

Wilderness First Responder

Sponsored by NOLS Wilderness Medicine

DATES: March 16-24, 2019
COST: \$775 Tuition Only
VENUE: Paul Wright Gymnasium, Room 17
Western State Colorado University,
600 North Adams Street, Gunnison CO 81231



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 on Day 3 and Day 7 - 10-day courses include a day off on Day 6; this course is a 9-day course, so there will be no day off. 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. Day 7's evening session is 4-hour outdoor mock rescue is part of the curriculum; dress accordingly.

The classroom environment has tables for writing, as well as limited space to practice skills. Within the building are restrooms and access to a small kitchen.

At the request of the Columbia Cottage venue: Bring a pair of soft-soled shoes for use inside to avoid extra wear on the floor.

Packing Checklist

- Packed lunch (recommended, no meals provided)
- Notebook and pencil or pen
- Watch with second hand or digital second
- Sunglasses and hat
- Water bottle
- Light day pack
- Waterproof outerwear
- Light hiking boots or sturdy shoes
- Clothing layers that allow you to be comfortable in a variety of weather conditions
- Soft-soled shoes for classroom time

Course Schedule

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

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 NOLS needs to cancel the course for any reason.

Course Cost: \$775
Less Deposit: \$300 (due at time of registration)
Your balance due: \$475 (due two weeks prior to the course start date)

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:
 - 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.

Service Animals

Please contact the Wilderness Medicine office at 1-866-831-9001 if you intend to bring a service animal to the course.

Alcohol, Drugs, Tobacco, & Weapons

No alcohol, no drugs, no tobacco, and no weapons are allowed in the classroom.

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.

Travel, Meals, & Lodging Logistics

Travel

Western State Colorado University is located at 600 North Adams Street, Gunnison, CO 81231. The classroom is Paul Wright Gymnasium, Room 17. Please see attached map. You may also access a campus map with building descriptions here: <http://www.western.edu/about/campus-map-western-state-colorado-university>

Students may park in any lot on campus; there are no permits required. There are overnight parking restrictions in certain lots during the winter.

All paved highways in Gunnison are open and maintained year round. To the east, U.S. Highway 50 connects Gunnison with Pueblo, CO and Interstate 25. To the west, Hwy 50 connects with Interstate 70 at Grand Junction, CO. Highway 135 links Gunnison to Crested Butte, 30 miles to the north. A map of

the region is available via the Gunnison Chamber of Commerce web site at www.gunnisonchamber.com/img/map_region.gif.

Gunnison County Airport provides year-round service to Denver, with expanded service in the winter season. More information is available at www.gunnisoncounty.org/airport.html.

Meals and Lodging

Each student is responsible for securing 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. Below is a list of possible lodging options in the area. **We encourage you to pack a lunch or bring money to buy lunch off campus.**

The following lodging options are all within about a mile of Western State Colorado University (NOLS Wilderness Medicine does not specifically endorse any of the following properties):

Wanderlust Hostel	221 N. Boulevard	(970) 901-1599
Comfort Inn	911 N. Main Street	(970) 642-1000
Quality Inn	400 E. Tomichi Avenue	(970) 641-1237
Holiday Inn Express	910 E. Tomichi Avenue	(970) 641-1288
Super 8 Motel	411 E. Tomichi Avenue	(970) 641-3068
Sherpa Motel	312 E. Tomichi Avenue	(970) 641-3519

Western State Colorado University rests at 7,700 feet tucked into the Rocky Mountains and the mountain town of Gunnison, CO. For skiing and boarding enthusiasts, Crested Butte Mountain Resort is located 30 miles north of Gunnison. Crested Butte Mountain has 13 lifts and over 80 trails. For more information, visit the resort's website at www.skicb.com.

Also in Gunnison is a public ice skating rink with skate rentals. This is close to Western State Colorado University and the above listed lodging options. Cross-country skiing and snowshoeing are also popular wintertime activities in the area. For summer pursuits, you can find granite faces for bouldering and climbing, trails for hiking and mountain biking, and even a whitewater park for kayaking.

For more information about Gunnison, visit the Chamber of Commerce website: <http://www.gunnisonchamber.com>

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>

Campus Map

Also available at: <http://www.western.edu/about/campus-map-western-state-colorado-university>

