

Wilderness First Responder Recertification Course (3-days)



**Sponsored by the Wilderness Medicine Institute of NOLS and
the Outdoor Adventure Program/Campus Recreation**

Dates: January 15-17, 2010

Tuition Cost: \$269 (\$229 current Colorado State students)

Location: Colorado State University, Fort Collins Colorado

Classroom: Wager 231, Main CSU Campus

Course Description

The WMI of NOLS Wilderness First Responder Recertification course is the preferred way to recertify a Wilderness First Responder. This three-day course is specifically designed for students needing recertification. This training is built around scenarios and case studies crafted to reinforce evacuation decision-making. It also provides you with the latest updates in wilderness medicine and includes Adult and Child CPR. You must possess a valid WFR certification of at least 72 hours to recertify through a WFR Recertification course. This course will also recertify those who hold a valid WEMT (wilderness portion only) or WAFA certification. Successful completion of the course will provide a new, two year certification of your WFR as well as Adult and Child CPR certification.

RECERTIFICATION REQUIREMENTS

If you hold a current Wilderness First Responder certification of at least 72 hours, you will receive a WMI WFR certification upon successful completion of your WFR Recert course. If you hold a valid WFR certification from WMI, we ask you to bring your certification card so that the instructor can verify your expiration date. Students holding a current WFR certification from any other organization are **REQUIRED** to submit a photocopy of their certification card on the first day of the course. If you hold a current WFR certification from any other wilderness medicine organization with less than a 72 certification, you will receive a letter of course completion in lieu of a WMI WFR certification. This letter of completion may allow you to recertify with your original certifying organization. You must contact that organization prior to your WMI course to ensure that our course will meet their requirements for recertification.

All students are required to submit a photocopy of their WFR certification card on the first day of the course.

There is a one-year grace period for recertification of WMI cards. (Keep in mind that your certification is not current during this grace period and therefore you cannot work as a Wilderness First Responder.)

You will be required to complete a **WRITTEN EXAM** at the **BEGINNING** of the course. Check the following web page for information and resources on how to best prepare for your course.
www.nols.edu/wmi/about/faq.shtml#prepare

Registration and Refund Policies

Registration is on a first-come, first-serve basis. The last day to register is Thursday, January 14 at 5:00 p.m., if space is available. The easiest way to register is to call us directly at 970.491.6359 (press “0”) and register with a credit card. Payment in full is required at the time of registration.

Cancellation and Refund Policy

The last day to receive a refund is Monday, December 7, 2009. Your request must be made before 5:00 p.m. MST by phone, e-mail, or letter. Refunds are charged a \$10.00 processing fee. Payments originally made by credit card will be refunded to that card, payments made by cash or check will receive a university check which may take up to three weeks to process. Course fees and deposits cannot be transferred to another person or course. A full refund will be made if OAP or WMI cancels the course for any reason.

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

Please note that participants will be required to complete a written exam both at the beginning and the end of the course.

Check in time is 8:00 a.m. on Friday, January 15, 2010. **Class is located in Wagar 231 on the main CSU Campus**. Course days run from 8:00 a.m. – 5:30 p.m. Please allow at least 10 minutes to walk from the parking lot to the building.

The format for the WFR Re-cert is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions, will 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. Please come equipped with a light day pack, waterproof top and bottom, light hiking boots, and layers well-suited for spending time outside. January days in Fort Collins can be cold and very unpredictable.

Travel Directions & Parking

Directions 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 (Lot #195 also known as the Moby Gym Parking Lot). Parking is usually free on Saturdays and Sunday, except during Moby events when the lot may be closed. You can also park closer to the class location (see map on last page), however please obey all posted parking signs.

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 if you have any questions. When required 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.

Lodging/ Recreation

There is no lodging/meals option for this course. The nearby Lory Student Center has numerous food options during the day. A short walk west from the Rec Center is Campus West, a retail area with several restaurants. Lodging options are available at www.ftcollins.com. The nearest hotels to the classroom location are the Hilton Fort Collins (970.482.2626) and Best Western University Inn (970.484.1984). In addition, local campgrounds are listed below.

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| Hilton Fort Collins 425 W. Prospect Road Fort Collins, CO 80526 Phone: (970) 482-2626 | Larimer County Parks & Open Lands 1800 S. County Road 31, Loveland, 80537 Phone: (970) 679-4570 | Heron Lake RV Park 1910 North Taft Hill Road, 80524 P.O. Box 1100, Ft Collins, CO 80522 Toll free: (877) 254-4063 |
| Best Western University Inn 914 S. College Ave. Fort Collins, CO 80524 Phone: (970) 484-1984 | | KOA Campground 6670 N Hwy 287; Laporte, CO 80535 Phone: (970) 493-9758 Res: (800) 562-2648 |

PETS ARE NOT ALLOWED AT THE TEACHING SITE. NO EXCEPTIONS. Any student bringing pets to class/campus will be asked to leave until the pet is safely situated in a kennel or other facility.

