



## **WILDERNESS FIRST RESPONDER RECERTIFICATION**

Sponsored by *YMCA Camp St. Croix* and NOLS Wilderness Medicine

**DATES:** *January 13-15, 2019*

**COST:** *\$285 without Lodging, \$360 with Lodging*

**LOCATION:** *YMCA Camp St. Croix, 532 County Rd F., Hudson WI*



### **COURSE DESCRIPTION**

Review, practice, and stay on top of your skills with NOLS Wilderness Medicine's Wilderness First Responder Recertification Course. This scenario-based approach to recertification provides the opportunity to test your skills against realistic situations.

You will practice and relearn wilderness medicine protocols, review evacuation and decision making guidelines, and receive the latest curriculum updates over the course of three days.

You are required to complete both written and practical testing to recertify on this Recertification course. To achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials. Please come prepared.

These online resources will assist you:

[www.nols.edu/en/resources/wilderness-medicine-resources/](http://www.nols.edu/en/resources/wilderness-medicine-resources/)

Upon successful course completion, dependent on your current certification, you will earn the one of your NOLS Wilderness Medicine certifications: Wilderness Advanced First Aid/Wilderness First Responder/ Wilderness EMT, 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. Attendance is required at all classes. The course consists of demonstrations, a few short lectures, skills practice sessions, and many practical scenarios.

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 are used to enhance the realism of a scenario. The classroom environment often lends itself to a pair of comfy shoes and a camp chair.

## **PACKING CHECKLIST**

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ 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 Recertification course page:

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

## **WAF/WFR/WEMT RECERTIFICATION REQUIREMENTS**

### **NOLS Wilderness Medicine Graduates**

NOLS Wilderness Medicine certification holders will be afforded a one-year period after expiration within which to recertify. This one-year re-entry period is only offered to those certified through NOLS Wilderness Medicine. Enrolled students must bring their certification card to the course so that the instructor can verify the expiration date.

### **Graduates from Other Wilderness Medicine Providers**

NOLS Wilderness Medicine welcomes eligible graduates from other providers to recertify on our Wilderness First Responder Recertification course or our Hybrid Wilderness First Responder Recertification course. To be eligible for recertification you must possess a current (unexpired) WAF certification, WFR certification from a provider whose WFR course is a minimum of 70 hours, or WEMT certification.

There is no re-entry period once your certification expires. It is your responsibility to make sure your certification meets this standard. If you are unsure, please contact NOLS Wilderness Medicine to verify your certification qualifies before enrolling in a course.

Students certified by other wilderness medicine providers are required to submit a photocopy of their unexpired certification card on the first day of the course. We cannot issue you a new card until we have verified your previous training.

Students recertifying the wilderness portion of their WEMT certification must submit a photocopy of their current EMT card on course.

## **REGISTRATION**

A non-refundable, non-transferable deposit of \$250 is required to reserve your spot in the course.

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.

### **NOLS WILDERNESS MEDICINE STUDENT AGREEMENT**

Please download this agreement and read it very carefully as it affects your legal rights: [www.nols.edu/en/filer/public/1481683959/906/](http://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, YMCA Camp St. Croix will retain the \$250.00 deposit. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, full tuition is non-refundable and non-transferable.
- 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 AND COLLEGE CREDITS**

#### **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 18 CEU hours for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course.

More information on continuing education credits can be found here:

[www.nols.edu/en/resources/credit-continuing-education/continuing-education/](http://www.nols.edu/en/resources/credit-continuing-education/continuing-education/)

### **Pre-Course Access to College Credit**

The WFR Recert course is pre-approved for one semester hour credit through Western State Colorado University (WSCU) for an additional cost of \$80. 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.

### **STUDENT LOGISTICS**

#### **Meals and Lodging**

YMCA Camp St. Croix will provide all lunches on the days the course is running. For those that paid for lodging, breakfast, lunch and dinner will be provided every day.

Meal times are 7am, 12pm and 5:30pm.

Camp St. Croix lodging will be held in heated, cabins. There are separate cabins for males and females with an open floor plan of 12 beds. Bathrooms and showers are located nearby, but not directly in the cabin.

If staying overnight, participants are required to bring their own bedding and towels.

#### **Travel**

The course will take place at YMCA Camp St. Croix, located at 532 County Rd. F, Hudson, WI. We are located just 40 minutes from the Minneapolis International Airport. When you arrive at camp, you will enter at the Main Camp Entrance. There is a parking lot next to our River Center. Please park in the lot and not the row of parking in the roundabout.

### **CONTACT INFORMATION**

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

#### **Course Host**

Office Hours: 8am-4pm CST  
Phone: 612-465-0580  
Email: [Niccole.Drinkwine@ymcamn.org](mailto:Niccole.Drinkwine@ymcamn.org)  
Fax: 715-386-4382  
Website: [www.campstcroix.org](http://www.campstcroix.org)

#### **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](mailto:wilderness_medicine@nols.edu)*

Website: [www.nols.edu/wilderness-medicine](http://www.nols.edu/wilderness-medicine)

