

# Wilderness First Responder Course



Instruction and certification provided by the  
**Wilderness Medicine Institute of NOLS**

Site Sponsor: **Outdoor Adventure Program** in Campus Recreation

**Dates:** January 4-13, 2010 (10 days)

**Cost:** \$619 (\$549 current Colorado State Students)

**Location:** Colorado State University, Fort Collins, Colorado

**Classroom:** Wagar 231, CSU Main Campus

## Course Description

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue. WMI's curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. You'll be taught by dynamic educators who have practiced both wilderness and urban medicine. This 10-day course is ideal for all professionals operating in remote environments. Heartsaver Adult CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

Upon successful completion of practical and written exams you will receive a two-year WMI of NOLS Wilderness First Responder certification and a two-year Adult CPR certification.

## Registration and Refund Policies

Registration is on a first-come, first-serve basis. Our WFR courses usually fill one month prior to the start date--- plan ahead. The last day to register is Wednesday, December 30, 2009 at 11:00 a.m. if space is available. Mail or fax the registration form and your payment to: Outdoor Adventure Program, Campus Recreation, 8027 Campus Delivery, Fort Collins, CO 80523-8027. Our fax number is 970.491.6092. You may call us directly at 970.491.6359 (press "0") to register with a credit card. Payment may be made by credit card, certified funds, or cash. Personal checks will not be accepted after December 4, 2009.

If you are faxing or mailing your registration please do so with our Registration Form (enclosed with this letter); a registration form is available on-line at [www.oap.colostate.edu](http://www.oap.colostate.edu), look under "Schedules" on the right side. If you are already enrolled do not return the Registration Form.

Payment in full is requested at the time of registration. However, you may reserve a space in the course with a \$100.00 deposit if may prior to December 4, 2009. The balance is due **on or before December 4, 2009**. Account balances not paid by the due date may lose their spot in the class and may forfeit their deposit.

The tuition fee covers textbooks, syllabus, equipment, and certifications. There is no “room and board” option for this course, see below for more information on local lodging options.

### **Cancellation and Refund Policy**

If a student cancels or withdraws from a course for any reason:

- Withdrawal prior to December 4, 2009 will result in retention of a \$25.00 administrative fee.
- **After December 4, 2009 no refunds will be made.**
- Course fees and deposits cannot be transferred to another person or course.

Acknowledgment and Assumption of Risks Release and Indemnity Agreement: Please read the enclosed documents very carefully as they affect your legal rights. Bring the signed documents to the first day of the course. If you are a minor, the documents must be signed by a parent or guardian. Failure to provide a signed document will result in you not being able to 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.**

### **Class Format/Equipment**

Check in time is 8:00 a.m. Monday, January 4, 2010. Class will be located in Wagar 231 on the Main CSU Campus. The class begins promptly at 8:00 a.m. on January 4<sup>th</sup>. Course days run from 8:00 a.m. – 5:00 p.m. Two evening sessions will be scheduled. The course ends at 5:00 p.m. on Wednesday, January 13<sup>th</sup>. There is one “day off” which is Saturday, January 9<sup>th</sup>.

The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role-playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios, and practice sessions take place both inside and outside. Please bring outdoor clothing appropriate for lying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make up will be used to emphasize the reality of the scenario. Generally the classroom environment lends itself to a comfy shoes/slipper and a crazy creek-type chair.

You will need: a large day pack with multiple layers, water bottle, waterproof tops and bottoms, sturdy boots, head lamp or flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so please dress accordingly.

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. Alcohol is not allowed on campus and smokers are reminded to be respectful of others and smoke only in designated areas outside of buildings.

### **Continuing Education College Credit and EMT CEUS**

The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost of \$200.00. If interested, please check with the instructors on the first day of class for necessary information.

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for their

Wilderness First Responder courses. You must bring a photocopy of your current EMT card(s) with you to your course.

## Travel Directions & Parking

### From the north or south on Interstate 25:

Take Exit 269B (Hwy 14 / Mulberry Street) and drive west towards the mountains for approximately five miles. Turn left (south) at a stoplight onto Shields Street (a 7-11 Store is on the SW corner of this intersection). Go four blocks south (through two stop lights). Turn left (east) at the third stop light and enter a large parking lot. The parking permit kiosk is located at the SE corner of this parking lot (known as the Moby Gym Parking Lot #195). Parking is usually free on Saturdays and Sunday, except during Moby Gym events when the lot may be closed. An alternative parking lot is located two blocks east and one block north of Moby Gym. This is marked as Parking Lot #180.

