

# UNIVERSITY OF WYOMING

Campus Recreation  
Outdoor Program

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## WILDERNESS FIRST RESPONDER COURSE

**Sponsored by the Wilderness Medicine Institute of NOLS the University of Wyoming Outdoor Program**

**DATES:** *December 12–21, 2009*  
**COST:** *\$560 UW students, \$600 all others*  
**LOCATION:** *Laramie, WY*

### 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. Adult/child CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

### 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* 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.

Acknowledgment and Assumption of Risks Release and Indemnity Agreement: Please read the enclosed document very carefully as it affects your legal rights. Bring the signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document. 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 is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. Two evening sessions will be scheduled. 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 will take place both inside and outside. Please bring outdoor clothing appropriate for laying 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 a scenario. Generally the classroom environment lends itself to a pair of 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.

## 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 the 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. Please bring a photocopy of your current EMT card(s) with you to your course.

### TRAVEL/DIRECTIONS/PARKING

The course will take place at the Laramie campus of the University of Wyoming, in the Corbett Building, Room 202 (You will only be allowed to enter the building through the doors on the north side of the building, by the Fine Arts parking lot on the weekends; during the week the whole building should be open).

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

**For a parking map, please go here: <http://uwadmnweb.uwyo.edu/tap/> (and click on maps at the top of the page)** Designated permit parking is enforced during official university business hours, Monday through Friday; weekends are okay to park in designated parking spots without concern (except handicapped or fire lane spots). During weekdays, we highly recommend you park in the shuttle parking lot at Willet Dr. and 30<sup>th</sup> St. and ride the shuttle to campus (operational 7 a.m. to 6 p.m. M–F). Shuttle information can be found at: <http://uwadmnweb.uwyo.edu/tap/>. You can also park in the residential area just south of the Corbett Building; *though make sure you do not park in an area that is a residential permitted parking area as you will be fined!*

### 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](http://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/>

**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

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

Phone: (307) 766-2402

FAX: (307) 766-6720

e-mail: [op@uwyo.edu](mailto:op@uwyo.edu)

web site: <http://uwyo.edu/op>



## Wilderness Medicine Institute of NOLS

### Wilderness First Responder Course Schedule

#### DAY 1

##### 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

##### 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,  
Long-Term Patient Management

*WFR Text Chapters: 4, 5, 8, Appendix B and C*

#### DAY 3

##### Morning

Problem of the Day  
Chest Injuries  
Shock

##### Afternoon

Focused Spinal Assessment  
Head Injuries

*WFR Text Chapters: 6, 7, 9, 10*

#### DAY 4

##### 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

##### 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 DAY OFF

#### DAY 7

##### Morning

Problem of the Day  
Cardiac Emergencies  
Respiratory Emergencies

##### Afternoon

Neurological Emergencies  
Acute Abdomen

*WFR Text Chapters: 11, 23, 24, 25, 29*

#### DAY 8

##### 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

##### 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

##### Morning

Wilderness Drug and First Aid Kits  
Written and Practical Exams  
Closing Ceremony

*WFR Text Chapters: 37*

Textbook: *The Wilderness First Responder* by Buck Tilton