



Photo Courtesy of Alex Zhitnik

WILDERNESS FIRST RESPONDER (WFR)

Sponsored by Central Wyoming College & NOLS Wilderness
Medicine



DATES: August 26 - 30 and September 3 - 6, 2019

COST: \$725 (*WFR certification only*)

To receive CWC credit in addition to WFR certification:

\$980.00 - In-state residency

\$1,176.00 - WUE residency

\$1,772.00 - Out-of State residency

LOCATION: Alpine Science Institute at Central Wyoming College,
Lander, WY

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

This course runs August 26 - 30 and September 3 - 6. Check-in is at 7:45 AM on the first day of the course. Course days run from 8:00 AM to 5:00 PM, with two additional evening sessions from 6:00 PM to 10:00 PM each Wednesday. 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 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 a second hand or digital second
- Sunglasses and hat
- Water bottle
- Light day pack
- Headlamp
- 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 [NOLS Wilderness Medicine WFR](#) course page.

REGISTRATION AND TUITION

PAYMENT *To register for the class for the WFR certification only:*, Students can register online at cwclander.eventbrite.com. Payment is due at the time of registration.

If a student wishes to avoid paying the registration service fees, they can register and pay for the class by calling CWC Lander at 307-332-3394 or stopping by their office.

To register for the class to receive CWC credit in addition to the WFR certification: If you have not completed the standard [CWC application for admission](#), please do so. It asks when the course is being held; the WFR is part of the Fall 2019 course offerings. When asked about the course of study, select from the drop down, "I only need one course."

The day after you complete the application, please contact CWC Lander at 307-332-3394 or landercenter@cw.edu to register for the class.

The tuition and fees include 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.

Course Tuition:

For WFR Certification: \$725

For CWC Credit: Tuition and fee rates are based on the student's state or residence. Tuition and fees are due no later than the day before the start of class. Payment plans are available upon request.

- In-state: \$560 in tuition/fees + \$420 in additional fees = **\$980.00**
- WUE: \$756 in tuition/fees + \$420 in additional fees = **\$1,176.00**
 - Students are granted this rate if they are residents of AK, HI, WA, OR, CA, ID, NV, AZ, NM, CO, MT, ND, SD or NE
- Out-of-state: \$1,352 + \$420 in additional fees = **\$1,772.00**

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.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the [NOLS Student Agreement](#) 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. 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

For WFR certification only: Refunds are accepted up to 7 days before the event.

For CWC credit: If you cancel or withdraw from a course:

- Students can drop the class for a full refund through Monday, August 26th. After August 26, a student can still withdraw from the course, but they will not receive a refund. 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

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](#).

COLLEGE CREDITS

Pre-Course Access to College Credit

This class is approved for 4 credits through Central Wyoming College. Enrolling in this course automatically earns students this credit. Students can also choose to audit this course or take it as a pass/fail course.

The WFR course is pre-approved for 3 credit through Western State Colorado University or an additional cost. Interested students must initiate registration and payment for credit by contacting Western at least 30 days prior to the course start. More information can be found [here](#).

On-Course Access to College Credit

The WFR course is pre-approved for one semester hour credit through the University of Utah for an additional cost. If you are interested in receiving college credit, please ask your instructors on the first day of class for the necessary information.

STUDENT LOGISTICS

Meals and Lodging

Lodging is available on site at the Alpine Science Institute at a cost of \$20 per night. Meals are not provided. Please contact CWC Lander at 307.332.3394 or landercenter@cw.edu for more information on housing.

Other lodging and accommodations in the Lander area include:

- Inn at Lander
- Holiday Inn Express
- Pronghorn Lodge
- Holiday Lodge
- Maverick Hotel
- Sleeping Bear RV Park
- Sinks Canyon State Park
 - Sawmill Campground
 - Popo Agie Campground
- Sinks Canyon Campground (USFS)

Travel

The Alpine Science Institute at Central Wyoming College is located at 50 Field Station Rd, Lander, WY.

Coming into Lander on Hwy 789 from Riverton:

- Merge right onto Main Street at the stoplight
- Turn left onto 9th Street
- Turn right onto Fremont St/Sinks Canyon Rd
- Drive approximately 4.5 miles - the Alpine Science Institute will be on your left.

Coming into Lander on Hwy 287 from the Rawlins Junction:

- Turn left onto 9th Street
- Turn right onto Fremont St/Sinks Canyon Rd
- Drive approximately 4.5 miles - the Alpine Science Institute will be on your left.

Coming into Lander on Hwy 287 from Dubois:

- Turn right onto 9th Street
- Turn right onto Fremont St/Sinks Canyon Rd
- Drive approximately 4.5 miles - the Alpine Science Institute will be on your left.

Directions and a detailed map can be found with [Google Maps](#).

CONTACT INFORMATION

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

Course Host: Central Wyoming College
Lander
Office Hours: M-F from 8am-5pm MST
Phone: 307.332.3394
Email: landercenter@cw.edu
Website: cw.edu/lander

NOLS Wilderness Medicine:

Office Hours: M-F from 8am-5pm MST
Phone: (866) 831-9001

[Email](#)

[Website](#)