### Parking at CSU:

Parking on the CSU campus is governed by University Parking Services regulations which are strictly enforced. Please contact Parking Services at [www.parking.colostate.edu](http://www.parking.colostate.edu) if you have any questions. Visitors must purchase a daily permit at the kiosk (\$5/day). The sponsors of this course are not responsible for parking tickets that participants incur. Please allow yourself 10 extra minutes to walk from your parking space to the classroom.

## Lodging

There are many lodging options in and around Fort Collins. Below are some options close to campus. For more lodging options in Fort Collins take a look at [www.ftcollins.com](http://www.ftcollins.com), this website has various options such as campgrounds, bed & breakfasts, cabins, and guest ranches.

<b>Hilton Fort Collins</b> 425 W. Prospect Road Fort Collins, CO 80526 Phone: (970) 482-2626	<b>Larimer County Parks &amp; Open Lands</b> 1800 S. County Road 31 Loveland, CO 80537 Phone: (970) 679-4570	<b>KOA Lakeside Campground</b> 1910 N. Taft Hill Road, Fort Collins, CO 80524 Phone: (970) 484-9880 <a href="http://www.fclakesidecg.com">www.fclakesidecg.com</a>
<b>Best Western University Inn</b> 914 S. College Ave. Fort Collins, CO 80524 Phone: (970) 484-1984		

There are numerous restaurants of all types within walking distance of the campus. Most campus food venues will be open Monday-Friday. Food businesses have limited hours on the weekends. For more information about the services available at the Student Center check out [www.sc.colostate.edu](http://www.sc.colostate.edu).

We hope this information answers most of your questions. Please contact us if you need additional information. For questions concerning registration call 970.491.6359 (press "0") or for questions concerning course content or certification call 970.491.0964. Our office hours are Monday-Friday, 8:00 a.m. – 5:00 p.m. Mountain Time.

Outdoor Adventure Program  
Campus Recreation  
8027-Campus Delivery  
Colorado State University  
Fort Collins, CO 80523

Phone: Registration/Payments: 970.491.6359 (press "0")  
Course Content/Certification: 970.491.0964  
FAX: 970-491-6092  
Email: [rodney.ley@colostate.edu](mailto:rodney.ley@colostate.edu)  
Website: [www.oap.colostate.edu](http://www.oap.colostate.edu)

# Wilderness First Responder Daily Schedule and Planner

## **DAY 1: Monday January 4, 2010**

### **Morning**

Introductions: Wilderness vs. Urban  
Initial Assessment  
Patient Exam  
Vital Signs: LOC, HR, RR, SCTM

### **Afternoon**

Vital Signs: BP, Pupils  
Focused History  
Documentation  
Medical Legal Issues  
*WFR Text Chapters: 1, 2, 3*

## **DAY 2: Tuesday, January 5, 2010**

### **Morning**

Problem of the Day  
Review and Practical Session  
CPR

### **Afternoon**

CPR: Remote Environments and Oxygen  
Spinal Cord Injuries  
Lifting and Moving  
Spinal Immobilization Litter Packaging, Carrying, and Long-Term Patient Management  
*WFR Text Chapters: 4, 5, 8, Appendix B and C*

## **DAY 3: Wednesday, January 6, 2010**

### **Morning**

Problem of the Day  
Chest Injuries  
Shock

### **Afternoon**

Focused Spinal Assessment  
Head Injuries  
*WFR Text Chapters 6, 7, 9, 10*

## **DAY 4: Thursday, January 7, 2010**

### **Morning**

Problem of the Day  
Wilderness Wound Management

### **Afternoon**

Problem of the Day  
Athletic Injuries  
Fracture Management

### **Evening**

Traction Splinting  
Dislocations  
*WFR Text Chapters: 12, 13, 14, 15, 30*

## **DAY 5: Friday, January 8, 2010**

### **Morning**

Problem of the Day  
Review and Practical Session  
Hypothermia  
Frostbite and Non-Freezing Cold Injury

### **Afternoon**

Heat and Hydration  
Altitude Illness  
Practical Scenario  
*WFR Text Chapters: 16, 17, 18*

## **DAY 6: Saturday, January 9, 2010**

DAY OFF

## **DAY 7: Sunday, January 10, 2010**

### **Morning**

Problem of the Day  
Cardiac Emergencies  
Respiratory Emergencies

### **Afternoon**

Neurological Emergencies  
Acute Abdomen  
*WFR Text Chapters: 11, 23, 24, 25, 29*

