



## **WILDERNESS FIRST RESPONDER COURSE**

Sponsored by *University of Northern Colorado* and NOLS Wilderness Medicine

**DATES:** *Friday, August 2<sup>nd</sup> – Sunday August 11<sup>th</sup>, 2019*

**COST:** \$650 UNC Affiliate/ NON UNC \$700

**LOCATION:** **University of Northern Colorado, Greeley, CO 80639**



### **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 (mouflage) 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 one weeks prior to the first day of the course. You can pay your balance by calling Whitney Dyer at (970) 351-2643 (we accept Visa or MasterCard).

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.

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|-----------------------------|---|
| <b>Course Cost:</b>         | <b>\$700.00 general public price</b>              |
|                             | <i>\$ 650 for patrons with a valid UNC ID</i>     |
| <b><u>Less Deposit:</u></b> | <b><u>\$300 (due at time of registration)</u></b> |
| <b>Your balance due*:</b>   | <b>\$400 general public</b>                       |
|                             | <i>\$350 patrons with valid UNC ID</i>            |

## **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**

*We have limited spots available for on campus lodging within walking distance to the class. Please email [Whitney.Dyer@unco.edu](mailto:Whitney.Dyer@unco.edu) or call at (970)351-2643 for more information. Rooms are usually shared and cost typically \$30-\$55 per night.*

*We are also offering a meal plan at the UNC dining hall that is also within walking distance of the course. Meal plan starts with lunch on Aug 2<sup>nd</sup> and ends with lunch on Aug. 11<sup>th</sup>. Call Whitney Dyer for more information.*

### **Near Campus Lodging Options: (easy bike ride to campus)**

**The Double Tree Hotel**            (970) 304-0000            919 7th St., Greeley, CO 80631

**The Clarion Hotel**                (970) 353-8444            701 8th St., Greeley, CO 80631

### **More Information:**

Greeley Chamber of Commerce    (970) 352-3566

### **Travel**

Please see the attached map of the UNC Campus for parking and classroom location. When driving from

From interstate 25 take exit 257 towards Greeley. Drive 16 miles and arrive at the Highway 34 and 11<sup>th</sup> Ave intersection in Greeley. Turn North (left) on 11<sup>th</sup> Ave. Drive through 4 stop lights and turn west (left) on 23<sup>rd</sup> Street. You will see residence halls on your right. Drive to the back of the parking lot until you reach the tennis courts. The

Recreation Center will be on your right. Enter the campus recreation center and the classroom will be on the bottom floor to the left of the front desk

### **CONTACT INFORMATION**

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

#### **Course Host**

*Office Hours: 9:00 am – 5:00 pm Monday- Friday*

*Phone: 970-351-2643 (o)*

*Email: [Whitney.Dyer@unco.edu](mailto:Whitney.Dyer@unco.edu)*

*Fax: 970-351-1076*

#### **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)*

