



Photo courtesy of Flagstaff Field Institute WFR Alex Zhitnik

WILDERNESS FIRST RESPONDER (WFR)

Sponsored by the Flagstaff Field Institute and NOLS Wilderness Medicine

DATES

January 3-12

January 4-12 (NAU students only)

February 15-23

March 14-22

April 3-12

May 12-21

August 13-21

November 6-15

TUITION

\$785

LOCATION

Flagstaff, Arizona



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.

REGISTRATION

Tuition for the course is \$785, and a deposit of \$485 is required to reserve a space in the course. Tuition balance is due on or before the first day of the course. The tuition fee covers instruction, textbooks, equipment use, certifications, and continuing education credits. Enroll online at www.FlagstaffFieldInstitute.com or mail the attached registration form with a check or money order. The tuition balance may be paid with cash, check, or VISA/MC.

Course tuition: \$785

Deposit: \$485 due at time of enrollment

Balance: \$300 due on or before the first day of the course

The January 4-12 WFR course will be held at Northern Arizona University and is open only to NAU students enrolled in PRM 216. Participants in the January 4-12 course must pay the entire tuition at the time of enrollment, and all enrollments must be made online at www.FlagstaffFieldInstitute.com.



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 – 5:00 PM. Two evening sessions will be scheduled. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios and practice sessions will take place both inside and outside. The weather in northern Arizona can be unpredictable and varies with the season. Bring outdoor clothing appropriate for lying on the potentially wet, muddy, or frozen ground playing the role of both rescuer and patient. Frequently, stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally, the classroom environment lends itself to a pair of comfy shoes/slippers and a camp-type chair.

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)
- ✓ Reusable mug for hot drinks in class (optional)

COURSE LOCATIONS

Most WFR courses are held at the Colton Research Center:
Pearson Hall – Building #34
Colton Research Center
3100 North Fort Valley Road
Flagstaff, Arizona

A map and detailed directions are available on the FFI website:
www.flagstafffieldinstitute.com/resources/course-locations/

The January 3-11 WFR course will be held in the SBS West building on the campus of Northern Arizona University.



LODGING

There are many, many lodging options in and around Flagstaff. Flagstaff is completely surrounded by national forest, and camping is available in various campgrounds around town. For more information on campgrounds as well as 'dispersed camping', please visit the Coconino National Forest website:

<https://www.fs.usda.gov/coconino/>

Many students choose to stay at the Grand Canyon Hostel in downtown Flagstaff. The Grand Canyon Hostel provides great access to the local climbing gym, restaurants, outdoor equipment shops, etc. For more information on the hostel, please visit www.grandcanyonhostel.com. The hostel offers a 'free, hearty breakfast' every day, and you'll receive a 15% discount off the cost of lodging if you mention that you're participating in a WFR course with Pete Walka and the Flagstaff Field Institute.

For other lodging options such as hotels, motels, or B&Bs, please visit the following websites:
Flagstaff Chamber of Commerce: www.flagstaffchamber.com
City of Flagstaff web site: www.flagstaff.az.us

RECREATION

Only 80 miles from the Grand Canyon, Flagstaff has long been recognized for its outstanding recreational opportunities. *Rock & Ice*, a climbing magazine, named Flagstaff one of the "10 Climbing Towns to Live For", and Flagstaff is surrounded by hundreds of miles of trails for running and mountain biking. The Arizona Nordic Village and Arizona Snowbowl provide cross-country and downhill skiing opportunities during the winter. Flagstaff also boasts a vibrant arts and entertainment scene and lots of great coffee shops. Bring your climbing shoes, hiking boots, running shoes, mountain bike, skis, and snowshoes – the recreational opportunities are amazing!



COLLEGE CREDIT

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.

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/>

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the NOLS Wilderness Medicine Student Agreement and read it carefully as it affects your legal rights:

<http://flagstafffieldinstitute.com/wp-content/uploads/2018/10/NOLS-agreement-2018.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.



NOLS & FFI POLICIES

Cancellation policy

If a student cancels or withdraws from the course

- Greater than or equal to 30 days prior to the course starting date, Flagstaff Field Institute will retain a \$50 administrative fee. All other funds will be returned.
- Within 30 days of the course start date and throughout the duration of the course all deposit and tuition moneys are non-refundable.
- 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 class until the pet is safely situated in a kennel or other facility. No exceptions.

Service animals

Please contact the NOLS Wilderness Medicine office at 866.831.9001 if you intend to bring a service animal to the course.

Alcohol, drugs, tobacco, & weapons

Per Arizona Revised Statutes, smoking is not permitted in public buildings. Alcohol, illegal drugs, and weapons are prohibited in class.

CONTACT INFORMATION

Please don't hesitate to contact me with any questions. I'm looking forward to having you in the course!

Pete Walka, MS, NR-P, WEMT, FAWM
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www.Facebook.com/FlagFieldInstitute



WFR COURSE REGISTRATION FORM

You may enroll online at www.FlagstaffFieldInstitute.com or submit this form with a check or money order for \$485 as deposit. Please make check or money order payable to Flagstaff Field Institute. The balance of the tuition (\$300) is due on or before the first day of the course

Name: _____

Address: _____

Phone: _____

Email: _____

Date of birth: _____

Please indicate which course you would like to attend:

- | | | |
|---|-------------------------------------|--|
| <input type="checkbox"/> January 3-12 | <input type="checkbox"/> April 3-12 | <input type="checkbox"/> August 13-21 |
| <input type="checkbox"/> February 15-23 | <input type="checkbox"/> May 12-21 | <input type="checkbox"/> November 6-15 |
| <input type="checkbox"/> March 14-22 | | |

I have read and understand the refund policy described on the accompanying course letter.

Signature

Date