## **DAY 8: Monday, January 11, 2010**

### **Morning**

Problem of the Day  
Bites and Stings  
Allergies and Anaphylaxis

### **Afternoon**

Diabetes  
Search Scenario  
Principles of Search and Rescue/Evacuation

### **Evening**

Mock Rescue  
*WFR Text Chapters: 21, 26, 28, 35, 36*

## **DAY 9: Tuesday, January 12, 2010**

### **Morning**

Mock Rescue Debrief  
Common Problems Wrap-up  
Communicable Disease  
Poisoning  
Lightning

### **Afternoon**

Submersion Incidents  
Gender Medical Issues  
*WFR Text Chapters: 19, 20, 27, 31, 32*

## **DAY 10: Wednesday, January 13, 2010**

### **Morning**

Wilderness Drug and First Aid Kits

### **Afternoon**

Written and Practical Exams  
Closing Ceremony  
*WFR Text Chapters: 37*

*Textbook: The Wilderness First Responder by Buck Tilton*

**Student Rec Center Map and Parking Information**  
 (Call SRC Service Desk 970-491-6359 (ext. 0) for help locating the building)  
 Please observe all posted signs regarding parking rules and regulations!

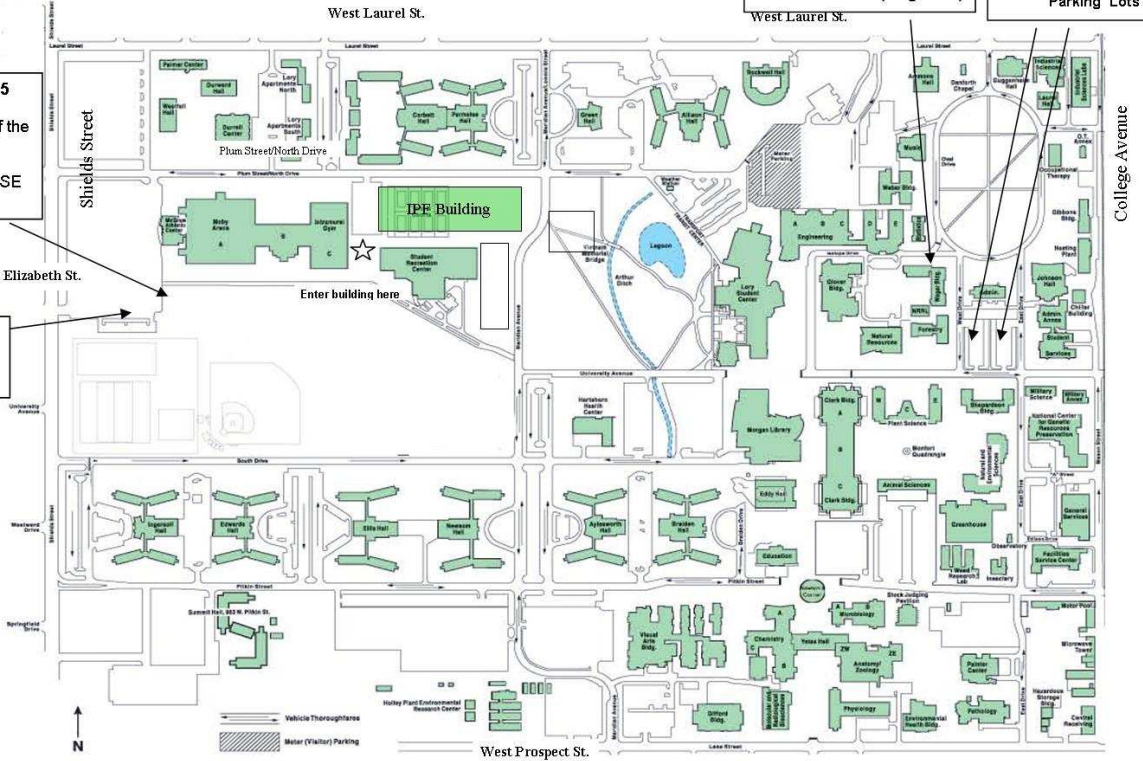


**Main Parking Lot #195**  
 (Moby Gym Parking)  
 Do not park in this lot if the  
 "Event Parking Only"  
 red sign is visible.  
 Pedestrian Access on SE  
 corner of lot

Parking Permit  
 Dispenser and  
 Information

Course Held Here (Wager 231)  
 West Laurel St.

Parking Lots



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