



Photo courtesy of Flagstaff Field Institute WFR Alex Zhitnik

## **WILDERNESS FIRST RESPONDER RECERTIFICATION**

Sponsored by the Flagstaff Field Institute and NOLS Wilderness Medicine

### **DATES**

January 25-27

February 8-10

February 21-23

March 1-3

March 11-13

March 19-21

March 27-29 (Prescott)

April 18-20

May 15-17

June 5-7

October 3-5

November 13-15

### **TUITION**

\$335

### **LOCATION**

Flagstaff, Arizona



## **COURSE DESCRIPTION**

Are your wilderness medicine protocols on the tip of your tongue or in the bottom of your pack? Join the leader in wilderness medicine for a three-day scenario-based course to review evacuation and decision-making guidelines. Our dynamic, experienced instructors will refresh you on current techniques, protocols, and updates in the wilderness medicine field. You will have opportunities to ask questions and to participate in challenging practical scenarios. The Wilderness First Responder Recertification (WFR Recertification) course includes adult and child CPR training. Upon successful completion of the course, you'll earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder/Wilderness EMT (dependent on current certification), Adult and Child CPR & Airway Management, and Epinephrine Auto-injector.

## **REGISTRATION**

Course tuition is \$335, and payment in full is required to reserve a spot in the course. The tuition fee covers instruction, textbooks, equipment, and certification cards. Enroll online at [www.FlagstaffFieldInstitute.com](http://www.FlagstaffFieldInstitute.com) or mail the attached registration form with a check or money order.

**Course tuition: \$335**

## **COURSE LOCATIONS**

Courses are held at multiple locations throughout the year. Please check the FFI website for the course location and directions: [www.FlagstaffFieldInstitute.com/resources/course-locations/](http://www.FlagstaffFieldInstitute.com/resources/course-locations/).



## 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. The 24-hour WFR Recertification course consists of demonstrations, a few short lectures, skills practice sessions, and many practical scenarios. 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 Crazy Creek-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)

## RECERTIFICATION REQUIREMENTS

### NOLS Wilderness Medicine graduates

NOLS Wilderness Medicine certified students should bring their certification cards to the course so that the instructor can verify the expiration date. NOLS Wilderness Medicine certification holders will be afforded a one-year period after expiration within which to recertify. This one-year re-entry period is only offered for NOLS Wilderness Medicine certifications.

### Graduates from other wilderness medicine providers

NOLS Wilderness Medicine welcomes eligible graduates from other providers to recertify on our Wilderness First Responder Recertification course or our Hybrid Wilderness First Responder Recertification course. To be eligible for recertification you must possess a current (unexpired) WFA certification, WFR certification from a provider whose WFR course is a minimum of 70 hours, or WEMT certification.



There is no re-entry period once your certification expires. It is your responsibility to make sure your certification meets this standard. If you are unsure, please contact FFI to verify your certification qualifies before enrolling in a course.

Students certified by other wilderness medicine providers are required to submit a photocopy of their unexpired certification card on the first day of the course. We cannot issue you a new card until we have verified your previous training.

### **Wilderness EMTs**

Students recertifying the wilderness portion of their WEMT certification must submit a photocopy of their current state or NREMT EMT card on course.

### **Verification of knowledge and skills**

Students must demonstrate adequate knowledge and skills to recertify with NOLS Wilderness Medicine. **Students will take a written examination on the first morning of the course.** Students must score 70% to pass the exam. If a student scores less than 70% on the first exam, the student will take a second exam on the afternoon of day 3. Both exams consist of 50 multiple-choice questions. If a student takes both exams, the student must achieve a 70% average for the two exams. Students must also demonstrate their practical skills during scenarios throughout the course. **Students must successfully complete the written exam and demonstrate adequate practical skills to pass the course and obtain recertification from NOLS Wilderness Medicine.**

Please review your materials and practice some assessments prior to the course. You'll enjoy the course far more if you are adequately prepared. Here's a link to curriculum resources and videos that demonstrate the patient assessment system and the focused spinal assessment:

<https://www.nols.edu/en/resources/wilderness-medicine-resources/>

Watch the videos prior to class and practice, practice, practice!

## **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.



## 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](http://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](http://www.flagstaffchamber.com)

City of Flagstaff web site: [www.flagstaff.az.us](http://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!



## **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](http://www.Facebook.com/FlagFieldInstitute)



# WFR RECERTIFICATION COURSE REGISTRATION FORM

You may enroll online at [www.FlagstaffFieldInstitute.com](http://www.FlagstaffFieldInstitute.com) or submit this form with a check or money order for \$335. Please make check or money order payable to Flagstaff Field Institute.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

**Please indicate which course you would like to attend:**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> January 25-27  | <input type="checkbox"/> March 11-13            | <input type="checkbox"/> May 15-17      |
| <input type="checkbox"/> February 8-10  | <input type="checkbox"/> March 19-21            | <input type="checkbox"/> June 5-7       |
| <input type="checkbox"/> February 21-23 | <input type="checkbox"/> March 27-29 (Prescott) | <input type="checkbox"/> October 3-5    |
| <input type="checkbox"/> March 1-3      | <input type="checkbox"/> April 18-20            | <input type="checkbox"/> November 13-15 |

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date