



UTAH VALLEY UNIVERSITY

EXERCISE SCIENCE & OUTDOOR RECREATION



Photo Courtesy of Alex Zhitnik

WILDERNESS FIRST RESPONDER (WFR)

Sponsored by UVU Outdoor Recreation Program
& NOLS Wilderness Medicine



COURSE DATES: May 4th - May 13th, 2020
COST: \$780
LOCATION: Utah Valley University, Orem Utah
REGISTRATION: <https://tinyurl.com/uvuwfr20>

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. All course materials will be provided on the first morning of the course.

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 with a second hand or digital second
- Sunglasses and hat
- Water bottle
- Light day pack
- Headlamp
- 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 Wilderness Medicine WFR](#) course page.

REGISTRATION AND TUITION PAYMENT

Registration will take place online at: <https://tinyurl.com/uvuwfr20>

WFR Registration Options:

- The \$300 deposit reserves your seat in the course, or you may pay the full \$780 course fee.
- If you pay the \$300 deposit, the \$480 balance will be due no later than 11:59 pm Mountain Time April 20th, 2020.

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.

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.

UVU Access to College Credit

The WFR course can be used to receive 2 credits for REC 1542 for students enrolled at UVU. You will need to present your card upon certification to the advisors in the UVU Exercise Science and Outdoor Recreation Department to receive credit. The credits cost \$25.

STUDENT LOGISTICS

MEALS

There is no meal plan available for this course.

LODGING

There is not a lodging package available for this course. Here is a list of lodging options to assist you in making your own arrangements:

Hampton Inn & Suites
851 West 1250 South, Orem
(801)426-8500

Holiday Inn Express and Suites
1290 West University Pkwy
Orem, UT 84058
(801) 655-1515

La Quinta Inn & Suites
521 West University Parkway, Orem
(801)226-0440

Comfort Inn and Suites
427 W University Pkwy
Orem, UT 84058
(801) 431-0405

Other lodging options can be found at
<http://www.utahvalley.com/>

Free dispersed camping is available in American Fork Canyon past Tibble Fork Reservoir (\$3 entrance fee). Campgrounds are also available in American Fork Canyon and Provo Canyon, check with the US Forest Service at 801-377-5780 for costs and seasonal availability. Utah Lake State Park has camping available. They can be reached at (801) 375-0731. Lakeside Campground can be reached at 801-373-5267. Or for camp trailers contact KOA at 801-375-2994.

Travel

The course will take place on the campus of Utah Valley University which is located in Orem, Utah just off of I-15 University Parkway exit (#270) at: 800 West University Parkway Orem, Utah 84058. The class will meet in Room SL 101. See map for further information.

PETS ARE NOT ALLOWED ON CAMPUS. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS.

NO SMOKING OR ALCOHOL IS ALLOWED ON SITE

CONTACT INFORMATION

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

Course Host:

UVU Contact Information:

Betsy Lindley
801-863-6094
blindley@uvu.edu

NOLS Wilderness Medicine:

Office Hours: M-F from 8am-5pm MST
Phone: (866) 831-9001

[Email](#)

[Website](#)