



O U T D O O R U W

WILDERNESS FIRST RESPONDER COURSE

Sponsored by Outdoor UW and NOLS Wilderness Medicine

DATES: *January 10-19, 2020*
COST: *\$850.00 Tuition only*
LOCATION: *Memorial Union, 800 Langdon St., Madison, WI 53706*
Please look at the Today in the Union (TITU) board as you enter building to confirm room.
TIME: *8:00 AM-5:00 PM most days, there will be some evening scenarios.*



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., with two additional evening sessions. Ten-day courses will include a day off on the 6th day, (Wednesday, Jan 15th). 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 comfy shoes or slippers and a camp chair. A 4-hour evening, outdoor mock rescue is part of the curriculum; dress accordingly.



OUTDOOR UW

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 WFR course page, scrolling to Section 2 to click on “DOWNLOADS: Course Outline” at: <https://nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/>.

REGISTRATION AND TUITION PAYMENT

A full payment of \$850.00 is required to reserve a space in the course. To register call (608) 262.1630 between noon and 6 pm to register. Our staff can help you over the phone.

The tuition fee covers textbooks, syllabus, equipment and certifications. Outdoor UW is not obligated to allow any student to attend a course until all payment and paperwork has been received, reviewed and approved. A full refund will be given if we need to cancel the course for any reason.

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/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi_agreement_2017_january.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.



O U T D O O R U W

NOLS WILDERNESS MEDICINE POLICIES

Cancellations

If you cancel or withdraws from a course:

- Greater than or equal to 60 days prior to the course start date, Outdoor UW will retain a \$50.00 administrative fee. The remainder of tuition collected to date will be refunded (4-6 weeks later).
- Within 60 days of the course start date, tuition is non-refundable and 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 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.

At this time University of Wisconsin does not offer credits for this class.



O U T D O O R U W

STUDENT LOGISTICS

Meals and Lodging

Directions: Memorial Union is located on the corner of Park and Langdon Street. 800 Langdon St., Madison WI 53706. Easiest way to the classroom is head to the lakeside. Enter the doors facing the lake, on the lower Western side of the building, labeled Outdoor UW.

Parking/Transportation: The nearest parking lots are Helen C White parking or Lake Street Ramp. (5 min walk) Parking is approximately \$13.00 per day. There are additional parking garages off of Johnson Street. There are buses that can take you down to Memorial Union.

Food: There is a wide variety of food available, including in the building, around campus and on State Street easily within walking distance.

Lodging:

On Campus options:

Wisconsin Union Hotel- <https://union.wisc.edu/visit/stay-at-the-union/>
1308 W. Dayton Street, Madison, WI 53715. (608) 890.3000
~10 min walk

Fluno Center- <http://fluno.com>
601 University Ave., Madison, WI 53715 (877) 773.5866
~5 min walk

Off Campus options *that students that have stayed in the past:*

Madison Hostel- www.hiusa.org/hostels/madison
141 S Butler St, Madison, WI 53703 (608) 441-0144

CONTACT INFORMATION

Please contact our Outdoor UW front desk staff with any questions or concerns you may have.

Course Host

Office Hours: Monday – Friday, Noon to 6 PM

Phone: 608.262.1630

Email: outdooruw@union.wisc.edu

Website: <https://union.wisc.edu/events-and-activities/outdoor-uw/>

In case of emergency contact Joe Webb- (920) 377-0064, jcwebb@wisc.edu

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>



O U T D O O R U W

DAY 1 Morning

Introductions: Wilderness vs. Urban

Patient Assessment System

Afternoon

Patient Assessment System

Documentation

DAY 2 Morning

Spinal Cord Injury

Lifting and Moving

Spinal Immobilization & Litter Packaging

Afternoon

Chest Injury

Shock

DAY 3 Morning

Focused Spinal Assessment

Head Injury

Afternoon

Athletic Injury

Fracture Management

Evening

Dislocations

DAY 4 Morning

Wilderness Wound Management

Afternoon

Hypothermia, Frostbite and Non-Freezing

Cold Injury

Heat and Hydration

DAY 5 Morning

Altitude Illness

Bites and Stings

Afternoon

Lightning

Submersion

Leadership, Teamwork, Communication

Stress First Aid

DAY 6-DAY OFF

DAY 7 Morning

Cardiac

CPR

Afternoon

CPR

Respiratory

Altered Mental Status

DAY 8 Morning

Acute Abdomen

Allergies and Anaphylaxis

Afternoon

Diabetes

SAR, Evac and Emergency Plans

Evening

Mock Rescue

DAY 9 Morning

Decision-making

Mental Health

Urinary and Reproductive

Afternoon

Poisoning

Communicable Disease

Medical Legal

DAY 10 Morning

Common Problems Wrap-up

Wilderness Drug and First Aid Kits

Pain Management in the Wilderness

Written and Practical Exams

Afternoon

Written and Practical Exams

Closing Ceremony

(If you like to plan ahead check out Youtube-
NOLS Patient Assessment-

<https://www.youtube.com/watch?v=hXQAmx2AYIk> or google NOLS patient assessment- this is

the foundation of the first few days.)