

UNIVERSITY OF WYOMING

Campus Recreation
Outdoor Program
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WILDERNESS FIRST RESPONDER RECERTIFICATION Sponsored by University of Wyoming Outdoor Program and NOLS Wilderness Medicine



DATES: January 13-15, 2018
COST: \$275 for UW students, \$320 for all others
LOCATION: Laramie, WY

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.

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 and a camp chair.

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)
- ✓ Camp chair for classroom time (optional)

COURSE OUTLINE

For the full course outline, visit the WFR Recertification course page, scrolling to Section 2 to click on “DOWNLOADS: Course Outline” at:

<https://nols.edu/en/coursefinder/courses/wilderness-first-responder-recertification-WFRR/>.

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 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.

REGISTRATION

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 check, Visa/MasterCard/Discover or cash. The tuition fee covers textbooks, syllabus, course equipment and certifications.

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

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

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

https://www.nols.edu/media/filer_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi_agreement_2017_january.pdf

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 NOLS Wilderness Medicine program and are at the sole risk of the participant.**

NOLS WILDERNESS MEDICINE POLICIES

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.

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.

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.

COLLEGE CREDITS

Pre-Course Access to College Credit

Pre-Course Access to College Credit

The WFR Recert course is pre-approved for one semester hour credit through Western State Colorado University (WSCU) for an additional cost of \$80. Thirty days **prior** to the NOLS Wilderness Medicine course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from NOLS Wilderness Medicine.

STUDENT LOGISTICS

Meals and Lodging

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 January 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 regulations 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/>

Travel

The course will take place at the Laramie campus of the University of Wyoming, in the **Half Acre Recreation and Wellness Center, Rm. 115 & 117**. 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 January 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 highly 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 January. The latest shuttle information can be found at: <http://www.uwyo.edu/tap/>.

CONTACT INFORMATION

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

FAX: (307) 766-6720

email: op@uwyo.edu

web site: www.uwyo.edu/op

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>