



Photo Courtesy of Alex Zhitnik

## **WILDERNESS FIRST RESPONDER (WFR)**

Sponsored by Klamath Community College & NOLS Wilderness  
Medicine



**DATES: March 20<sup>th</sup> 2020 – March 28<sup>th</sup> 2020**

**COST: \$699.00 Tuition only**

**LOCATION: Klamath Community College  
7390 South 6<sup>th</sup> St  
Klamath Falls OR**

## 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. 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.

## 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.

## 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

Once the course begins, no refunds will be awarded. 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

### Meals and Lodging

There is no meals and lodging package available for this course. Below are some lodging options:

### Mid-Range

Quality inn: 541-882-1200

Days Inn: 541-882-8864

### Budget

Motel 6: 541-884-2110

Cimarron Inn: 541-228-4601

### Camping Options:

KOA: 541-884-4644

## Travel

### From the West:

Highway 140, left at the intersection and stay on 140 under the Hwy 97 overpass. Stay on Highway 140 (Southside Bypass) until you reach the intersection at Hwy 39. Turn Left. Stay on Highway 39 north approximately 2 miles, just past Booth Road. You will see a sign for the College on your left, turn left.

### From the North:

State Highway 97 to Highway 39/140. Turn left on Highway 39 (also So. 6th Street) through town, past Albertsons on your right, Big R on your left and through the light at Home Depot. Turn right at the college sign just past Hilyard Ave.

### From the South:

From Hwy 97:

State Highway 97 north to Highway 140 east. Stay on Highway 140 (Southside Bypass) until you reach the intersection at Hwy 39. Turn Left. Stay on Highway 39 approximately 2 miles, just past Booth Road. You will see a sign for the College on your left, turn left.

From Hwy 39:

Highway 39 north pass Henley schools. Approximately 2 miles past Booth Road, turn left at the college sign.

### From the East:

Highway 140 to Highway 39. Stay to the right as you approach the light. Turn left at the college sign.

## **CONTACT INFORMATION**

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

### **Course Host:**

Office Hours: M-F from 8am-4pm PST

Phone: (541) 880-2243

Email: [ce@klamathcc.edu](mailto:ce@klamathcc.edu)

Website: <https://www.klamathcc.edu/home>

### **NOLS Wilderness Medicine:**

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

Phone: (866) 831-9001

Email: [wilderness\\_medicine@nols.edu](mailto:wilderness_medicine@nols.edu)

Website: [www.nols.edu/wilderness-medicine](http://www.nols.edu/wilderness-medicine)