NO SMOKING OR ALCOHOL IS ALLOWED ON SITE.

We hope this information answers most of your questions. Please contact us if you need additional information. Our office hours are Monday-Friday, 8:00 a.m. – 5:00 p.m. Mountain Time.

Outdoor Adventure Program

Campus Recreation

8027-campus delivery

Fort Collins, CO 80523

Phone:

Registration/Payments: 970-491-6359 (press “0”)

Course Content/Certification questions: 970-491-0964

FAX: 970-491-6092

Email: rodney.ley@colostate.edu

Website: www.campusrec.colostate.edu

WFR Recertification Daily Schedule and Planner

DAY 1: Friday, January 15, 2010

Morning

Introductions and Written Examination

Patient Assessment System

Shock

Chest Injuries

Afternoon

Spinal Management/Head Injuries

Wilderness Wound Management

Athletic Injuries

DAY 2: Saturday, January 16, 2010

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: Sunday, January 17, 2010

Morning

Medical Scenarios: Continued

Practical Test Scenarios

Closing/Evaluations

Afternoon

Final Written Test

CPR

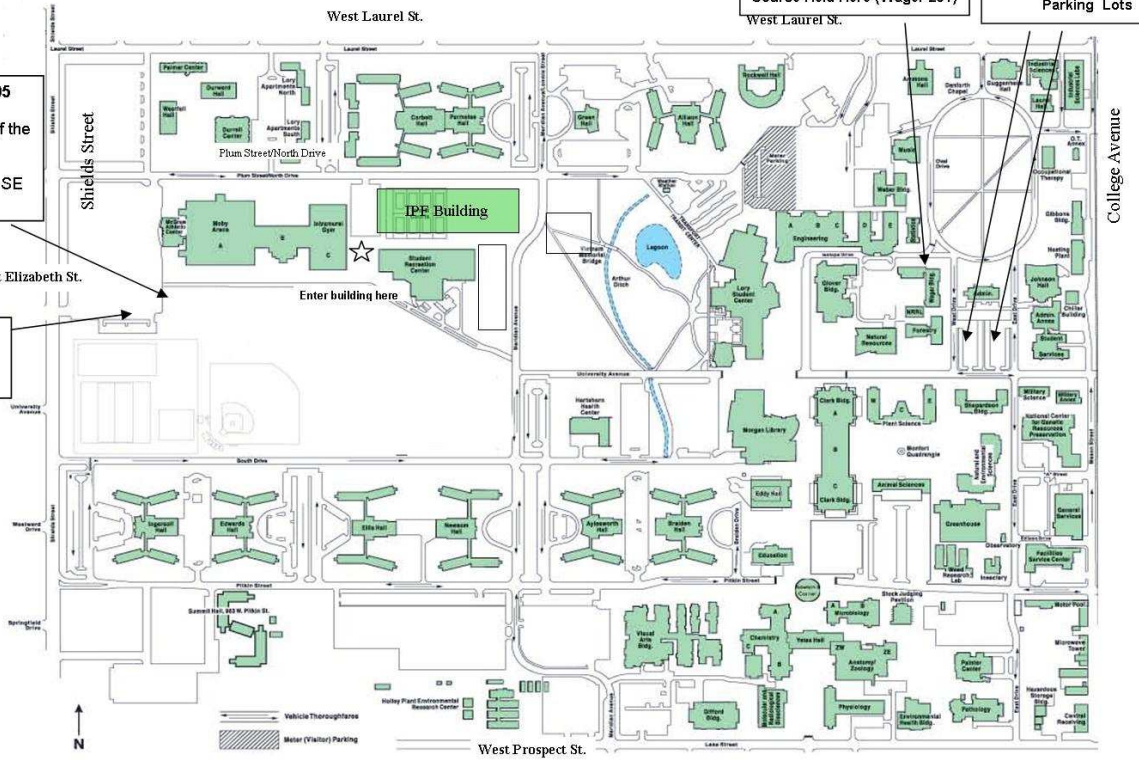
Student Rec Center Map and Parking Information
 (Call SRC Service Desk 970-491-6359 (ext. 0) for help locating the building)
 Please observe all posted signs regarding parking rules and regulations!



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) Parking Lots



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 (970.491.7041) if you have any questions.