



WILDERNESS FIRST RESPONDER

Sponsored by the UVU Outdoor Recreation Program and NOLS Wilderness Medicine

COURSE DATES: May 3rd - May 11th, 2019
COST: \$780
LOCATION: Utah Valley University, Orem Utah
REGISTRATION: <https://tinyurl.com/uvuwfr19>

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

The full course outline can be found at https://nols.edu/media/filer_public/be/0d/be0da7bd-e8e2-4e49-bb54-3467c39be19a/wfr_schedule_november_2016.pdf

REGISTRATION/POLICIES

Registration will take place online at: <https://tinyurl.com/uvuwfr19>

WFR Registration Options:

- The \$300 deposit reserves your seat in the course or you may pay the full \$780 course fee.
- If you pay the \$300 deposit, the \$480 balance will be due no later than 11:59 pm Mountain Time April 19th, 2019.

The tuition fee covers textbooks, syllabus, equipment and certifications. WMI is not obligated to allow any student to attend a course until all WMI paperwork has been received, reviewed and approved by WMI. A full refund will be given if we need to cancel the course for any reason.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- On or before April 3, 2019 UVU will retain a \$35.00 administrative fee. The remainder of tuition collected to date will be refunded.
- After April 3, 2019 tuition deposit is non-refundable and non transferable

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.

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.

UVU Access to College Credit

The WFR course can be used to receive 2 credits for REC 1542 for students enrolled at UVU. You will need to present your card upon certification to the advisors in the UVU Exercise Science and Outdoor Recreation Department to receive credit. The credits cost \$25.

TRAVEL/DIRECTIONS

The course will take place on the campus of Utah Valley University which is located in Orem, Utah just off of I-15 University Parkway exit (#270) at: 800 West University Parkway Orem, Utah 84058. The class will meet on campus at UVU. Specific directions will be sent out closer to course time.

PETS ARE NOT ALLOWED ON CAMPUS. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS.

NO SMOKING OR ALCOHOL IS ALLOWED ON SITE

We hope this information is helpful. Please contact us with any questions or concerns you may have.

UVU Contact Information:

Betsy Lindley
801-863-6094
blindley@uvu.edu

NOLS Wilderness Medicine Contact Information

Phone: 866-831-9001
email: wilderness_medicine@nols.edu
web site: <http://www.nols.edu/wilderness-medicine>

LODGING

There is not a meals and lodging package available for this course. Here is a list of lodging options to assist you in making your own arrangements:

Hampton Inn & Suites

851 West 1250 South, Orem
(801)426-8500

Holiday Inn Express and Suites

1290 West University Pkwy
Orem, UT 84058
(801) 655-1515

La Quinta Inn & Suites

521 West University Parkway, Orem
(801)226-0440

Comfort Inn and Suites

427 W University Pkwy
Orem, UT 84058
(801) 431-0405

Other lodging options can be found at <http://www.utahvalley.com/>

Free dispersed camping is available in American Fork Canyon past Tibble Fork Reservoir (\$3 entrance fee). Campgrounds are also available in American Fork Canyon and Provo Canyon, check with the US Forest Service at 801-377-5780 for costs and seasonal availability. Utah Lake State Park has camping available. They can be reached at (801) 375-0731. Lakeside Campground can be reached at 801-373-5267. Or for camp trailers contact KOA at 801-375-2994.