



Hancock Field Station

WILDERNESS FIRST RESPONDER COURSE

Sponsored by OMSI and NOLS Wilderness Medicine



DATES: February 11 – February 20, 2019

**COST: Non-Member: \$1,055.00 includes:
\$925.00 includes:**

\$ 775 tuition

\$ 280 lodging and meals (optional)

OMSI Member:

\$ 645 tuition

\$ 280 lodging and meals (optional)

LOCATION: OMSI's Hancock Field Station, Fossil, Oregon

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 do 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. Physical and mental preparation is necessary. The classroom environment can be chilly, so please come prepared. You may want a crazy creek-type chair for back support on the benches provided. A 4-hour evening, outdoor mock rescue is part of the curriculum; dress accordingly.

CLASSROOM & SCENARIO GEAR 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 course page:

www.nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/

The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits.

CANCELLATION AND REFUND POLICY

Participant cancellation:

- 30 or more days prior to the course starting, OMSI will retain a \$75.00 administrative fee.
- 14-29 days prior to the course starting date, OMSI will retain 50% of the course tuition.
- 13 or less days prior to the course starting and throughout the duration of the course, all deposit and tuition are nonrefundable.
- All course registrations are non-transferable.

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.

OMSI & 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 or tobacco is allowed on site or neighboring property.

Firearm

You may not bring firearms or other weapons on a NOLS course or on OMSI property.

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: 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 AND FACILITY INFORMATION

Facility information

Hancock Field Station (HFS) is a 10-acre residential outdoor education facility located near Fossil, Oregon. The facility is owned and operated by the Oregon Museum of Science and Industry (OMSI), and is uniquely situated in the middle of the John Day Fossil Beds National Monument. Since 1951, HFS has provided a safe, fun, educational, and exciting environment for students, campers, parents, families, scientists, nature-lovers, and educators. Our facility is remote, serene, rustic, and peaceful. Cell phones won't work out here; limited Wi-Fi is available for staff, guests, and business purposes. A land line is available in case of emergency only.



Arrival

Due to the remote nature of this venue, you may arrive the day before between 12:00 p.m. and 8:00 p.m. If you would like to arrive the day before, please call the facility manager at 541-489-3233, or email hancockfieldstation@omsi.edu for early arrival registration.

Meals and Lodging

Meals and lodging are offered for this course. Unless you live locally, we strongly suggest you purchase and register for food and lodging. The fee includes 10 nights comfortable overnight lodging at Hancock Field Station and fresh, hot, buffet breakfast, lunch and dinner each full day of the course.

Meals, served at 7 am, noon, and 6 pm, are homemade and hearty and include a supplementary breakfast and salad bar. We can accommodate vegetarian, gluten-free, dairy-free, and vegan diets, and we are versed in serving people with food allergies to nuts, wheat, soy, eggs, and more. Please contact us with specific food service questions.

Lodging is in shared 8 and 12-person dormitory style cabins with electricity and heaters. The cabins are somewhat insulated, but even so, may not retain copious heat. Small 2-person cabins with heat and electricity may also be available on a first-come, first-served basis. Warm sleeping bags and clothes are necessary. Shower houses with hot and cold running water, heat, electricity, and individual toilet and shower stalls are a short walk from the cabins.

Other Camping/Lodging Options*:

There is not a campground close to our facility and RV or tent camping is not available at Hancock without the purchase of the lodging and food option. The nearest camping/lodging is approximately 30-45 minutes away. For information, visit:

<http://www.wheelercountyoregon.com/recreation>, or <https://wilsonranchesretreat.com/>

*If you do not register for food and lodging you must provide all of your own food for the entire course. Limited refrigerator space, hot water, and a microwave may be available in the common dining area.

Weather and Packing List

Snow is possible and the temperatures could be below freezing at night. Temperatures during the day can be between 25-45 degrees. **Warm sleeping bags and clothes are necessary.** Classes and meals are typically held in Berrie Hall, which will be at somewhat average building temperature. Participation in scenarios that are primarily conducted outside will be required regardless of the weather conditions.

Weather conditions range from cold and wet to sunny and warm, so bring appropriate clothing. It is wise to be prepared. Plan to use a layered clothing system so you can adjust easily to changing conditions. For real time weather info, visit:

<https://www.wunderground.com/personal-weather-station/dashboard?ID=KORFOSSI10>

There is little to no opportunity to buy or acquire equipment you may have forgotten and left behind. Come prepared and check your list twice.

SUGGESTED PACKING LIST:

SLEEPING GEAR: ___ warm sleeping bag, twin fitted sheet
 ___ extra blanket
 ___ pillow
 ___ pajamas/sleeping clothes

CLOTHING: *(Hancock Field Station's weather is constantly changing. Please make sure to check the weather and pack plenty of warm clothes and winter shoes/boots)*

___ long pants
___ warm, long-sleeved sweater, sweatshirt, or jacket
___ long-sleeved shirts
___ t-shirts
___ socks and underwear
___ waterproof rain gear, tops and bottoms
___ warm hat
___ warm coat/jacket
___ thermal underwear
___ warm gloves
___ hiking boots/shoes (waterproofed)

PERSONAL GEAR: ___ toiletries
 ___ sunscreen
 ___ wash cloth/towels
 ___ sunglasses
 ___ laptop (there is **limited** wireless internet access in camp)
 ___ alarm clock
 ___ reusable mug or thermos

FIELD EQUIPMENT: ___ large day pack
 ___ water bottle (at least 1L)

- _____ watch with second hand
- _____ headlamp/flashlight (bring extra batteries)

Lost Items

Prevention is key! Please label everything you bring, as labelling will result in fewer lost items. OMSI is not responsible for lost articles. Any items left behind will be held at OMSI for two weeks. Call OMSI at 503-797-4000 to arrange for their return. Any unclaimed items will be donated to charity.

Travel

Please get gas! You will want to top off your fuel tanks prior to arrival because resources are scarce.

Road conditions vary; check www.tripcheck.com for the latest conditions. We are accessible to all vehicles. You may encounter poor weather and road conditions if you travel over Mount Hood.



Hancock Field Station is located between Fossil and Antelope (about 18 miles from both). Our address is 39472 Highway 218, Fossil, OR, 97830. On OR-218, we are between milepost 25 and 26. We are about 30 minutes from Antelope and Fossil, 1 hour from Madras, 2 hours from Bend, 3.5 hours from Portland, and 4 hours from Eugene. When you see the rustic wooden sign, turn down the unimproved road and continue about ½ mile to the HFS gate, and proceed forward. You may check in at Berrie Hall upon arrival.

Please drive safely! If you need directions, please contact us.

CONTACT INFORMATION

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

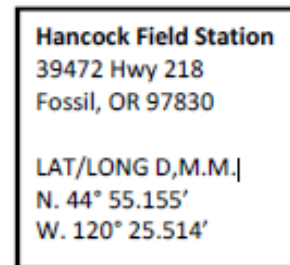
Course Host: OMSI Hancock Field Station

Office Hours: Monday to Friday 10am to 4pm Pacific Time

Phone: 541-489-3233

Email: HancockFieldStation@omsi.edu

Website: www.omsi.edu



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

Website: www.nols.edu/wilderness-medicine

