



Wilderness First Responder

MOAB ARTS & RECREATION CENTER

111 E 100 N ST, MOAB UT

JANUARY 21-30, 2019



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

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 emphasize the reality 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 class outline, visit:

https://nols.edu/media/filer_public/be/0d/be0da7bd-e8e2-4e49-bb54-3467c39be19a/wfr_schedule_november_2016.pdf

Registration

Tuition

A deposit of \$300 is required to reserve your spot on the course. The balance of tuition is due two weeks prior to the first day of the course. You can pay your balance 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).

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
Less Deposit:	<u>\$300 (due at time of registration)</u>
Your balance due:	\$475

NOLS Wilderness Medicine Student Agreement

Please download this agreement and read it very carefully as it affects your legal rights:

https://www.nols.edu/media/filer_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi_agreement_2017_january.pdf

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:
 - WFA, WFR-R, WMPP – loss of full tuition.
 - WFR, WAFA, WUMP – 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 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 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.

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 Credit

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.

Course Location

The course will take place at the Moab Arts and Recreation Center (MARC) , 111 East 100 North, Moab UT.

The MARC offers art, recreation, culture, and education to the community of Moab. Centrally located, the MARC hosts seasonal classes – check out the activity calendar for upcoming events at: <https://moabrecreation.com/263/Availability>.

Moab is located in southeast Utah, 30 miles south of I-70. The Canyonlands Field Airport is 16 miles north of Moab on Highway 191 (www.grandcountyutah.net/airport). It provides daily service from Denver, Colorado.

PLEASE NOTE: Pets are not allowed at the course classroom site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave class until the pet is safely situated in a kennel or other facility. No exceptions. No alcohol or tobacco is allowed at the course classroom site.

Student Logistics

Lodging and Meals

It is the responsibility of each student to secure his or her own lodging and food for the duration of the course. There is not an on-site meals and lodging option available for this course. *We encourage you to pack a lunch or bring money to buy lunch off campus.*

Below is a short list of accommodations in Moab. Note there may be other accommodations besides those on this list (NOLS does not specifically endorse any of the following properties):

Motels:

Red Stone Inn	www.moabredstone.com	(800) 772-1972
Super 8	www.super8moab.com	(435) 259-8868
Comfort Suites	www.comfortsuites.com	(435) 259-5252

Campgrounds:

Up The Creek Campground	www.moabupthecreek.com	(435) 260-1888
Canyonlands Campground	www.canyonlandsrv.com	(435) 259-6848

BLM Campgrounds near Moab		(435) 259-2100
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www.blm.gov/ut/st/en/fo/moab/recreation/campgrounds.html

For dining and recreational opportunities, please refer to the Moab Chamber of Commerce and City of Moab websites:

Moab Chamber of Commerce www.moabchamber.com

Moab Area Travel Council www.discovermoab.com

Local Moab Information www.moab-utah.com

City of Moab www.moabcity.org

Contact Information

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

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>