



Photo Courtesy of Alex Zhitnik

WILDERNESS FIRST RESPONDER (WFR)

Sponsored by OMSI & NOLS Wilderness Medicine

DATES: February 10th -19th, 2020

COST: Non-members - \$1,095.00	OMSI members-\$965.00
\$795.00 tuition	\$665.00 tuition
\$300.00 lodging & meals	\$300.00 lodging & meals



LOCATION: OMSI's Hancock Field Station, Fossil, OR

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.

CLASSROOM AND SCENARIO GEAR 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.

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.

POLICIES

Cancellations and Refunds

- Participant cancellation:
- 30 or more days prior to the course starting, OMSI will retain a \$75.00 administrative fee.
- 14-29 days prior to the course starting date, OMSI will retain 50% of the course tuition.
- 13 or fewer days prior to the course starting and throughout the duration of the course, all deposit and tuition are nonrefundable.
- 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 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 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

Facility information

Hancock Field Station (HFS) is a ten-acre residential outdoor education facility located near Fossil, Oregon. The facility is owned and operated by the Oregon Museum of Science and Industry (OMSI), and is uniquely situated in the middle of the John Day Fossil Beds National Monument. Since 1951, HFS has provided a safe, fun, and educational environment for guests and staff. Our facility is remote, rustic, and serene. Cell phones will not work out here; limited Wi-Fi is available for staff, guests, and business purposes. A landline is available in case of emergency only.



Arrival

Due to the remote nature of this venue, you may arrive the day before between 12:00 pm and 8:00 pm. If you would like to arrive the day before, please call the facility manager at 541-489-3233, or email hancockfieldstation@omsi.edu for early arrival registration.

Meals and Lodging

Meals and lodging are offered for this course. Unless you live locally, we strongly suggest you purchase and register for food and lodging. The fee includes ten nights' comfortable overnight lodging at Hancock Field Station, and three fresh, hot, buffet meals each full day of the course.

Meals, served at 7:00 am, noon, and 6:00 pm, are homemade and hearty, and include a breakfast and salad bar. We can accommodate vegetarian, gluten-free, dairy-free, and vegan diets, and we are versed in serving people with food allergies to nuts, wheat, soy, eggs, and more. Please contact us with specific food service questions.

Lodging is generally in shared eight- and twelve-person dormitory-style cabins, with electricity and heaters. The cabins are somewhat insulated, but they may get chilly. Small two-person cabins with heat and electricity may also be available on a first-come, first-served basis. Warm sleeping bags and clothes are necessary. Shower houses with hot and cold running water, heat, electricity, and individual toilet and shower stalls are a short walk from the cabins.

Other Camping/Lodging Options*

There are no campgrounds close to our facility and RV and tent camping is not available at HFS without the purchase of the lodging and food option. The nearest camping/lodging is approximately 30-45 minutes away. For information, visit:

<http://www.wheelercountyoregon.com/recreation>, or <https://wilsonranchesretreat.com/>

**If you do not register for food and lodging you must provide your own food for the entire course. Limited refrigerator space, hot water, and a microwave may be available in the common dining area.*

Weather and Packing List

Snow is possible and the temperatures could be below freezing at night. Temperatures during the day can be between 25-45 degrees. Warm sleeping bags and clothes are necessary. Classes and meals are typically held in Berrie Hall, which will be at typical room temperature. Participation in scenarios that are primarily conducted outside will be required regardless of the weather conditions. Weather conditions range from cold and wet to sunny and warm, so bring appropriate clothing. It is wise to be prepared. Plan to use a layered clothing system so you can adjust easily to changing conditions. For real time weather info, visit: <https://www.wunderground.com/personal-weather-station/dashboard?ID=KORFOSSI10>. There is little opportunity to acquire equipment you forget. Come prepared and check your list twice.

SUGGESTED PACKING LIST:

Sleeping Gear:

- warm sleeping bag, twin fitted sheet
- extra blanket
- pillow
- pajamas/sleeping clothes

Clothing:

(Hancock Field Station's weather is constantly changing. Please make sure to check the weather and pack plenty of warm clothes and winter shoes/boots)

- long pants
- warm, long-sleeved sweater, sweatshirt, or jacket
- long-sleeved shirts
- t-shirts
- socks and underwear
- waterproof rain gear, tops and bottoms
- warm hat

- warm coat/jacket
- thermal underwear
- warm gloves
- hiking boots/shoes (waterproofed)

Personal Gear:

- toiletries
- sunscreen
- wash cloth/towels
- sunglasses
- laptop (there is **limited** wireless internet access in camp)
- alarm clock
- reusable mug or thermos

Field Equipment:

- large daypack
- water bottle (at least 1L)
- watch with second hand
- headlamp/flashlight (bring extra batteries)

Lost Items

Please label everything you bring. OMSI is not responsible for lost articles. Items left behind will be held at OMSI for two weeks. Call OMSI at 503-797-4000 to arrange for their return. Any unclaimed items will be donated to charity.

