre Arts (TA) 101 ..... 7E
West Gym	Recreation & Wellness Center (RWC) 202..... 9I

## Parking Regulations

Parking permits required year round:  
Monday–Thursday 7am–10pm; Friday 7am–5pm

Permits not required on weekends and HSU holidays

Vehicles in ♿ spaces always require disabled plate/placard and HSU parking permit when permits are required

General parking (w/permit) okay in ♻️ lots evenings after 5pm Monday–Thursday

Ⓡ Resident parking areas require permits 24/7 Monday–Friday