

WILDERNESS FIRST RESPONDER COURSE

Sponsored by Ready SF and NOLS Wilderness Medicine

DATES: December 9-18, 2019
COST: \$790 Tuition Only
LOCATION: YMCA Point Bonita Outdoor & Conference Center
981 Fort Barry, GGNRA, Sausalito, CA 94965



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; 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 (moulage) blood and make-up are used to enhance the realism of a scenario. The classroom generally lends itself to a pair of comfy shoes/ slippers and a camp chair. A 4-hour evening, outdoor mock rescue is part of course; 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 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 deposit of \$300 is required to reserve your spot on the course. The balance of tuition is due two weeks prior to the first day of the course. You can pay your balance online at <https://www.nols.edu/portal/account/login/> (we accept Visa or Mastercard), by calling the NOLS Wilderness Medicine office with credit card information, or by mailing a check (with driver's license number).

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: \$790
Less Deposit: \$300 (due at time of registration)
Your balance due: \$490 (due two weeks prior to the first day of the course)

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

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

[Student Agreement](#)

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.

NOLS WILDERNESS MEDICINE POLICIES

Cancellations

If you cancel or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date, NOLS Wilderness Medicine will retain a \$35.00 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:
 - WFA, WFR-R, WMPP – loss of full tuition.
 - WFR, WAFA, WUMP – loss of course deposit.
- 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

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. 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

Travel & Directions: The classroom is located at: YMCA Point Bonita Outdoor & Conference Center 981 Fort Barry, GGNRA, Sausalito, CA 94965 Phone number: (415) 331-9622.

From South of the Golden Gate Bridge: Going North on Highway 101 from San Francisco, cross the Golden Gate Bridge. Go past the Vista Point exit and take the Alexander Avenue exit. As you exit, bear right but proceed slowly. After approximately 500 feet, take the first left to the Marin Headlands onto Bunker Road. Ahead you will come to a one-way tunnel. You may have as much as a five-minute red light here. At the green, continue through the tunnel. Continue straight on Bunker Road for approximately 2 miles. After you see the horse stables on the left, continue around the corner and bear left onto Field Road. Follow the signs up the hill heading to the Point Bonita Lighthouse, Nike Missile Site, AYH Hostel, and the YMCA Point Bonita. Go past the GGNRA Visitor's Center.

From North of the Golden Gate Bridge: Head South on 101 to the last Sausalito exit (after the Waldo Tunnel and just before the bridge). At the exit stop sign, turn right and double back under 101. Bear left after the stop sign. Proceed slowly, after 500 feet, take the first left to the Marin Headlands onto Bunker Road. Ahead you will come to a one-way tunnel. You may have as much as a five-minute red light here. At the green, continue through the tunnel. Continue straight on Bunker Road for approximately 2 miles. After you see the horse stables on the left, continue around the corner and bear left onto Field Road. Follow the signs up the hill heading to the Point Bonita Lighthouse, Nike Missile Site, AYH Hostel, and the YMCA Point Bonita. Go past the GGNRA Visitor's Center.

From the East Bay: Take 580 West towards San Rafael. Continue on 580 to the Richmond/San Rafael Bridge. (\$5.00 portions toll) Take the Sir Francis Drake Blvd. exit off the bridge. Continue on Sir Francis Drake past San Quentin and the Larkspur Ferry Terminal to 101 South. Take the left ramp onto 101 South towards San Francisco. Continue on 101 to the last Sausalito exit (after the Waldo Tunnel and just before the bridge). At the exit stop sign, turn right and double back under 101. Bear left after the stop sign. Proceed slowly, after 500 feet, take the first left to the Marin Headlands onto Bunker Road. Ahead you will come to a one-way tunnel. You may have as much as a five-minute red light here. On the green light, continue through the tunnel.

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Meals and Lodging: There is not a meals and lodging option for this course.

Hotels can be found at www.hotels.com or other travel websites. There are many motels in the Lombard Street area that are close to the course. There is a youth hostel in Fort Mason (Fort Mason Youth Hostel) that is 1.5 miles from the classroom.

CONTACT INFORMATION

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

Course Sponsor:

Email: yacubian@readysf.com

Website: <http://readysf.com>

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>