Travel

Please get gas! Top off your fuel tank prior to arrival. Opportunities to refill are scarce. Road conditions vary. Check www.tripcheck.com for the latest conditions. HFS is accessible to all vehicles. You may encounter poor weather and road conditions, particularly if you travel over Mount Hood.

Hancock Field Station is located between Fossil and Antelope (about 18 miles and 30 minutes drive) from each. We are one hour from Madras, two hours from Bend, three and a half hours from Portland, and four hours from Eugene. Please see the next page for the address and detailed directions. You may check in at Berrie Hall upon arrival. Please drive safely! If you need additional directions, please contact us.

CONTACT INFORMATION

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

Course Host: OMSI Hancock Field Station

Office Hours: Monday to Friday 10am to 4pm
Pacific Time

Phone: 541-489-3233

Email: HancockFieldStation@omsi.edu

Website: www.omsi.edu

NOLS Wilderness Medicine:

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

Phone: (866) 831-9001

Email: info@nols.edu

Website: www.nols.edu

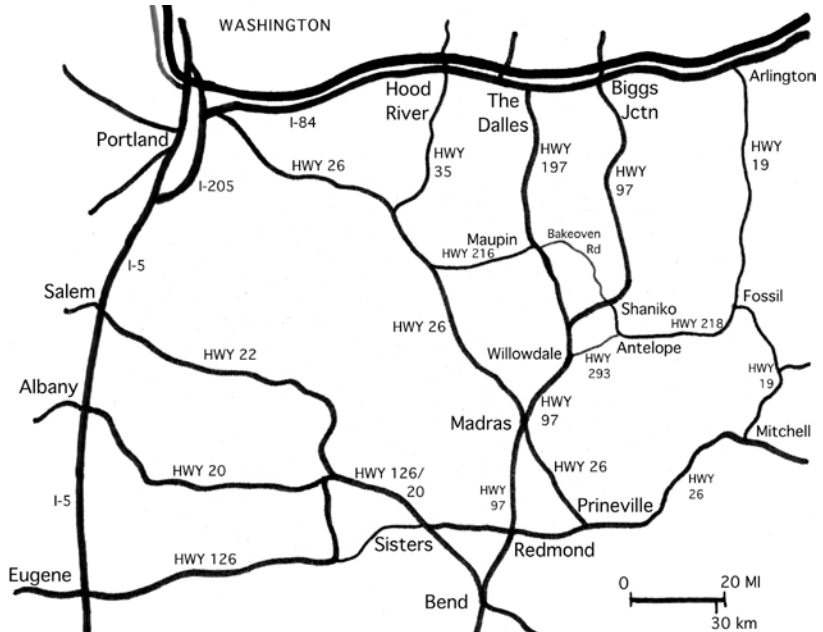
Directions to Hancock Field Station

***Please top off fuel tanks prior to arrival!**

The address for Hancock Field Station is 39472 Highway 218, Fossil, OR 97830. However, since the facility is remote, the directions in GPS systems are not always the most direct. Please use directions below and check with the program coordinator about an advised route.

For Portland via Mt Hood:

Take HWY 26 past the Mt. Hood area to HWY 216. Turn left on HWY 216 to 197. Turn right and continue through Maupin and across the Deschutes River Bridge. Take a sharp left onto Bakeoven Road. Follow Bakeoven Road to HWY 97. Turn left on HWY 97 to Shaniko. In Shaniko, turn right on HWY 218 and follow it through Antelope, over the John Day River toward Fossil. **The last place to stop for gas on this route is Maupin.**



For Portland via Columbia River Gorge:

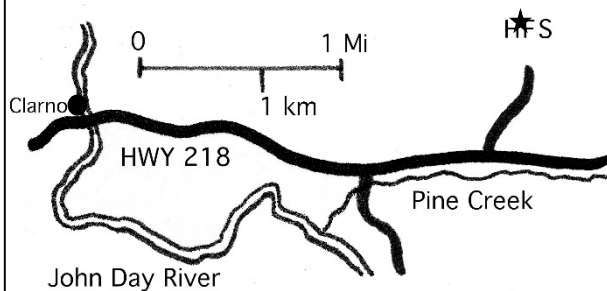
Take I-84 east to Biggs Junction. Turn right onto HWY 97 south to Shaniko. In Shaniko turn left onto HWY 218 and follow it through Antelope toward Fossil. **The last place to stop for gas on this route is Biggs Junction.**

For Eugene, Salem, and Albany:

Proceed to Sisters on HWY 126 to Redmond. In Redmond, turn north on HWY 97 to the junction of HWY 293. Turn right on HWY 293 to Antelope and Fossil. At Antelope, turn right on HWY 218 toward Fossil. **The last place to stop for gas on this route is Madras.**

From Antelope

Drive 12 miles over the grade to the John Day River bridge. Cross over and go eastward 2.0 miles to the Hancock Field Station driveway. There will be a large sign on your left. Proceed 1/2 mile into Hancock Field Station.



From Fossil

Go south then west on HWY 218 for 17 miles. You will see the Hancock Field Station sign on the right one mile after the Park Service Wayside. Proceed 1/2 mile into Hancock Field Station.

