

UNIVERSITY OF WYOMING

Campus Recreation
Outdoor Program
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WILDERNESS FIRST RESPONDER RECERTIFICATION

Sponsored by the UW Outdoor Program and the Wilderness Medicine Institute of NOLS

DATES: *December 17—19, 2016*
COST: *\$235 UW students, \$290 all others*
LOCATION: *Half Acre Recreation and Wellness Center, Rm. 115 & 117 (classroom), University of Wyoming, Laramie, WY*
[Map](#)

COURSE DESCRIPTION

Are your wilderness medicine protocols on the tip of your tongue or in the bottom of your pack? Join the leader in wilderness medicine for a three-day scenario-based course to review evacuation and decision making guidelines. Our dynamic, experienced instructors will refresh you on current techniques, protocols and controversies in the wilderness medicine field. You will have opportunities to ask questions and to participate in challenging practice scenarios and case studies. The Wilderness First Responder Recertification (WFR Recertification) course includes WMI Adult and Child CPR and Airway Management certification. This course is the most popular recertification program in wilderness medicine and is ideal for current Wilderness First Responders and Wilderness EMTs.

You are required to complete both written and practical testing to recertify on this WFR-Recertification course. To achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials. Please come prepared. Check the following web page for information and resources on how to best prepare for your course:

<https://rendezvous.nols.edu/content/section/48/964/>.

CLASS FORMAT AND EQUIPMENT

Check in is at 7:45 a.m. on the first day of the course. Course days run from 8 a.m. to 5 p.m. Attendance is required at all scheduled classes. Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy and/or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up are used to emphasize the reality of a scenario. The classroom environment generally lends itself to a pair of comfy shoes or slippers and a camp chair.

Please come equipped with a light daypack, waterproof top and bottoms, light hiking boots and layers well suited for spending time outside.

RECERTIFICATION REQUIREMENTS

This course may be used to recertify a WFR certification. You must possess a current (unexpired) WFR certification of at least 70 hours to recertify through a WFR Recertification course. It is your responsibility to make sure your certification meets this standard. If you are unsure, please contact WMI before enrolling in a course and review the recertification portion of our website: www.nols.edu/wmi/admissions/recertification.shtml. WMI certifications will be afforded a one-year period after expiration within which to recertify. This course will also recertify those who hold a valid WEMT (wilderness portion only) or WAFA certification. If recertifying, you must submit a photocopy of your current certification card(s) on the first day of the course. We cannot issue you a new certification until we verify your previous training.

REGISTRATION/POLICIES

A deposit of one half of the total price is required to reserve a space in the course. Tuition balance is due the week before the course. Payments may be made via checks, *Visa/MasterCard/Discover* or cash. The tuition fee covers textbooks, syllabus, equipment and certifications.

CANCELLATION AND REFUND POLICY

Make sure you can go before you sign-up! Refunds of ½ of the trip payment are available if five-business-days' notice (prior to the start of the course) is given. With less than five business days' notice, there are no refunds available. The only exception to this policy is if our office is presented with an authorized absence from the Dean of Students office or a note from a doctor. If we cancel a trip due to weather or participation, you will be issued a full refund. Refunds may take a few weeks to process.

WMI STUDENT AGREEMENT

(Including Assumption of Risks and Agreements of Release and Indemnity)

Please download this agreement at www.nols.edu/wmi/pdf/wmi_agreement.pdf 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. **WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.**

COLLEGE CREDIT AND EMT CEUS

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 18 CEU hours for participation in a Wilderness First Responder Recertification course. Please bring a photocopy of your current EMT card(s) with you to your course.

The WFR Recertification course is pre-approved for one semester hour credit through Western State Colorado University (WSCU) for an additional cost of \$55. Thirty days **prior** to the WMI course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from WMI.

TRAVEL/DIRECTIONS/PARKING

The course will take place at the Laramie campus of the University of Wyoming, in the **Half Acre Gym, Rm. 115**. Enter through the west (Prexies Pasture) side of the building to access the classroom.

For a campus map, please go here: <http://www.uwyo.edu/tour/campusmap.asp>

For a parking map, please go here: <http://www.uwyo.edu/tap/> (and click on maps at the top of the page)

Parking enforcement is relaxed in December after finals when school is not in session. Individuals can park in the hourly pay lot just to the east of Half Acre, or in faculty/staff parking lot spaces in the Union lot. **DO NOT PARK IN FIRE LANES OR HANDICAPPED SPOTS** unless you have a permit to do so. During weekdays, we recommend you park in the shuttle parking lot at Willet Dr. and 30th St. and ride the shuttle to campus. Shuttle schedule may vary in December. The latest shuttle information can be found at: <http://www.uwyo.edu/tap/>.

LODGING/ RECREATION

There are no meals and lodging package available for this course. For a complete listing of lodging options in Laramie, visit www.visitlaramie.org and click on lodging.

Camping: Camping is not recommended in Laramie in December, as we are at 7,200' and it's quite chilly. If you are the adventurous type, you can contact the Laramie Ranger District of the Medicine Bow National Forest and find out about camping options at: (307) 745-2300.

There is a KOA in Laramie with tent sites and cabins. Find out more information here:

<http://www.koa.com/where/wy/50110/>

COURSE POLICIES

PETS ARE NOT ALLOWED AT THE COURSE. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility. **NO SMOKING OR ALCOHOL IS ALLOWED ON SITE.**

CONTACT INFORMATION

We hope this information is helpful. Please contact us with any questions or concerns you may have. Our office hours are Monday–Friday, 9 a.m.–6 p.m. MST.

Phone: (307) 766-2402

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email: op@uwyo.edu

web site: www.uwyo.edu/op



Wilderness Medicine Institute of NOLS

Wilderness First Responder Recertification Course Schedule

DAY 1

Morning

Introductions and Written Examination
Patient Assessment System
Shock
Chest Injuries

Afternoon

Spinal Management/Head Injuries
Wilderness Wound Management
Athletic Injuries

DAY 2

Morning

Dislocations
Fracture Management
Traction Splinting
Hypothermia

Afternoon

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

DAY 3

Morning

Medical Scenarios: Continued
Practical Test Scenarios
Closing/Evaluations

Afternoon

Final Written Test
CPR