



WILDERNESS FIRST RESPONDER COURSE

Sponsored by
Hawai'i Preparatory Academy Outdoor Program & NOLS Wilderness Medicine

DATES: March 11-20, 2019
COST: General \$885, HPA Students and Faculty \$785
LOCATION: Hawai'i Preparatory Academy
65-1692 Kohala Mountain Rd
Kamuela, HI 96743

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 4:30 p.m. with a 30 minute lunch break. There are two additional evening sessions on 11/13 and 11/18. We have the day off on 11/16.

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, 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. The classroom environment generally lends itself to a pair of indoor comfy shoes 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
- ✓ Sunscreen, sunglasses and hat
- ✓ Water bottle
- ✓ Light day pack
- ✓ Waterproof outerwear top and bottom
- ✓ Swimsuit
- ✓ Light hiking boots or sturdy shoes
- ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions
- ✓ Lunch as there are not too many options nearby with for our 30 minute break.
- ✓ 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/

REGISTRATION

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 at <https://www.nols.edu/portal/account/login/> (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: \$885 General Public
\$785 for HPA Students and Faculty

Less Deposit:\$300 (due at time of registration)

Your balance due*: \$585 general public
\$485 HPA Students and Faculty

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.

Alcohol and Tobacco

No alcohol or tobacco is allowed on site.

Firearm

You may not bring firearms or other weapons on a NOLS course or on HPA Campus.

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

Meals and Lodging

Meals are not offered for this course.

Lodging

There is some lodging availability through HPA Auxilliary Programs. The rooms are bunk style former hotel rooms in town (about two miles up the road) at the Village Campus. Nightly it's \$30/person (\$25/person when 5 or more per room/suite). Questions or to make a reservation, contact Auxilliary Programs: Stacey-881-4088, Patty Walker-881-4041 or auxiliary@hpa.edu.

There are a number of other hotels in the area.

In Waimea (also called Kamuela) you'll find:

- Waimea Country Lodge: 65-1210 Lindsey Rd, Waimea, HI 96743 - (808) 885-4100

- Kamuela Inn: 65-1300 Kawaihae Road, Kamuela, Hawaii 96743 - 1-800-555-8968
- Jacaranda Inn: 65-1444 Kawaihae Rd, Waimea, HI 96743 - (808) 885-8813
- Waimea Gardens is a bnb walking distance from class: 65-1632 Kawaihae Rd, Waimea, HI 96743 - (808) 885-8550

There are many other options on VRBO.com and in resorts along the coast. Book early as things get full over Spring Break.

Camping

The nearest camping is at Spencer Beach State Park about 10 miles away.

There are also cabins for rent at Hapuna Beach State Park.

Reservations can be made through the Hawai'i County reservation system online 30 days prior to your stay.

Travel

A campus map will be emailed to you as the course nears. Hawai'i Preparatory Academy is located in Waimea Hawai'i on the Big Island. The course will be held on campus.

CONTACT INFORMATION

Course Host: Renee Jenkinson

HPA Outdoor Program Director & NOLS Instructor

Outdoor@hpa.edu

To Register, please do so through

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