

## **WILDERNESS FIRST RESPONDER COURSE**

Sponsored by NOLS Wilderness Medicine, Above and Beyond Alaska Wilderness Trips (ABAK) and East Basin Co (EBC).



**DATES:**        **APRIL 5 – APRIL 14, 2019**

**COST:**         **\$900**

**LOCATION:**    **Juneau, AK**

### **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. Attendance is required at all classes. The course consists of demonstrations, a few short lectures, skills practice sessions, and many practical scenarios.

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-blood and make-up are used to enhance the realism of a scenario. The classroom environment often lends itself to a pair of comfy shoes and a camp chair.

### **COURSE LOCATION**

The course will be located at the JUNEAU MAKERSPACE

**3915 N Douglas Hwy, Juneau, AK 99801**

The property is located just north of the roundabout on the North Douglas Hwy. Turn west up the winding driveway near a mailbox marked 'JMS'.

## **PACKING CHECKLIST**

- ✓ Notebook and pencil or pen
- ✓ Phone or Watch (for measuring vital signs)
- ✓ 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 Recertification course page:

[www.nols.edu/en/coursefinder/courses/wilderness-first-responder-recertification-WFRR/](http://www.nols.edu/en/coursefinder/courses/wilderness-first-responder-recertification-WFRR/).

## **WAF/WFR/WEMT RECERTIFICATION REQUIREMENTS**

### **NOLS Wilderness Medicine Graduates**

NOLS Wilderness Medicine certification holders will be afforded a one-year period after expiration within which to recertify. This one-year re-entry period is only offered to those certified through NOLS Wilderness Medicine. Enrolled students must bring their certification card to the course so that the instructor can verify the expiration date.

### **Graduates from Other Wilderness Medicine Providers**

NOLS Wilderness Medicine welcomes eligible graduates from other providers to recertify on our Wilderness First Responder Recertification course or our Hybrid Wilderness First Responder Recertification course. To be eligible for recertification you must possess a current (unexpired) WAF certification, WFR certification from a provider whose WFR course is a minimum of 70 hours, or WEMT certification.

There is no re-entry period once your certification expires. It is your responsibility to make sure your certification meets this standard. If you are unsure, please contact NOLS Wilderness Medicine to verify your certification qualifies before enrolling in a course.

Students certified by other wilderness medicine providers are required to submit a photocopy of their unexpired certification card on the first day of the course. We cannot issue you a new card until we have verified your previous training.

Students recertifying the wilderness portion of their WEMT certification must submit a photocopy of their current EMT card on course.

## **REGISTRATION**

Tuition payment in full is required to reserve your spot in the course. You can pay your tuition online by visiting <https://eastbasinco.coursestorm.com> If you are prospective or current ABAK staff, please contact Alex for a promo code for use during registration.

The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits.

## **NOLS WILDERNESS MEDICINE STUDENT AGREEMENT**

Please download this agreement and read it very carefully as it affects your legal rights: [www.nols.edu/en/filer/public/1481683959/906/](http://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.**

## **COURSE POLICIES**

### **Cancellations**

If you cancel or withdraw from a course:

- Greater than or equal to 30 days prior to the course start date, EBC will retain a \$50.00 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:
  - loss of full tuition
- 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.

### **Service Animals**

Please contact the Wilderness Medicine office at 1-866-831-9001 if you intend to bring a service animal to the course.

### **Alcohol, Drugs, Tobacco & Weapons**

No alcohol, no drugs, no tobacco, and no weapons are allowed in the classroom.

## **CONTINUING EDUCATION AND COLLEGE CREDITS**

### **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 18 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.

More information on continuing education credits can be found here:

[www.nols.edu/en/resources/credit-continuing-education/continuing-education/](http://www.nols.edu/en/resources/credit-continuing-education/continuing-education/)

### **Pre-Course Access to College Credit**

The WFR Recert course is pre-approved for one semester hour credit through Western State Colorado University (WSCU) for an additional cost of \$80. 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.

## **STUDENT LOGISTICS**

### **Meals and Lodging**

Meals and lodging are not offered for this course.

### **Travel**

Contact the course host if you're coming in from out of town and need or want suggestions of where to stay.

## **CONTACT INFORMATION**

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

### **Course Host**

Office Hours: 8am – 5pm, Monday – Friday AK TIME

Phone: 907-209-7771

Email: [steve\\_lanwermeyer@nols.edu](mailto:steve_lanwermeyer@nols.edu)

Website: <https://eastbasinco.coursetstorm.com>

### **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)

