



Photo Courtesy of Alex Zhitnik

WILDERNESS FIRST RESPONDER (WFR)

Sponsored by *Lewis & Clark College* & NOLS Wilderness
Medicine



DATES: *Thursday, January 9th – Saturday, January 18th, 2020*

COST: *\$775 Tuition only*

LOCATION: *Stamm (room 310A) of the Templeton Campus Center, Lewis & Clark College, 0615 SW Palatine Hill Rd, Portland, OR, 97219*

Please see **Student Logistics below for additional information on course location*

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 AM on the first day of the course. Course days run from 8:00 AM to 5:00 PM, with two additional evening sessions. Ten-day courses will include a day off; nine-day courses do 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 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 (or waterproof smart phone) with a second hand or digital second read out
- Sunglasses and hat
- Water bottle
- Hot-drink mug with a non-spill lid (free coffee/tea provided)
- day pack large enough to hold layers, water, and rescue gear for scenarios (in other words, a large day pack or a backpack would be fine)
- Headlamp with spare batteries
- Waterproof outerwear: top and bottom (i.e., rain coat and rain pants)
- hiking boots or sturdy shoes, good enough to travel off trail on steep, muddy slopes of our ravines
- Clothing layers that allow you to be comfortable in a variety of weather conditions, including warm hat and gloves. It will likely be COLD & WET. It often snows during this January course.
- Slippers, sandals, or comfortable shoes for classroom time (These are Required. Muddy outdoor shoes will need to be removed and left at the door when you come indoors after scenarios)

COURSE OUTLINE

For the full course outline, visit the [NOLS Wilderness Medicine WFR](#) course page.

REGISTRATION AND TUITION PAYMENT

Tuition payment in full is required to reserve your spot in the course. You can register and pay your tuition by calling the Lewis & Clark College Outdoors Office at 503-768-7116 with credit card information.

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 Tuition: \$775 general public

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the [NOLS Student Agreement](#) and the Lewis & Clark College Outdoors [Assumption of Risk](#) forms. Read these carefully as they affects your legal rights.

Bring the two signed documents to the first day of the course. If you are a minor, a parent or guardian must sign the documents as well. Without signed documents, 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

If you cancel or withdraws from a course:

- There is an administrative cancellation fee of \$50, and after 45 days or fewer before the course start date the entire course fee is non-refundable unless we can fill your spot off the waitlist.
- If we are able to fill your spot less than 45 days before the course, the tuition fee is refundable less a \$100 "late drop" fee.
- 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. 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

Check with your college's Registrar to see if they will accept this course credit before signing up for it! The WFR course is pre-approved for 3 credits 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 three semester hours 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.

Office Hours: M-F from 8am-5pm MST

Phone: (866) 831-9001

[Email](#)

[Website](#)

STUDENT LOGISTICS**Meals and Lodging**

Meals and lodging are not offered for this course. Below are some lodging options:

Camping Options:

The nearest camping is approximately 45 minutes away. Champoeg State Park, sites can be reserved on ReserveAmerica.com

Lodging Options:

The Lakeshore Inn is one of the closest: <http://www.thelakeshoreinn.com/> Many other motels, VRBOs, and AirBnBs are in the vicinity.

Travel

Use Google Maps, your smart phone or your GPS to find Lewis & Clark College, 0615 SW Palatine Hill Road, Portland, OR 97219. The Templeton Center, where this course will be held, is on the Undergraduate Campus, which you enter through Gate 5, off Palatine Hill Road. Parking is free in any space not marked for Staff or other designated reserved parking. More information about campus is [here](#).

CONTACT INFORMATION

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

Course Host:

Office Hours: M-F, 9am – 5pm Pacific Time (Closed from Dec 21-Jan 3, but checking email & voicemail during that time.)

Phone: 503-768-7116

Email: outdoors@lclark.edu

Fax: 503-768-7876

Website: go.lclark.edu/outdoors

NOLS Wilderness Medicine: