



Photo Courtesy of Alex Zhitnik

WILDERNESS FIRST RESPONDER (WFR)

Sponsored by Center Activities & NOLS Wilderness Medicine



DATES: May 20-29, 2020

COST: \$655 Full-time HSU Students | \$735 All Others Tuition only

LOCATION: Humboldt State University, Arcata CA

The class will meet in Nelson Hall East, Room 102, also known as Goodwin Forum. You'll find this location marked on the enclosed HSU campus map in area 5 between D & E.

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 (mouflage) 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

Tuition payment in full is required to reserve your space in the course. You can register and pay your tuition online at centeractivities.humboldt.edu (we accept Visa, MasterCard, Discover & American Express), or by coming into the Center Activities office located on the Humboldt State University Campus.

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: \$735 general public | \$655 Full-time HSU

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the [NOLS Student Agreement](#) and read it carefully as it affects your legal rights.

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 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:

- Greater than or equal to 30 days prior to the course start date, Center Activities 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.
- Once the course begins, no refunds will be awarded. All course registrations are transferable with advance notice.

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 on the Humboldt State University campus.

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

The WFR course is pre-approved for 3 credit 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.

STUDENT LOGISTICS

Meals and Lodging

There are no meal and lodging packages available for this course.

A list of nearby accommodations can be found on the last page of this document.

Travel

Humboldt State University is located in Arcata, CA. Arcata is located on U.S. Highway 101, in Humboldt County. It takes approximately six hours to drive to Arcata from San Francisco or Sacramento. Watch for the Humboldt State University off-ramp and signs to the campus.

CONTACT INFORMATION

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

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Course Host: Center Activities

Office Hours: 10am-5pm, M-F

Phone: (707) 826-3357

Email: cntract@humboldt.edu

Fax: (707) 826-3354

Website: centeractivities.humboldt.edu

NOLS Wilderness Medicine:

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

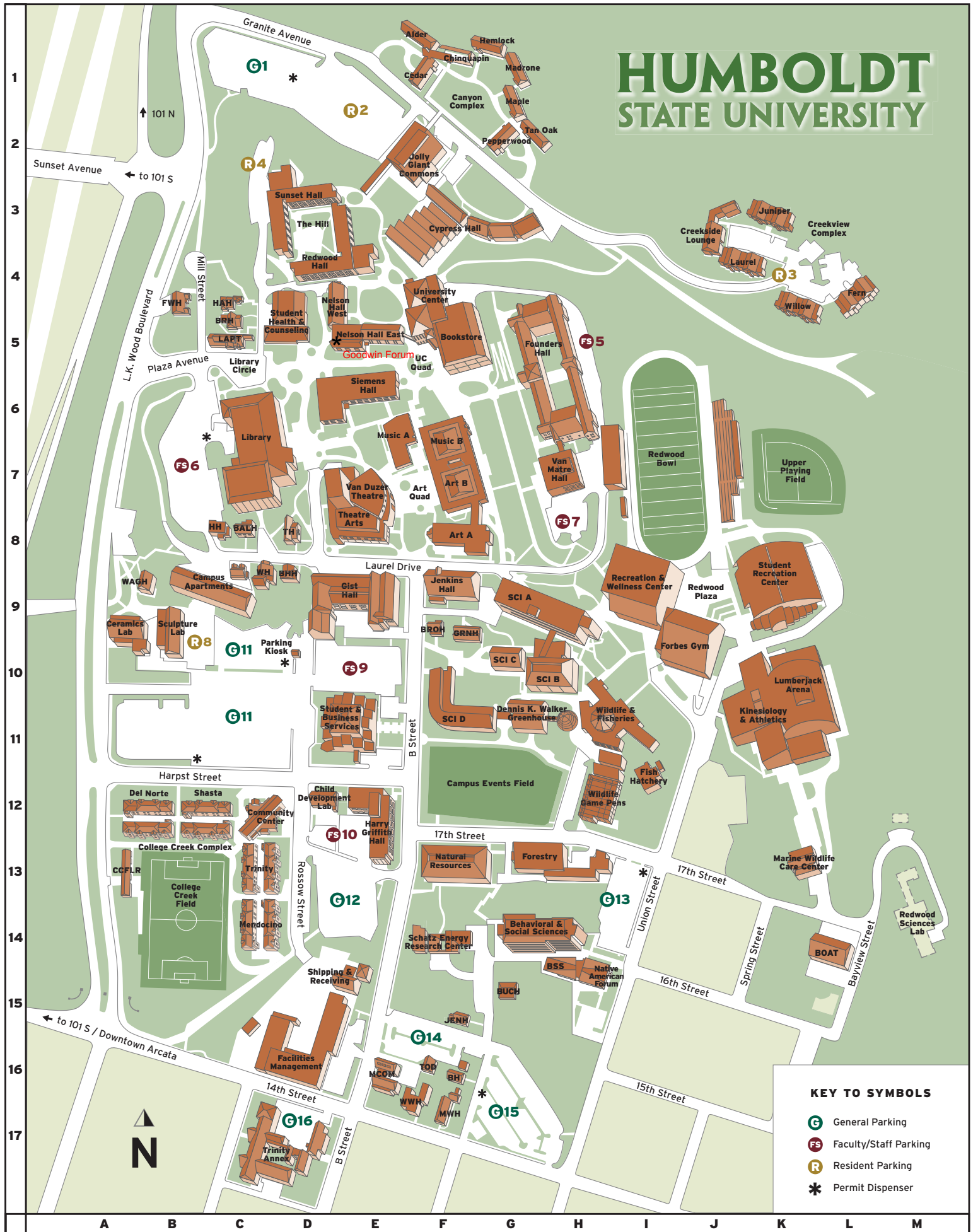
Phone: (866) 831-9001

[Email](#)

[Website](#)



HUMBOLDT STATE UNIVERSITY



KEY TO SYMBOLS

- G General Parking
- FS Faculty/Staff Parking
- R Resident Parking
- * Permit Dispenser

HSU CAMPUS LISTING

Alphabetical by Facility Name

- A -		- G -		- R -	
ALDER	Alder Residence Hall.....1F	GH	Gist Hall.....9D	RWC	Recreation & Wellness Center..... 9I
ARTA	Art A..... 8F	- H -		RB	Redwood Bowl7I
ARTB	Art B.....7F	HH	Hadley House8B		Redwood Plaza 9J
	Art Quad.....7F	HAA	Hagopian House (YES)4B	REDWO	Redwood Residence Hall4D
- B -		HGH	Harry Griffith Hall.....12E		Redwood Sciences Lab14M
BH	Baiocchi House16F	HEMLC	Hemlock Residence Hall1G	- S -	
BALH	Balabanis House (MCC)..... 8C		Hill, The..... 3D	SERC	Schatz Energy Research Ctr.....14F
BSS	Behavioral & Soc. Sciences 14G	- J -		SCIA	Science A..... 9G
BOAT	Boat Facility..... 14K	JH	Jenkins Hall..... 9F	SCIB	Science B..... 10H
BRH	Brero House (ITEPP)..... 5C	JENH	Jensen House (Children's Center)....15F	SCIC	Science C..... 10G
BHH	Bret Harte House.....9D	JGC	Jolly Giant Commons..... 2F	SCID	Science D.....10F
BROH	Brookins House..... 9F	JUNIP	Juniper Residence Hall 3K	SCLPT	Sculpture Lab..... 9B
BUCH	Buck House (CCAT)15G	- K -		SHAST	Shasta Residence Hall.....12B
- C -		KA	Kinesiology & Athletics.....11K	SR	Shipping & Receiving15E
CA	Campus Apartments..... 9B	- L -		SH	Siemens Hall..... 6E
CEF	Campus Events Field.....11F	LAURE	Laurel Residence Hall..... 4J	SBS	Student & Business Services.....11E
	Canyon, The.....1F	LIB	Library 7C	HC	Student Health & Counseling5D
CEDAR	Cedar Residence Hall.....1F		Library Circle 5C	SRC	Student Recreation Center8K
CERAM	Ceramics Lab 9A	LAPT	Little Apartments..... 5C	SUNST	Sunset Residence Hall..... 3D
CDL	Child Dev. Lab, Swetman.....12D	- M -		- T -	
CHINQ	Chinquapin Residence Hall.....1F	MADRN	Madrone Residence Hall..... 1G	TANOK	Tan Oak Residence Hall..... 2G
	College Creek Complex12B	MAPLE	Maple Residence Hall..... 1G	TH	Telonicher House..... 8D
CCF	College Creek Field.....14B	MWCC	Marine Wildlife Care Center.....13K	TA	Theatre Arts..... 8D
CCFLR	College Cr. Field Locker Rooms.....13A	MCOM	Marketing & Communications16E	TOD	Toddler Center16F
CCCTR	Community Center12C	MWH	Mary Warren House 17F	ANEX	Trinity Annex 17C
CREEK	Creekside Lounge..... 3J	MENDO	Mendocino Residence Hall.....14C	TRIN	Trinity Residence Hall13C
	Creekview Complex..... 3K	MUSA	Music A 6E	- U -	
CYPRS	Cypress Residence Hall 3F	MUSB	Music B 6F		UC Quad..... 5F
- D -		- N -		UC	University Center..... 4F
DELNO	Del Norte Residence Hall.....12B	NR	Natural Resources13F	UPF	Upper Playing Field4K
SCIE	Dennis K. Walker Greenhouse11G	NHE	Nelson Hall East..... 5E	- V -	
- E -		NHW	Nelson Hall West4D	VMH	Van Matre Hall 7H
GRNH	Experiemental Greenhouse 9F	- P -		- W -	
- F -		PARK	Parking Kiosk..... 10D	WAGH	Wagner House 9B
FM	Facilities Management16D	PEPR	Pepperwood Residence Hall..... 2G	WWH	Walter Warren House (INRSEP).....17B
FERN	Fern Residence Hall 4L	- R -		WH	Warren House..... 9C
FWH	Feuerwerker House.....4B			WDFS	Wildlife & Fisheries11H
FSH	Fish Hatchery12I	- S -		WGP	Wildlife Game Pens12H
FGYM	Forbes Gym.....10I			WILLO	Willow Residence Hall..... 4L
FR	Forestry.....13H	- T -			
FH	Founders Hall 5H				

Event, Meeting, and Retail Spaces

Bookstore	University Center (UC) 332	5F
College Creek Marketplace	Community Center (CCCTR) 102	12C
Depot	University Center (UC) 127	5F
Fieldhouse	Student Recreation Center (SRC) 165	8K
Fishbowl	Library (LIB) 209	7C
Fulkerson Recital Hall	Music B (MUSB) 132	6F
Goodwin Forum	Nelson Hall East (NHE) 102	5E
Great Hall	Community Center (CCCTR) 260	12C
Green & Gold Room	Founders Hall (FH) 166	5H
J Dining Hall	Jolly Giant Commons (JGC) 400	2F
Kate Buchanan Room (KBR)	University Center (UC) 225	4F
Lumberjack Arena	Kinesiology & Athletics (KA) 247	10K
Native American Forum	Behavioral & Soc. Sciences (BSS) 162	15H
Van Duzer Theatre (JVD)	Theatre Arts (TA) 101	7E
West Gym	Recreation & Wellness Center (RWC) 202	9I

Parking Regulations

Parking permits required year round:
Monday–Thursday 7am–10pm; Friday 7am–5pm

Permits not required on weekends and HSU holidays

Vehicles in ♿ spaces always require disabled plate/placard and HSU parking permit when permits are required

General parking (w/permit) okay in ♿ lots evenings after 5pm Monday–Thursday

Ⓡ Resident parking areas require permits 24/7 Monday–Friday

Lodging Info:

If you are coming from out of the local area there are numerous lodging possibilities nearby. You may wish to contact the Arcata Chamber of Commerce at 707-822-3619 or on the web at <http://www.arcatachamber.com/> for more information. There are also many listings on Airbnb and VRBO.

Arcata/McKinleyville – Hotels

Best Western Arcata Inn

4827 Valley West Blvd.
Arcata, CA 95521
707.826.0313

Days Inn & Suites

4701 Valley West Blvd
Arcata, CA 95521
707.826.2827

Hampton Inn & Suites

4750 Valley West Blvd
Arcata, CA 95521
707.822.5896

Hotel Arcata

708 9th St
Arcata, CA 95521
707.826.0217

Comfort Inn Arcata

4700 Valley West Blvd.
Arcata, CA 95521
707.826.9660

Eureka- Hotels

Best Western Plus Bayshore Inn

3500 Broadway
Eureka, CA 95503
707.268.8005

Best Western Plus Humboldt Bay Inn

232 W 5th Street
Eureka, CA 95501
707.443.2234

Holiday Inn Express & Suites Eureka

815 W Wabash Ave.
Eureka, CA 95501
707.269.0682

Clarion Hotel By Humboldt Bay

2223 4th Street
Eureka, CA 95501
707.442.3261

Motel 6

4755 Valley West Boulevard
Arcata, CA 95521
707.822.7061

Red Roof Inn

4975 Valley West Boulevard
Arcata, CA 95521
707.633.6148

Super 8

4887 Valley West Boulevard
Arcata, CA 95521
707.822.8888

Ramada

3535 Janes Road
Arcata, CA 95521
707.822.0409

Holiday Inn Express

3107 Concorde Dr
McKinleyville, CA 95519
707-840-9305

Redwood Coast Cabins and RV Resort

4050 US HWY 101, Eureka, CA 95501
redwoodcoastrv.com
For cabin or tent sites, call 707-822-4243
For RV sites, call 707-822-4250