



Photo Courtesy of Alex Zhitnik

WILDERNESS FIRST RESPONDER (WFR)

Sponsored by The University of Utah, Center for
Emergency Programs, Remote Rescue Training &
NOLS Wilderness Medicine

DATES: March 6-15, 2020
COST: \$810 Tuition only
LOCATION: The University of Utah
William Stewart Building
270 South 1400 East
Salt Lake City, UT 84112



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 (mouflage) 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.

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 [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: \$810

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

Balance due: \$510

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

If you cancel or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date, NOLS Wilderness Medicine will retain a \$35.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, tuition is non-refundable and non-transferable as per the following:
 - WFA, WFR-R, WMPP – loss of full tuition.

- WFR, WAFA, WUMP – loss of course deposit.
- 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 CREDIT

On-Course Access to College Credit

The WFR course is pre-approved for three 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. More information [here](#).

STUDENT LOGISTICS

Meals and Lodging

There is no meal and lodging package available for this course. Salt Lake City has many hotels with prices in all budgets. The U of U Guest House (www.guesthouse.utah.edu/ or 801-587-1000) is walking distance from the classroom and provides the most convenient lodging. Any hotel in Salt Lake City near the University Trax line will make for an easy commute. There is no camping within the area of the course.

There are a several options for lunches within easy walking distance on campus, or we recommend that you bring a lunch.

Travel

The course will meet in room 113 or 114 (we cannot schedule far in advance but the rooms are right around the corner from each other), William Stewart Building, at the University of Utah, Salt Lake City Campus (270 South 1400 East, Salt Lake City, UT 84112). The Stewart Building is between President's Circle and the football stadium on the U of U campus. Campus is ~15 minutes from I-15 or I-80, although traffic may cause delays during rush hour.

Go to <https://map.utah.edu> for a campus map. Use the drop-down menus at the top to search for the Stewart Building and to show "U" parking areas.

Parking on campus on weekdays requires a parking permit. Permits may be purchased ahead of time online at <https://commuterservices.utah.edu/campus-parking/>. "U" permits cost \$10/day and a "U" lot is located at the stadium.

Weekend parking is free. Parking in President's Circle or the Law School is allowed.

Train service is provided near the Stewart building- Stadium Station- via Trax (www.rideuta.com/). The **Utah Transit Authority** also has regular bus service to the **University of Utah**.

Occasionally events on campus can complicate travel, parking or other logistics. We are not aware of any at this time.

ABOUT THE HOST

The Center for Emergency Programs is part of the University of Utah Department of **Health, Kinesiology, and Recreation**. We provide training in pre-hospital emergency medical care, disaster response, and technical wilderness rescue. Classes range from basic CPR through EMT and can be taken for University credit, non-credit or certification.

Undergraduates in the **Remote Rescue** program receive a Bachelor of Science in Health, Kinesiology and Recreation with an emphasis in Emergency Medical Services and a Wilderness Rescue interest area. Classes include Fundamentals of Search and Rescue, High-Angle Rope Rescue, Swiftwater Rescue, Avalanche Rescue, EMS in Challenging Environments and more.

Classes are offered every semester following the academic calendar as well as in short formats. Remote Rescue classes can also be offered by contract at your facility and according to your schedule.

CONTACT INFORMATION

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

University of Utah, Center for Emergency Programs (UUCEP):

Office: (801) 581-4512

Websites: www.UUCEP.org

www.RemoteRescueTraining.com

Email: UUCEP@utah.edu
Rescue@utah.edu

NOLS Wilderness Medicine:

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

Phone: (866) 831-9001

wilderness_medicine@nols.edu

www.nols.edu/wilderness-medicine