



WILDERNESS FIRST RESPONDER COURSE
Sponsored by Camp Chief Ouray and NOLS Wilderness Medicine Institute

DATES: May 1-10, 2019
COST: \$845(includes lodging), \$745 (without lodging)
DEPOSIT: \$300.00
LOCATION: Granby, CO

COURSE DESCRIPTION

Essential for anyone who spends a significant amount of time in remote places, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. During this fast-paced, engaging course, you will spend half your time outside of the classroom in realistic scenarios, including a full-scale night mock rescue. The nationally recognized NOLS Wilderness Medicine Institute (WMI) curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging, and administering medications.

The rigorous 80-hour curriculum is delivered by dynamic educators who have practiced medicine in both wilderness and urban environments. You will leave this course with the tools and confidence to manage patients in the backcountry for multiple days. This 10-day course is ideal for all professionals operating in remote environments. WMI Adult and Child CPR & Airway Management certification is included.

CLASS FORMAT AND PERSONAL PREPARADNESS

Check in is at 7:45 am on the first day of the course. Course days run from 8:00 am –5:00 pm, plus two evening sessions. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios. Attendance is required for all scheduled classes. Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on potentially wet, snowy, and/or 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 camp-type chair.

You will need: a large daypack with multiple layers, water bottle, waterproof top and bottoms, sturdy boots, head lamp or flashlight, and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so dress accordingly.

REGISTRATION/POLICIES

A deposit of \$300.00 is required to reserve a space in the course. Tuition balance is due the first day of the course and is payable by check (with driver's license number), Visa/MasterCard or cash. 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:

- Greater than or equal to 30 days prior to the course starting date, WMI 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.

WMI STUDENT AGREEMENT

(Including Assumption of Risks and Agreements of Release and Indemnity)

Please download this agreement at http://www.nols.edu/wmi/pdf/wmi_agreement.pdf and read it 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 as well. Without a signed document, you cannot 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.**

CONTINUING EDUCATION AND COLLEGE CREDIT

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course.

Pre-Course Access to College Credit

[Central Wyoming College \(CWC\)](#) and [Western State Colorado University \(Western\)](#) provide an open enrollment opportunity prior to a WMI course. Thirty days prior to the WMI course, interested students must initiate registration and payment for credit by requesting the enrollment forms for CWC or Western from WMI.

Western State Colorado University Credits and Costs: WFR 3 credits ROE 397 \$240

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.

TRAVEL AND DIRECTIONS

Camp Chief Ouray, near Winter Park, CO, is located at Snow Mountain Ranch/YMCA of the Rockies. Drive from Denver: I-70 West; take Exit 232 to Winter Park/US 40, go over Berthoud Pass, drive through the towns of Winter Park, Fraser, and Tabernash. Four miles past Tabernash turn left off of US 40 at the white sign that says "Snow Mountain Ranch/YMCA of the Rockies". The classroom is located down the road at Camp Chief Ouray. Please see attached map for directions once you have arrived on site.

LODGING

If you choose to include lodging in your tuition you will be provided with bunk room style housing. Each room will hold between four and six people. Each participant will be provided with a twin sized bed, however linens will not be provided. For information regarding a private room, please contact the office at the information located at the bottom of the page.

FOOD OPTIONS

Meals are not included with tuition. However, during the course, the participants will have access to a full kitchen to prepare their own meals. Some options for nearby grocery stores:

City Market – approximately 7 miles
1001 Thompson Rd
Granby, CO

Safeway – approximately 10 miles
County Road 804
Fraser, CO

There are various restaurants in the surrounding towns, but on Snow Mountain Ranch property, there are a few options at which to eat:

Schlessman Commons

Breakfast, lunch and dinner are served every day in an all-you-can-eat buffet style dining hall. Fresh salad bar, delicious desserts and homemade specialties accompany every meal. Enjoy the majestic mountain views while dining with your family and friends. Meals are available on a pay-as-you-go basis.

Current hours and prices:*

*Subject to change at any time

Breakfast:

Spring, Summer and Fall: 7:00am – 9:00am

Adults: \$8

Lunch:

11:30am – 1:00pm

Adults: \$10

Dinner:

5:00pm- 7:30pm

Adults: \$14

Buffet meals include salad bar, entrees, desserts and beverages.

Buckboard Grill & Grocery

Located in the Administration Building, providing snacks, sandwiches, hot grill items and a small variety of grocery supplies. Hours vary with seasons, please call 970-887-2152 for schedule.

COURSE POLICIES

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. All participants must be checked out of housing by 5:00 PM on May 11. No exceptions. **NO ALCOHOL, DRUGS OR TOBACCO ARE ALLOWED ON-SITE.**

CONTACT INFORMATION

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

Our office hours are Monday - Friday, 9:00am - 5:00pm Mountain Time.

Phone: 970-887-2648

FAX: 303-648-5949

E-mail: chiefouray@ymcarockies.org



NOLS Wilderness Medicine

Wilderness First Responder Course Schedule

DAY 1

Morning

Introductions: Wilderness vs. Urban
Patient Assessment System

Afternoon

Patient Assessment System
Documentation

Readings: Ch 1

DAY 2

Morning

Spinal Cord Injury
Lifting and Moving
Spinal Immobilization & Litter Packaging

Afternoon

Chest Injury
Shock

Readings: Ch 2, 3, 4

DAY 3

Morning

Focused Spinal Assessment
Head Injury

Afternoon

Athletic Injury
Fracture Management

Evening

Dislocations

Readings: Ch 4, 5, 6

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 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

DAY 6-DAY OFF

DAY 7

Morning

Cardiac
CPR

Afternoon

CPR
Respiratory
Altered Mental Status

Readings: Ch 17, 19

DAY 8

Morning

Acute Abdomen
Allergies and Anaphylaxis

Afternoon

Diabetes
SAR, Evac and Emergency Plans

Evening

Mock Rescue

Readings: Ch 16, 18, 19, Appendix B

DAY 9

Morning

Decision-making
Mental Health
Urinary and Reproductive

Afternoon

Poisoning
Communicable Disease
Medical Legal

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

DAY 10

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

Afternoon

Written and Practical Exams
Closing Ceremony