



WILDERNESS FIRST RESPONDER COURSE

Sponsored by Holden Village and NOLS Wilderness Medicine

DATES: April 16 – 25, 2020 (arriving in village on April 15)
COST: \$1,195.00 (includes tuition, room and board)
LOCATION: Holden Village, Washington

Come join us for an exciting and challenging course in the wilderness of the North Cascades of Washington. We have it all – mountains, rivers, trees, snow, wind, sun, remoteness – plus a comfortable bed and great food for when you're tired after full days of learning, practicing, studying, and creatively solving problems with your fellow classmates. NOLS sets the standard, we provide the (incredible) backdrop, you make the community.

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

Holden is remote and not accessible by car, so you will need to catch the ferry up Lake Chelan on **Wednesday, April 15, 2020**. The course will end on **Saturday, April 25, 2020** in time to catch the downlake boat that afternoon. (See travel section for more information.) Course days generally run from 8:00 am – 5:00 pm, with several additional evening sessions. 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 potentially wet, snowy, or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of comfy shoes or slippers, with easy-on gear for outdoor scenarios. A 4-hour evening, outdoor mock rescue is part of the curriculum; dress accordingly.

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)

COURSE OUTLINE

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

REGISTRATION

A deposit of \$500.00 is required to reserve your spot on the course. Course balance is due on March 16, 2020. The fee includes instruction, textbooks, equipment use, certifications, continuing education credits, plus room and board. A full refund will be given if we need to cancel the course for any reason.

To register, email Nancy Rerucha Borges at safetyadministrator@holdenvillage.org.

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. Without a signed document, you cannot participate in the course.

If you are a minor, a parent or guardian must sign the document as well. **Due to our remote site, we cannot accept minors unless accompanied by a parent.** Please contact us for more information.

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.

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 credits through Western State Colorado University at 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 one semester hour 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

Holden Village Course Site

The course will take place at Holden Village, located up Lake Chelan in the North Cascade mountains in Washington. Holden is a historic former mining town that is now a year-round family retreat center welcoming people of all ages, races, faiths, and lifestyles. It is situated at an elevation of 3,200 feet, and is surrounded by the Glacier Peak Wilderness, with 9,000 foot peaks rising just outside the village. Many opportunities for hiking, climbing, and relaxing are available. **Holden's remote location in the North Cascades makes it a perfect place for the course, as we are WAY out there, and the mountains are spectacular! Participants in prior years have given Holden Village high marks as a site for the WFR course.**

Travel

Holden Village can only be reached by taking the ferry (Lady of the Lake) up Lake Chelan to Lucerne Landing, where a bus from Holden will transport you the 10 miles from the lake to the village (bus is free for class participants). It is not possible to drive to Holden Village.

You will need to catch the ferry up Lake Chelan on Wednesday, April 15th, 2020. It leaves Chelan at 10:00am, or Field's Point at 10:50am. This is the one and only ferry of the day. The ferry is foot passenger only. Plan to park your car at the Chelan or Field's Point lots (there is a fee). After the course, you will catch the boat downlake on **Saturday, April 25th**. The village will provide transportation to the lake landing on that day in time to meet the downlake boat.

For more information on traveling to Holden, see Holden's website (www.holdenvillage.org) and the Lake Chelan Boat Company website (www.ladyofthelake.com). The boat company also can be reached by phone at 509-682-4584. (We recommend making reservations with the boat company to assure space on the boat.)

Meals and lodging

Meals and lodging are included in the course fee. Healthy and delicious meals will be provided in the common, historic dining hall (three meals per day, plus snacks). We will house you in a

lodge – a single or double room with a bathroom down the hall. Linens, pillows, and towels are provided.

Holden has no cell phone service. We can set you up with internet access for email only (our satellite internet service is limited). If your family needs to reach you in case of emergency, they can leave a message on our 24-hour emergency satellite phone at 509-699-2404. Or they may use the emergency contact form on our website at <http://www.holdenvillage.org/contact/>

COURSE POLICIES

Cancellation/refund

If you cancel or withdraw from a course:

- Greater than or equal to 30 days prior to the course starting date, we will retain a \$50.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, loss of course deposit.
- Once the course begins, no refunds will be awarded. All course registrations are non-transferable.

Pets

Due to our remote location and wildlife in the area, pets are not allowed. Please leave your pet in good care elsewhere.

Smoking

No smoking allowed in class, in any of the buildings, or on the grounds. There is one (outside) smoking area at Holden Village.

CONTACT INFORMATION

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

For questions or to register, email Nancy Rerucha Borges at safetyadministrator@holdenvillage.org.

For general information on Holden, go to Holden's website: www.holdenvillage.org

Other Contacts

Lady of the Lake boat company website: www.ladyofthelake.com

Lady of the Lake phone: 509-682-4584

NOLS Wilderness Medicine:

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

Phone: (866) 831-9001

Email: wilderness_medicine@nols.edu

Website: www.nols.edu/en/about/wilderness-medicine/