

WILDERNESS FIRST RESPONDER (WFR) COURSE

Sponsored by *Colorado College Outdoor Education* and NOLS Wilderness Medicine

DATES: January 8 - 17, 2024
COST: \$775.00 Tuition Only (CC Students)
\$815.00 Tuition Only (Non-CC Students / General Public Registration)
LOCATION: Colorado College - Colorado Springs, CO

**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.

Successful course completion will earn the following NOLS Wilderness Medicine certifications:

- ✓ Wilderness First Responder
- ✓ Adult, and Child CPR & Airway Management
- ✓ Epinephrine Auto-injector.

CLASS FORMAT

Check-in is between 7:30am and 7:45am on the first day. On subsequent days, please plan on arriving by 7:45am. Course days run from 8:00am to 5:00pm with an hour-long break for lunch at noon, 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. 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. A 4-hour evening, outdoor mock rescue is part of the curriculum. Plan to dress accordingly for spending an evening outside.

CURRICULUM

Our curriculum has been developed and has evolved over decades by medical professionals and experts in outdoor education. Our instructors are expert educators with years of medical and wilderness leadership experience. Please see the [WFR Course Outline](#) for an overview and schedule of topics covered during your course. You can [read more about our curriculum on the NOLS website](#) as well as view [other curriculum resources here](#).

TESTING

Along with continuous evaluation and feedback from your instructors throughout the course, each student will be required to pass both a written and practical exam on the last day of the course. The practical exam will require students to demonstrate the skills they have learned throughout the course and the written exam will be multiple choice. Your instructors can provide more info on testing procedures on the first day of your course if needed.

What To Bring

- ✓ Notebook and pencil or pen
- ✓ Outdoor work gloves (gardening, leather, or canvas)
- ✓ Personal bottle of hand sanitizer
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and/or protective eyewear
- ✓ 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, including a hat
- ✓ Comfortable shoes for classroom time (optional)
- ✓ Camp chair for classroom time (optional)
- ✓ Clipboard or hard surface to write on (optional)

Both texts: "NOLS Wilderness Medicine, 7th Edition" and the Wilderness First Responder handbook will be provided on day one. You **do not need to read or purchase these ahead of time.*

REGISTRATION AND TUITION PAYMENT

Registration on SUMMIT is required for the Wilderness First Responder course. Once you have signed up on SUMMIT, you are committed to taking the course and will be charged the cost of the course tuition regardless of whether or not you complete the course. The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits. THE COURSE TUITION IS NON-REFUNDABLE. If, for any reason, you cannot attend the course, you must find a replacement for your spot at least 30 days prior to the start of the course. A full refund will be given if we need 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 this 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.

COVID-19 Practices and Policies

NOLS strongly encourages all students on all Wilderness Medicine courses to be fully vaccinated against COVID-19 and up to date with eligible boosters.

To help mitigate the spread of COVID-19 in our classrooms, NOLS has instituted a set of policies regarding the use of personal protective equipment (masks, gloves, etc.) and hygiene practices that all students and staff must follow. [These policies and practices can be read here.](#) Please review this document ahead of your course. Willful failure to comply with these practices could result in dismissal from your course.

Please follow the links below to the NOLS website for overviews of other pre-course planning resources:

[College Credit](#)
[Continuing Education](#)
[Scholarships and Financial Aid](#)
[Essential Eligibility Criteria](#)

[Minimum Age Requirements](#)
[Recertification Policies](#)
[Alcohol, Tobacco, Drugs & Weapons](#)
[Pets & Service Animals](#)



COLORADO COLLEGE
**Outdoor
Education**

Outdoor Education Center
14 E. Cache La Poudre St.
Colorado Springs, CO 80903
719-389-6803

STUDENT LOGISTICS

- Meals and Lodging

There are no meals and lodging packages available for this course. You are encouraged to make your arrangements in advance of the course date. Feel free to contact the sponsor for lodging suggestions.

- Travel

The course will take place at Colorado College - Colorado Springs, CO. The building and classroom of the course will be communicated prior to the course start.

CONTACT INFORMATION

Please contact us with any questions or concerns you may have. The Outdoor Education Center's regular office hours are Monday - Friday, 9:00am - 5:00pm (MST). Please note, starting December 20, 2023 – our office will be closed until January 8th for Winter Break. During this time we will be checking our email intermittently.

- Course Host

Andrew Harrow
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Email: aharrow@coloradocollege.edu

- NOLS Wilderness Medicine:

Office Hours: M-F from 8am-5pm MST
Phone: (866) 831-9001
[Email](#) | [Website](#)