



WILDERNESS FIRST RESPONDER COURSE
*Sponsored by the Outdoor Adventure Program at Regis University and
NOLS Wilderness Medicine Institute*



DATES: January 2-10, 2019

COST: \$750 Tuition only

Daily parking fee required (excluding weekends). Please see below under “Parking Rules at Regis University”

LOCATION: Denver, CO, Regis University, St. Peter Claver Hall- **Room PCH 210**

Claver is labeled as **C** on the map located at (using Google Chrome is recommended):

<http://www.regis.edu/~media/Files/University/UBM/Campus%20Maps/Regis%20University%20Campus%20Map.ashx>

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 will 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 comfy shoes or slippers 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
- ✓ Headlamp
- ✓ 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/

REGISTRATION AND TUITION PAYMENT

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.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download this agreement and read it carefully as it affects your legal rights:

https://www.nols.edu/media/filer_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi_agreement_2017_january.pdf

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 as well. 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 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.

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 48 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 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.

PARKING RULES AT REGIS UNIVERSITY

RU welcomes guests and visitors to use its parking facilities.

- a.) Guests are expected to comply with all University parking regulations and park in valid parking locations. RU requires all vehicles to be registered and pay for parking Monday through Thursday, 6:00 am until 1:00 am and on Friday, 6:00 am until 4:00 pm.
- b.) RU is a virtual parking campus – your complete license plate information is required to register and pay for parking. You do not need to display a receipt, permit or sticker unless alternative arrangements have been made in advance.
- c.) RU does not issue refunds for the incorrect purchase of parking. Please purchase carefully.
- d.) RU does not issue refunds for cancelled classes or events
- e.) To find more information regarding parking rates and rules, please visit <https://www.regis.edu/About-Regis-University/University-Offices-and-Services/Auxiliary-Business/Parking/Visitor-Parking.aspx>

Visitor Parking Areas

Visitor parking is available in all seven lots. Payments from any Pay Station or through PARKMOBILE (link and zone code TBD) are valid in all lots.

30 Minutes Free Policy

When purchasing parking from a Pay Station or PARKMOBILE (link and zone code TBD), the first 30 minutes are free. To receive 30 minutes free, **the vehicle must be registered at a Pay Station** or through PARKMOBILE prior to receiving the free 30 minutes. The 30 minutes free may be used alone without paying for additional parking. This feature may only be used once each day per vehicle. Multiple uses or the misuse of this benefit will result in the suspension of your visitor parking privileges and the possible revocation of your parking privileges on the RU campus entirely.

Visitor Rates Permit Type	Cost	Details
Free 30 minute parking- once daily	\$0	Free with registration; Only one use of this feature is allowed per day
Daily – 6:00 am until 1:00 am	\$6	
Evening - 4:00 pm until 1:00 am	\$3	
Weekends- 4:00pm Friday until 6:00am Monday	FREE	

Pay Station Location

Lot 1
Lot 2
Lot 3
Lot 4
Lot 5

Location Details

On Ranger Way between Lot 1 East and Lot 1 West
Northwest corner of Lot 2 (near Dayton Memorial Library)
Northeast corner of Lot 3 (near Student Center)
Southeast corner of Lot 4 (near entrance to Claver Hall)
Southwest corner of Lot 5 North

Lot 6
Lot 7

Northwest corner of Lot 6 (near playing fields)
Southwest corner of Lot 7

Please see Parking Map at

<http://www.regis.edu/~media/Files/University/AuxServices/Parking/RUParkingMap.ashx> for more details.

a.) Payments Accepted: Visa, MasterCard, cash

b.) NO REFUNDS OR CHANGE GIVEN AT PAY MACHINE

Please note that there is street parking around campus, however, Regis University is not responsible for illegal parking resulting in towing or ticketing.

TRAVEL/DIRECTIONS

From the North or South:

Regis is located in the northwest section of Denver. Take I-25 to I-70 and proceed west on I-70. Exit on Federal Blvd. Turn right (North) onto Federal and take a left at the first light which is Regis Blvd/W 50th Avenue. After you turn at the light, take your second right into Regis University. You may park in any lot on campus as long as you do not park in a reserved space. You do not need a parking pass, but please do not park in visitor parking.

You can find a map of Regis University at:

<http://www.regis.edu/~media/Files/University/UBM/Campus%20Maps/Regis%20University%20Campus%20Map.ashx>

LODGING/ RECREATION/MEALS

There is no room, meals and board package available for this course. Here is a list of suggested lodging options.

Stapleton

Downtown

Sheraton Denver Hotel
1550 Court Place
Denver, CO 80202
Sheraton.com
(303) 893-3333

Courtyard by Marriott, Denver Downtown
934 16th Street
Denver, Colorado 80202
(303)571-1114
Toll-free (888)249-1810

Grand Hyatt Denver
1750 Welton St. #38
Denver, Colorado 80202
(303)295-1234

The Westin Tabor Center
1672 Lawrence St.
Denver, Colorado 80202
(303) 572-9100

Doubletree by Hilton Hotel Denver
Stapleton North
4040 Quebec Street, Denver, Colorado, 80216,
USA TEL: 1-303-321-6666

Doubletree Hotel
3203 Quebec St.
Denver, Colorado 80207
(303)321-3333

Off of US 36

Doubletree Hotel, Denver North
8773 Yates Dr.
Westminster, Colorado 80020
(303)427-4000
Free Shuttle Service to Regis from 6am to 10pm

The Westin Westminster
10600 Westminster Blvd.
Westminster, Colorado 80020
(303)410-5000

NOLS Wilderness Medicine Institute

Wilderness First Responder Course Schedule

DAY 1

Morning

Introductions: Wilderness vs. Urban
Patient Assessment System

Afternoon

Patient Assessment System
Documentation

Readings: Ch 1

Morning

Cardiac
CPR

Afternoon

CPR
Respiratory
Altered Mental Status

Readings: Ch 17, 19

DAY 2

Morning

Spinal Cord Injury
Lifting and Moving
Spinal Immobilization & Litter Packaging

Afternoon

Chest Injury
Shock

Readings: Ch 2, 3, 4

DAY 7

Morning

Acute Abdomen
Allergies and Anaphylaxis

Afternoon

Diabetes
SAR, Evac and Emergency Plans

Evening

Mock Rescue (Alderfer/Three Sisters in Evergreen)

Readings: Ch 16, 18, 19, Appendix B

DAY 3

Morning

Focused Spinal Assessment
Head Injury

Afternoon

Athletic Injury
Fracture Management

Evening

Dislocations

Readings: Ch 4, 5, 6

DAY 8

Morning

Decision-making
Mental Health
Urinary and Reproductive

Afternoon

Poisoning
Communicable Disease
Medical Legal

Readings: Ch 12, 20, 21, 22, 27, 28, 29

DAY 4

Morning

Wilderness Wound Management

Afternoon

Hypothermia, Frostbite and Non-Freezing Cold Injury
Heat and Hydration

Readings: Ch 7, 8, 9, 10, 23

DAY 9

Morning

Common Problems Wrap-up
Wilderness Drug and First Aid Kits
Pain Management in the Wilderness
Written and Practical Exams

Readings: Ch 24, 25, Appendix A

DAY 5

Morning

Altitude Illness
Bites and Stings

Afternoon

Lightning
Submersion
Leadership, Teamwork, Communication
Stress First Aid

Readings: Ch 11, 12, 13, 14, 26

Textbook: NOLS Wilderness Medicine 5th ed.

DAY 6

Afternoon

Written and Practical Exams- Closing Ceremony

