



Photo Courtesy of Jared Steinman

WILDERNESS UPGRADE FOR THE MEDICAL PROFESSIONAL (WUMP)

Sponsored by Aims Community College & NOLS Wilderness
Medicine



DATES: *December 14-18, 2019*
COST: *\$750.XX Tuition only*
LOCATION: *1130 Southgate Drive
Windsor, CO 80550*

COURSE DESCRIPTION

The Wilderness Upgrade for Medical Professionals (WUMP) course is a nationally recognized program that trains urban caregivers to respond to medical emergencies in remote settings. This 48-hour course is ideal for Emergency Medical Technicians (EMTs), paramedics, nurses, physicians, and other medical professionals.

The course will upgrade an EMT to a Wilderness EMT and all others to a Wilderness First Responder (WFR) in accordance with current standards in pre-hospital medicine. Special topics include but are not limited to: long-term patient care and monitoring, wound management, selective spine immobilization, reducing dislocations, litter packaging, epinephrine administration, field care for environmental emergencies, and advice on expedition medications. The WUMP is not a technical rescue or survival course. The focus of the program is on prevention, decision making, improvisation, and long-term medical care in a wilderness setting.

You'll learn to apply your urban emergency care knowledge to the wilderness through case studies and practical scenarios with mock patients. Our seasoned instructors will guide you through five days of intense, hands-on learning to make sure you are prepared in the wilderness.

Upon successful course completion, you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder or Wilderness EMT (depending on your current certification) 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.

The format for this 48-hour WUMP includes classroom lectures integrated with practical scenarios and skills practice sessions. Attendance is required at all scheduled classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, and/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 comfy shoes or slippers 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
- 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)

COURSE OUTLINE

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

REGISTRATION AND TUITION PAYMENT

A deposit of \$300 is required to reserve your spot on the course. The balance of tuition is due two weeks prior to the first day of the course. You can pay your balance online by following this [payment link](#) (we accept Visa or MasterCard). You can also call NOLS Wilderness Medicine office with credit card information, or by mailing a check (with driver's license number).

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: \$750

Less Deposit: \$300 (due at time of registration)

Balance due: \$450

RECERTIFICATION REQUIREMENTS

The WUMP can be used to recertify your WFR certification or the wilderness component of your Wilderness EMT, bringing you up to date on current protocols in wilderness medicine. WMI wilderness certifications are 2-year certifications.

Students recertifying a WFR or the wilderness component of their WEMT must submit a photocopy of their WEMT or WFR certification on the first day of the course. There is a one-year grace period for recertification of NOLS Wilderness Medicine certifications only.

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

The \$350 course deposit fee is non-refundable. The \$400 final payment is refundable.

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 48 CEU hours at no additional cost for participation in a Wilderness Upgrade for Medical Professionals 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.

Physician Continuing Medical Education (CME)

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and NOLS Wilderness Medicine. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Wilderness Medical Society designates this educational activity for a maximum of 43 *AMA PRA Category 1 Credits*[™]. Each physician should only claim credit commensurate with the extent of their participation in the activity.

This service is free to you as our student.

Fellowship in the Academy of Wilderness Medicine (FAWM)

Through joint sponsorship with the Wilderness Medical Society, active members of WMS may earn up to 35.75 hours at no additional cost for participation in the Wilderness Upgrade for Medical Professionals course. Learn more about WMS [here](#).

COLLEGE CREDITS

Pre-Course Access to College Credit

The WUMP course is pre-approved for 1 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 WUMP course is pre-approved for four semester hour credits 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 is no meals and lodging package available for this course. Here is a list of lodging options to assist you in making your own arrangements.

For more information, contact the Windsor Chamber of Commerce at <http://windsorchamber.net/> or 970-686-7189

Best Western Plus Crossroads Inn and Conference Center
5542 E. Highway 34, Loveland, CO (5 miles West of campus) 970-667-7810

WoodSpring Suites Loveland
3915 Peralta Dr, Loveland, CO
970-461-0011

Camping Options:

Fort Collins Lakeside KOA
<http://www.fclakesidecg.com/fort-collins-tent-camping.asp>

Meals: The Aims campus has a kitchen equipped with microwaves, refrigerator/freezer, drip coffee maker,

Keurig, toaster oven and crockpots available for use. There are also restaurants 3-4 miles from campus.

Travel

The course will take place in room 190 of the Windsor Public Safety Institute Building located at 1130 Southgate Dr, Windsor, CO 80550.

From I-25 coming from either direction
Take Highway 34 East towards Greeley, CO
Turn LEFT onto County Road 17
Take the Second LEFT into the Aims campus
Turn RIGHT onto Southgate Drive.
The Public Safety Institute Building will be on your left.

CONTACT INFORMATION

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

Course Host:

Phone: (970) 378-3532

Email: heather.logan@aims.edu

Website: www.aims.edu/ced

NOLS Wilderness Medicine:

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

[Email](#)

[Website](#)