



WILDERNESS FIRST RESPONDER (WFR)

Sponsored by Alaska Avalanche School &
NOLS Wilderness Medicine



DATES: March 6-14, 2021
COST: \$725 Tuition only
LOCATION: Talkeetna, Alaska



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.

COVID ADAPTATIONS

Close physical contact is an inherent part of our courses. We interact with and touch each other when we practice the skills of wilderness medicine such as splinting, patient movement, bleeding control, basic life support and when we practice patient care with scenario based learning. NOLS Wilderness Medicine has always had

curriculum and practices in place to educate students and to reduce the risk of disease transmission. We have implemented additional strategies to further reduce the risk of disease transmission associated with physical proximity, but we cannot eliminate it.

People who are at higher risk for severe illness from COVID-19 as defined by the Centers for Disease Control (CDC) should carefully consider, in conjunction with their health care provider, whether to attend a wilderness medicine course at this time.

Please view:

[NOLS COVID-19 Disclosure](#)

[COVID-19 Video](#)

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 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

- Bring a minimum of 2 masks (3-layer, disposable preferred)
- Eye protection (safety glasses or face shield)
- Outdoor work gloves
- 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\
- Muck boots (Xtra Tuffs or other)
- 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 Course Tuition: \$725

The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits. A full refund will be given if Alaska Avalanche School needs to cancel the course for any reason.

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.

TUITION POLICIES

Cancellations

If you cancel or withdraw from a course:

- Greater than or equal to 14 days prior to the course start date, Alaska Avalanche School will retain a \$35.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 14 days of the course start date, tuition is non-refundable and non-transferable.
- Once the course begins, no refunds will be awarded. All course registrations are non-transferable.
- If we or you have to cancel the course because of Covid-19 health and safety concerns we will issue a 100% refund. Please honor that we are doing this as a community service and absorb credit card fees for students. [Detailed Covid cancellation policies are on our website.](#)

Pets

Pets are not allowed in the classroom. Pets must be leashed outside or kept in vehicles.. Any student bringing a pet into class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

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

Travel

The Grove is located:

8 miles from downtown Talkeetna

108 miles from Anchorage

270 miles from Fairbanks.

Address: 15528 Birch Creek Blvd.,
Talkeetna, AK 99676

Map link:

<https://goo.gl/maps/S32MBJZJGPRYk4sf7>

Lodging

Contact "[The Grove](#)" for lodging and camping options:

(907) 733-6308, TheGroveTKA@gmail.com

SPONSOR CONTACT INFORMATION

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