



OUTDOOR UW

WILDERNESS FIRST RESPONDER COURSE

Sponsored by Outdoor UW and NOLS Wilderness Medicine



DATES: *January 9-18, 2023*
COST: *\$900.00 Tuition only (Non-Hooper Member)*
LOCATION: *Memorial Union, 800 Langdon St., Madison, WI 53706
(lakefront entrance into classroom on North side of building)*
TIME: *8:00 AM-5:00 PM most days, there will be some evening scenarios.*

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 a.m. on the first day of the course. Course days run from 8:00 a.m. to 5:00 p.m., with two additional evening sessions. Ten-day courses will include a day off (typically on the 6th day of the course but is up to instructor discretion). The class format is classroom lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required for at least 90% of this course.

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 course instructors will stage (mouflage) blood and make-up to enhance the realism of a scenario. A 4-hour evening, outdoor mock rescue is part of the curriculum, dress accordingly.





O U T D O O R U W

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)
- ✓ Kneeling pad or camp chair for classroom time (optional)
- ✓ Frequently used outdoor gear/clothing that you can use for splinting/bracing practice (optional)

COURSE OUTLINE

For the full course outline, visit the WFA course page:

<https://www.nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/>

REGISTRATION AND TUITION PAYMENT

A full payment of \$900.00 Non-Hooper members is required to reserve a space in the course. To register please visit [Hoofers / Outdoor UW - NOLS Wilderness First Responder \(WFR\)](#) or call our office at 608.262.1630 (between noon and 6 pm) and office staff members can take your payment over the phone.

If you are currently an active Hooper member you can register for this course on RecHub using your membership for \$820.00. There is also a possibility for current members who have been active in leadership to secure a subsidy for this training from Hooper Council. Please consult your club president and club advisor for more information on how to secure this subsidy.

Tuition is non-transferable and is payable by Visa/MasterCard. The tuition fee covers textbooks, syllabus, equipment and certifications. Certifications will be emailed to you after the course. Outdoor UW is not obligated to allow any student to attend a course until all payment and paperwork has been received, reviewed, and approved. A full refund will be given if we need to cancel the course for any reason.

If a student cancels or withdraws from a course:

- Greater than or equal to 15 days prior to the course starting date, Outdoor UW will retain a \$50.00 administrative fee.
- Within 15 days of the course start date, cancellation will result in full loss of tuition.
- In the event that we are able to fill your spot from the waitlist, we will offer a full reimbursement.





WAF/ WFR/ WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a *Wilderness First Aid* (WFA) course to recertify a WFR certification. Certification holders from other wilderness medicine training organizations cannot recertify through a Wilderness First Responder Recertification course.

NOLS Wilderness Medicine certifications last 2 years from the end date of your course and are afforded a one-year grace period after expiration within which to recertify. You should bring your certification card to the course so the instructor can verify the expiration date. For more information, please visit our recertification policy at the following link: <https://nols.edu/en/courses/wilderness-medicine/recertify/>

The preferred way to recertify your Wilderness First Responder certification is to enroll in a Wilderness First Responder Recertification course, or through our Hybrid WFR Recertification course, which adds an online component in addition to traditional scenarios and skills.

These courses are specifically designed for students needing recertification. You can find more information at the links below.

WFR-R: <https://www.nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/>

Hybrid WFR-R: <https://www.nols.edu/en/coursefinder/courses/hybrid-wilderness-first-responder-HWFR/>

You will be required to pass both a written and a practical test to recertify. Check the following web page for information and resources on how to best prepare for your course. <https://nols.edu/en/resources/wilderness-medicine-resources/>

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download this agreement and read it very carefully as it affects your legal rights:

<https://drive.google.com/file/d/1AobcpqQ1bNQy08V2IWY3b76xs4-zy13A/view?usp=sharing>

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. 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.



Important Covid 19 Update:

After careful consideration, NOLS will be putting a student vaccination requirement into effect for all US-based courses, starting in November 2021. This decision is grounded in our commitment to our students, our staff, and our NOLS communities to provide reasonable protection against known and predictable risks, and to avoid preventable harm. This policy also puts our practices into alignment with many hospitals, colleges, course venues, and partners across the United States.

Policy Summary:

Wilderness Medicine students on courses starting **after November 12, 2021** will be required to be fully vaccinated (have received all doses and have passed the necessary waiting period, typically 2 weeks) before course start.

We will continue to follow CDC recommendations on masking, using KN95 masks indoors and when in close proximity with others. Exemptions will be granted on a limited basis (please contact the NOLS Wilderness Medicine Office if you need more information). We will honor sponsor and venue vaccination requirements that are more restrictive or go into effect sooner than the NOLS policy.

Please bring proof of full vaccination to Outdoor UW when you arrive for the first day. What is acceptable: vaccination cards, scanned vaccination and or a picture of vaccination status. For more information, please visit the NOLS Program Notice [Wilderness Medicine Covid-19 Disclosure, Practices and Expectations for Students](#)

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.

Alcohol and Tobacco

No alcohol or tobacco is allowed on site.



O U T D O O R U W

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 48 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. Please 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: <http://www.wms.org/>

COLLEGE CREDITS

Pre-Course Access to College Credit

The WFR course is pre-approved for three semester hour credits through Western State Colorado University (WSCU) and university of Utah for an additional cost. Thirty days **prior** to the NOLS Wilderness Medicine course, interested students must initiate registration and payment for credit by requesting an enrollment form from WSCU or UofU available on the NOLS Wilderness Medicine website. <https://nols.edu/en/wilderness-medicine/planning/academic-credit/>

On-Course Access to College Credit

The WFR course is pre-approved for three semester hour credits through the University of Utah for an additional cost of \$300. If you are interested in receiving academic credit, please inquire with your instructors on the first day of class for the necessary information. **At this time University of Wisconsin does not offer credits for this class.**

STUDENT LOGISTICS

Directions: Memorial Union is located on the corner of Park and Langdon Street. 800 Langdon St., Madison WI 53706. Easiest way to the classroom is to walk between the northside of the Memorial Union and the lakeside. Enter the doors facing the lake, on the western side of the building, labeled Outdoor UW.

Parking/Transportation:

The nearest parking lots are Helen C White parking or Lake Street Ramp. (5 min walk) Parking is approximately \$13.00 per day. There are additional parking garages off of Johnson Street. There are buses that can take you down to Memorial Union.

Food:

Meals are NOT included in the course, however, there are a wide variety of food options available in the union, on campus, and on State Street easily within walking distance. Please also feel free to bring your own snacks and lunches.





O U T D O O R U W

Lodging:

[Wisconsin Union Hotel](#)

1308 W. Dayton Street, Madison, WI 53715
(608) 890-3000

[Fluno Center](#)

601 University Ave, Madison, WI 53715
(877) 773-5866

CONTACT INFORMATION

Please contact us with any questions or concerns you may have. Our front desk staff should be able to answer your questions.

Course Host - Dan Dunne & Outdoor UW Staff

Office Hours: Noon- 6PM

Phone: 608.262.1630

Email: outdooruw@union.wisc.edu

Website: <https://union.wisc.edu/events-and-activities/outdoor-uw/>

If you have any issues getting into the Memorial Union, please contact the building managers @ 608-228-1183

NOLS Wilderness Medicine:

Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.

Phone: (866) 831-9001

Email: wilderness_medicine@nols.edu

Fax: (307) 335-2355

Website: <http://www.nols.edu/wilderness-medicine>

