

*Wilderness First Responder Course*



**WILDERNESS FIRST RESPONDER COURSE**

Sponsored by *SUNY Cortland* William H. Parks Family Center for Environmental and Outdoor Education and NOLS Wilderness Medicine



**DATES:** Wednesday January 8 (Course starts at 1 p.m.) through Friday January 17 (Course ends at 1 p.m.), 2020. Arrival should be planned for 11 a.m. to allow for travel across the lake.

**COST:** \$1,350 including room, board and all course fees and materials

**LOCATION:** Huntington Memorial Camp, Long Point, Raquette Lake, New York 13436

**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 11 a.m. on the first day of the course. Course days run from 8 am to 6 pm, with two additional evening sessions. 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 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 \$600 is required to reserve a space in the course. Tuition balance is due the first day of the course. Payments may be made via credit card, check (with driver's license number), money order or cash. Checks should be made payable to Auxiliary Services Corporation (ASC). The tuition fee covers textbooks, syllabus, room, meals, 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 are forced to cancel the course for any reason.

## **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**

- Greater than or equal to 30 days prior to the course starting date, sponsor will retain a \$75 administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable as per the following:
  - WFR, WAFA, WUMP loss of course deposit.
  - WFA, WFR-R, WMPP Loss of full tuition
- Once the course begins, no refunds will be awarded. All course registrations are non-transferrable.

### **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. No exceptions.

### **Alcohol and Tobacco**

No alcohol or tobacco is allowed on site.

## **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**

All meals and lodging are provided at Camp Huntington because of the remote location. The first meal will be lunch on Jan. 8 and the last meal will be a pack lunch on Jan. 17. The Fuge Dining Hall provides family style meals, a salad or fruit bar, dessert, and the food is great. The lodging is rustic, but warm & comfortable, dorm style with shared rooms. Men and women stay in different dorms. Cross-country skis and snowshoes are available for use on trails. The classroom is equipped with six (6) lap tops and iPads to keep in touch with the outside world and/or take notes. You are welcomed to bring your own electronics. The wood-fired sauna is a good place to unwind at the end of a long day.

### **Travel**

The course takes place at Huntington Memorial Camp, a National Historic Site, maintained by SUNY Cortland as an Outdoor Education facility. It is located on a peninsula on the south bay of Raquette Lake in the Adirondack Park of upstate New York. Parking is available at Antlers on the west side of Raquette Lake. Students will walk or ski across a well-maintained ice road approximately one mile. Your gear will be transported by the College. Please refer to the information about camp, driving directions, maps, and facilities at [www.Cortland.edu/outdoor](http://www.Cortland.edu/outdoor).

The road conditions in January can be rather unpredictable, so please drive carefully and allow a margin of extra time. If following GPS or computer-generated directions, **DO NOT** take Uncas Road in Eagle Bay, as this is an unmaintained seasonal road. The street address for GPS is 540 Antlers Road, Raquette Lake, NY 13436. Syracuse and Albany are the two closest airports, both about 125 miles away. A van will be picking up and returning to Syracuse airport early morning (no later than 8 am) on Wednesday, Jan. 8 and late afternoon on the last day of the course. If interested in riding in the van, contact Rhonda Pitoniak.

## CONTACT INFORMATION

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

**Course Host** Rhonda Pitoniak

Phone: 607-753-5485

Email: [rhonda.pitoniak@cutland.edu](mailto:rhonda.pitoniak@cutland.edu)

Website: [Cutland.edu/rl-events](http://Cutland.edu/rl-events)

## 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)*

