



WILDERNESS FIRST RESPONDER COURSE

Sponsored by IslandWood and NOLS Wilderness Medicine

DATES: December 27, 2019 – January 5, 2020

COST: \$880 (Basic Package – Includes Lunch)

\$1,630 (Full Package – Includes All Meals and Lodging)

LOCATION: Bainbridge Island, WA

REGISTER ONLINE: <https://www.eventbrite.com/e/nols-wfr-course-12272019-152020-registration-64688788909>

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

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 will 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 comfy shoes or slippers 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
- ✓ Headlamp
- ✓ 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 NOLS WFR Course Outline page at:

https://www.nols.edu/portal_media/wmi/WFR_Schedule_December_2018.pdf

REGISTRATION AND TUITION PAYMENT

You can register and submit your tuition payment online at: <https://www.eventbrite.com/e/nols-wfr-course-12272019-152020-registration-64688788909>

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.

Course Cost: \$880.00 Basic Package (includes program fee and lunches)

OR

\$1,630.00 Full Package (includes program fee, lodging and all meals)

GUEST ARRIVAL & DEPARTURE

When planning your trip to IslandWood, please ensure that your travel arrangements allow you to arrive within the below time frame.

BASIC PACKAGE:

Check-in is Friday, December 27th, 2019 at 7:45 AM. Check-out is Sunday, January 5th, 2020 at



5:00 PM.

FULL PACKAGE:

IslandWood is open for overnight guest arrivals and lodge check-in on Thursday, December 26th, 2019 from 4:00 PM - 10:00PM. Lodge check-out is at 11:00AM on Sunday, January 5th, 2020.

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download this agreement and read it carefully as it affects your legal rights:

https://www.nols.edu/media/filer_public/0b/50/0b509a42-3618-4eab-bab2-30606dc04c1e/nols-wilderness-medicine-student-agreement.pdf

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 NOLS Wilderness Medicine program and are at the sole risk of the participant.

ISLANDWOOD POLICIES

Cancellations

If you cancel or withdraw from the course:

- Greater than or equal to 90 days prior to the course start date, IslandWood will retain 10% of the registration fee. The remainder of tuition collected to date will be refunded.
- Greater than 60 days but less than 90 days prior to the course start date, IslandWood will retain 30% of the registration fee. The remainder of tuition collected to date will be refunded.
- Greater than 30 days but less than 60 days prior to the course start date, IslandWood will retain 40% of the registration fee. The remainder of tuition collected to date will be refunded.
- Less than 30 days prior to the course start date, IslandWood will retain 80% of the registration fee. The remainder of tuition collected to date will be refunded.
- 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.

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 48 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. Please 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: <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

Both a Tuition with Lunch and a Tuition with Meals and Lodging option are available for this course. Lodging at IslandWood is provided in comfortable, Northwest-style lodges with a central Great Room, fireplace, and access to the 250-acre campus.

Options for Meals and Lodging off-site can be found at: www.visitbainbridge.com.

Travel

The course will take place at IslandWood, located at 4450 Blakely Ave NE, Bainbridge Island. Bainbridge Island is accessible via the Seattle-Bainbridge ferry route, or Highway 305 from the Kitsap Peninsula. If utilizing the ferry, taxicabs are available at the ferry terminal to provide the 5-10 minute trip to IslandWood.

CONTACT INFORMATION

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

Course Host:

Office Hours: Monday to Friday, 9:00am to 5:00pm Pacific Time.
IslandWood
4450 Blakely Ave. NE
Bainbridge Island, WA 98110
(206) 855-4300
www.islandwood.org

NOLS Wilderness Medicine:

Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.
Phone: (866) 831-9001
Email: wilderness_medicine@nols.edu
Fax: (307) 335-2355
Website: <http://www.nols.edu/wilderness-medicine>