

## **WILDERNESS FIRST RESPONDER RECERTIFICATION**

Sponsored by North Cascades Institute and NOLS Wilderness Medicine



**DATES:** December 15-17, 2018

**COST:** \$365 Commuter Rate (Lunch included)

\$475 - \$650 Residential Rates (Includes lodging and meals)

**LOCATION:** North Cascades Environmental Learning Center, Diablo Lake, WA

### **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 for lodging at the Environmental Learning Center is available starting at 3:00 PM on Friday, December 14th. Those participants registered for lodging and meals (not commuter rate) will receive breakfast on the 15th at 7:00 AM. If you wish to skip breakfast, please arrive no later than 7:45 AM on Friday, February 16th. Course days run from 8:00 AM to 5:00 PM.

Check in (for the course) 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**

Tuition payment in full is required to reserve your spot in the course. You can pay your tuition online (we accept Visa, MasterCard or Discover), or by calling the North Cascades Institute office with credit card information. If you wish to send a check, please contact us to register first.

The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits **as well as lodging and meals.**

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 withdraw from a course:**

Greater than or equal to 60 days prior to the course start date, North Cascades Institute will retain a 10% administrative fee. The remainder of tuition collected to date will be refunded.

Within 45 days of the course start date North Cascades Institute will retain a 25% fee. 75% of the tuition cost will be refunded.

Within 30 days of the course start date North Cascades Institute will retain a 50% fee. 50% of the tuition cost will be refunded.

Within 15 days of the course start date North Cascades Institute will retain a 75% fee. 25% of the tuition cost will be refunded.

Less than 15 days of the course start date 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**

Meals and lodging are available at the North Cascades Environmental Learning Center. Meals are only available to those registered in advance.

We have several lodging options. All options include breakfast on Friday through lunch on Sunday. We make every effort to accommodate dietary restrictions and food allergies with advance notice. **If you have any dietary restrictions, please notify us at 360-854-2599 by February 2nd.**

Quadruple - \$475.00

Triple - \$475.00

Double - \$540.00

Single - \$650.00

Our commuter rate is \$365 and only includes a lunch each day. To learn about area camping, please contact North Cascades National Park at 360-854-7200 or visit their website here:

<https://www.nps.gov/noca/planyourvisit/camping.htm>

#### **Travel**

**Directions to the Learning Center:** Use the link to the left, or [enter your address here](#) using 1940 Diablo Dam Road, Rockport, WA 98283 as the destination. **Please note that cell and Wi-Fi service is spotty east of Sedro-Woolley. Make sure you know how to find us before you depart.** Please allow for extra time for travel – we are more remote than most people realize.

Travel time from Seattle: 3 hours, Bellingham: 2 hours, Sedro-Woolley: 1.5 hours.

### **CONTACT INFORMATION**

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

**Course Host** Calvin Laatsch

*Office Hours: Monday to Sunday 9:00 AM to 5:00 PM Pacific Time*

*Phone: (206) 526-2565*

*Email: [calvin\\_laatsch@ncascades.org](mailto:calvin_laatsch@ncascades.org)*

*Fax: (206) 526-2580*

*Website: <https://ncascades.org/signup/programs>*

**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)*

