

# Fort Lewis College Outdoor Pursuits



## **WILDERNESS FIRST RESPONDER COURSE**

Sponsored by Fort Lewis College Outdoor Pursuits and NOLS  
Wilderness Medicine



**DATES:** March 2nd – 10th, 2019  
**COST:** \$750 (\$700 OP members)  
**LOCATION:** 1000 Rim Drive, Fort Lewis College, Durango CO  
81301

## **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. 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
- ✓ 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/](http://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:           \$750 general public price**

**\$700 OP members.**

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

**Your balance due\*: \$450 general public**

**\$400 OP members**

## **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.

## **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](http://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**

**There is no meal and lodging package available for this course.**

Here is a list of lodging/camping contacts to assist you in making your own arrangements:

Durango Chamber of Commerce 1-800-525-8855

Durango Chamber of Commerce Web Page: [www.durango.org](http://www.durango.org)

**USFS/BLM Visitor Information: 970-247-4874**

### **Travel**

The course will take place in Jones Hall 140 on the Fort Lewis College Campus in Durango, Colorado. Upon your arrival in Durango, please see the enclosed maps.

#### **By car:**

Principle highways to Durango: Hwy 550, Hwy 160

**From Denver area:** From Hwy 285 South, turn right on Hwy 112 heading west to Del Norte. In Del Norte, turn right onto Hwy 160. Follow Hwy 160 West in to Durango. Hwy 160 becomes Hwy 160-550. When it splits, follow Hwy 550 to College Drive. Turn right onto College Drive, follow for 1.8 miles. Turn left onto Fort Lewis Drive.

**From Grand Junction area:** Hwy 50 South to Hwy 550 South to Durango. Hwy 550 becomes Main Avenue. Follow Main Avenue through downtown Durango to 8th Street. Turn left on 8th Street. When it dead-ends, turn left on 8th Avenue. Follow to top of the hill.

**From Colorado Springs - Pueblo areas:** I-25 South to Hwy 160 West in to Durango. Hwy 160 becomes Hwy 160-550. When it splits, follow Hwy 550 to College Drive. Turn right onto College Drive, follow for 1.8 miles. Turn left onto Fort Lewis Drive.

**From Albuquerque, NM** Hwy 550 North to Durango. Follow 550 North to College Drive. Turn right onto College Drive, follow for 1.8 miles. Turn left onto Fort Lewis Drive.

## **CONTACT INFORMATION**

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

### **Course Host**

Office Hours: 10:00 – 5:00 PM

Phone: 970-247-7061

Email: [klings\\_j@fortlewis.edu](mailto:klings_j@fortlewis.edu)

Website: <https://www.fortlewis.edu/outdoor-pursuits/>

### **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)*

