



WILDERNESS FIRST RESPONDER COURSE



Sponsored by NOLS India (**Nandadevi Outdoor Leadership School India**, is a fully owned subsidiary of **National Outdoor Leadership School USA**) and NOLS Wilderness Medicine.

Course Co Host: Indiahikes
Course Date: 22nd February – 3rd March, 2019
Place: Lohajung, Uttarakhand

Course Description

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue. WMI's curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. Dynamic educators who have practiced both wilderness and urban medicine will teach you. This 10-day course is ideal for all professionals operating in remote environments. Adult/child CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

Registration / Policies

A 50% deposit is required to reserve a space in the course. Remaining 50% balance is to be paid before 1st Feb 2019. The tuition fee covers textbooks, syllabus, equipment and certifications.

Cancellation and Refund Policy

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, sponsor will retain a Rs 5000 administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable.

WMI Student Agreement

Please download this agreement from http://www.nols.edu/wmi/pdf/wmi_agreement.pdf and read it very carefully as it affects your legal rights. 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. Failure to provide a signed document will result in you not being able to participate in the course. WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.

Class Format

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. Two evening sessions will be scheduled. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role-playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a crazy creek-type chair.

Clothing / Equipment

- A large day pack with multiple layers.
- Rain gear (Both Jacket and Pant) is a must.
- Base Layers (Synthetic / Polyester).
- Fleece / Insulated Jackets / Down Jacket.
- A good pair of camping shoes / sneakers.
- Head Lamp / Flash Light.
- Watch with second hand.
- Water Bottles, Personal Toiletries.
- It is going to be very cold, please plan accordingly to have warm layers for the duration of the course.

Note: Below link gives the updated weather report and forecast. Please dress accordingly.

<http://www.skymetweather.com/forecast/weather/india/uttarakhand/chamoli/lohajung/extended-forecast/>

Course Tuition	Rs. 23000.00 (To be paid to NOLS India)
Advance Deposit	Rs. 11500.00
Balance Due:	Rs. 11500.00 (Due before Feb 1st, 2019)
Boarding & Lodging:	Rs: 7000.00 (To be paid directly to Indiahikes on the first day of the course)

Bank Details of NOLS India.

Name: Nandadevi Outdoor Leadership School India
Current Account No.: 31603824989
SBI IFCS Code: SBIN0000704
Bank Address: State Bank of India, Gandhi Chowk, Ranikhet – 263645
Cheque / Demand Draft drawn in favor of NANDADEVI OUTDOOR LEADERSHIP SCHOOL (INDIA).

Reaching Lohajung, Uttrakhand

Getting to Lohajung from Rishikesh

By Bus

There is an early morning direct bus to Lohajung from Rishikesh at 5 AM. You can board the bus from Rishikesh Bus Stand. Ideally, anyone wanting to reach Lohajung should take this bus. If they miss this

bus, then the journey has to be broken. Bus to Karanprayag and then to Dewal, followed by a car/bus to Lohajung would be the next course of action.

By Shared Taxi

You can book shared taxi through our transport coordinator Raju Shah. His number is 89793 21600. Please call him 3 days in advance to book your slot in any shared cab that will go to Lohajung.

Reaching Rishikesh

By flight

You can book a flight to Dehradun and then take a car to reach Rishikesh. Dehradun airport is 20km from Rishikesh.

By Train

Reach Delhi and take Jan Shatabdi to reach Haridwar. Once you reach Haridwar, take a bus to Rishikesh and stay there for the night.

By Bus

There are regular direct buses to Rishikesh from Delhi from Kashmere Gate ISBT. It is better to book your tickets for the bus online well in advance. Use this link to book the bus: <https://www.utconline.uk.gov.in/>.

Stay

You will be staying at Rana lodge at Lohajung. The accommodation will be provided on a per bed basis. You will be sharing your accommodation with others.

Food

Food will be vegetarian.

Please contact lakshmi@indiahikes.com for more details.

Contact Details

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Thank you.