



## **WILDERNESS FIRST RESPONDER RECERTIFICATION**

Sponsored by Icelandic Mountain Guides and NOLS Wilderness Medicine

**DATES:** Selected dates in spring- and fall semesters

**LOCATION:** [Malarhöfði 6, 110 Reykjavík, Iceland](#)

### **COURSE DESCRIPTION**

Review, practice, and stay on top of your skills with NOLS Wilderness Medicine's Wilderness First Responder Recertification Course. This scenario-based approach to recertification provides you the opportunity to test your skills against realistic situations. You'll practice and relearn wilderness medicine protocols, review evacuation and decision-making guidelines, and receive the latest updates in wilderness medicine over the course of three days.

You are required to complete both written and practical testing to recertify on this Recertification course. To achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials. Please come prepared.

These online resources will assist you: <https://nols.edu/en/resources/wilderness-medicine-resources/>

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness Advanced First Aid/Wilderness First Responder/Wilderness EMT (dependent on your current certification), Adult and Child CPR & Airway Management, and Epinephrine Auto-injector.

Click [here](#) for a short overview video about the NOLS Wilderness Medicine courses.

### **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. Attendance is required at all classes.

The course consists of demonstrations, a few short lectures, skills practice sessions, and many practical scenarios. 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 comfy shoes or slippers.

The course starts with a written test so you should prepare by reading over your notes from the last course and make use of the materials available on NOLS web site:

<https://www.nols.edu/en/resources/wilderness-medicine-resources/>

## **PACKING CHECKLIST**

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ 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)

## **COURSE OUTLINE**

For the full course outline, visit the WFR Recertification course page, scrolling to “Important Course Information: Course Outline” at:

<https://nols.edu/en/coursefinder/courses/wilderness-first-responder-recertification-WFRR/>. The course outline can also be found on the last page of this document.

## **WAF/WFR/WEMT RECERTIFICATION REQUIREMENTS**

### **NOLS Wilderness Medicine Graduates**

NOLS Wilderness Medicine certification holders will be afforded a one-year period after expiration within which to recertify. This one-year re-entry period is only offered for NOLS Wilderness Medicine certifications. NOLS Wilderness Medicine certified students should bring their certification card to the course so that the instructor can verify the expiration date.

### **Graduates From Other Wilderness Medicine Providers**

NOLS Wilderness Medicine welcomes eligible graduates from other providers to recertify on our Wilderness First Responder Recertification course or our Hybrid Wilderness First Responder Recertification course. To be eligible for recertification you must possess a current (unexpired) WFA certification, WFR certification from a provider whose WFR course is a minimum of 70 hours, or WEMT certification.

There is no re-entry period once your certification expires. It is your responsibility to make sure your certification meets this standard. If you are unsure, please contact NOLS Wilderness Medicine to verify that your certification qualifies before enrolling in a course.

Students certified by other wilderness medicine providers are required to submit a photocopy of their unexpired certification card on the first day of the course. We cannot issue you a new card until we have verified your previous training.

Students recertifying the wilderness portion of their WEMT certification must submit a photocopy of their current EMT card on course.

The course is taught according to the standards applied by NOLS USA.

## REGISTRATION AND TUITION PAYMENT

Full payment is required upon registration to the course.

Cancellations and refunds are dealt with according to [terms of payment for IMG Multi-day-Tours](#). Note also that not all WFR/WFR-Recert/WFA courses by IMG are confirmed to run. For an update on your course status, please contact us.

## 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, DRUGS, TOBACCO AND WEAPONS

No alcohol, drugs, tobacco, or 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 18 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.

## STUDENT LOGISTICS

### Travel and directions

The course is held at Malarhöfði 6, 110 Reykjavík. The house of the Save and Rescue team, Hjálparsveit Skáta Reykjavík (HSSR). The location can be reached by bus, on foot, or by car. There are numerous bus lines that stop at nearby bus stops in the area of the course venue (Ártún A,B,C and D, and Rafstöðvarvegur, for example). See more information here on bus routes and bus passes: [Strætó \(straeto.is\)](#).

Google maps location: <https://maps.app.goo.gl/ojFrfAaJYwH6q5W8A>

### Lodging and meals

There are no meal plans available for this course. There is a good selection of restaurants and supermarkets nearby. Participants have access to a fridge, and a small kitchen facility at the course venue. All participants are kindly asked to clean up after themselves, and make sure to recycle trash in the corresponding bins on location.

Accommodation is not included in the course fees.



## **CONTACT INFORMATION**

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

### **Course Host – Icelandic Mountain Guides**

Office Hours: 09:00 – 16:00 GMT

Phone: +345 587 9999 (Anna)

Email: [info@mountainguides.is](mailto:info@mountainguides.is)

Website: [www.mountainguides.is/](http://www.mountainguides.is/)

### **NOLS Wilderness Medicine:**

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

Phone: (866) 831-9001

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

Fax: (307) 335-2355

Website: <https://www.nols.edu/en/wilderness-medicine/why-nols/>

## NOLS WILDERNESS MEDICINE

### Wilderness First Responder Recertification Course Schedule

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#### DAY 1

##### Morning

Written Examination  
Infection Control and Personal Protective Equipment  
Patient Assessment System  
Shock  
Chest Injury

##### Afternoon

Spinal Management/Head Injuries  
Wilderness Wound Management  
Athletic Injury

#### DAY 2

##### Morning

Dislocations  
Fracture Management  
Hypothermia

##### Afternoon

Heat Illnesses  
Altitude Illness  
Medical Scenarios: Cardiac Emergencies, Respiratory Emergencies,  
Neurological  
Emergencies, Acute Abdomen, Urinary and Reproductive, and Anaphylaxis

#### DAY 3

##### Morning

Medical Scenarios: Continued  
Practical Test Scenarios  
Closing/Evaluations

##### Afternoon

CPR