Wilderness First Responder Recertification

Sponsored by *Yosemite Bug Rustic Mountain Resort* & NOLS Wilderness Medicine

DATES: Dec 14th 22085, Dec 18th 22086 ,March 1st 22088 March 5th 22089

COST:
Tuition Only $395.00
Tuition & Lunch: $443.00
Camping: $653.00 / DOUBLE OCC: $608.00 EACH
Dorm Bed: $683.00
Tent cabin: $758.00 / DOUBLE OCC: $661.00 EACH
Private w/ bath: $860.00 / DOUBLE OCC: $713.00 EACH
Tuition, meals, accommodation & all tax included.
If your package includes accommodation and meals, they are included the night before class starts with Dinner only . Breakfast & lunch on the last day of class. The last day you generally finish up in the early afternoon. Accommodation is not included on the last day of class.

LOCATION: *6979A Highway 140, Midpines, CA 95345*

Course Overview

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 the opportunity to test your skills against realistic situations. You will practice and relearn wilderness medicine protocols, review evacuation and decision making guidelines, and receive the latest curriculum updates over the course of three days.

Successful course completion will earn the following NOLS Wilderness Medicine certifications:
- Wilderness First Responder
- Adult, Child, and Infant CPR & Airway Management
- Epinephrine Auto-injector

Class Format
Check-in is between 7:30 am and 7:45 am on the first day. On subsequent days, please plan on arriving by 7:45 AM. Course days run from 8:00 AM to 5:00 PM with an hour-long break for lunch at noon.

The class format involves lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes. 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 while playing the role of both rescuer and patient. 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 indoor comfy shoes.

Eligibility
Please review our **recertification policies** to confirm your eligibility to take this course. You may contact **wilderness_medicine@nols.edu** with questions.

Testing

The course will begin with a multiple-choice written test for all participants where a 70 is a passing score. Please review our online materials and your past course materials to ensure your success on this test. In the event that you do not pass this initial test, you will be offered a second test later on in the course and the average of these scores will need to be over 70 to pass the course.

Instructors will provide continuous evaluation and feedback throughout the course and each student will be required to complete a practical exam. The practical exam will require students to demonstrate their patient assessment skills. Your instructors can provide more info on testing procedures on the first day of your course.

Curriculum

Our curriculum has been developed and has evolved over decades by medical professionals and experts in outdoor education. Our instructors are expert educators with years of medical and wilderness leadership experience. Please see the **WFR Recert Course Outline** for an overview and schedule of topics covered during your course. You can **read more about our curriculum on the NOLS website** as well as view **other curriculum resources here**. When taking a WFR Recert, we strongly encourage pre-course study. Students who spend time reviewing their WFR textbook and our online curriculum resources enjoy these courses more and are able to focus on practicing skills and patient interactions.

Course Logistics

For registration, travel, and logistics information specific to a course, please reference the Student Logistics document.

What to Bring

- ❏ Notebook and pencil or pen
- ❏ Outdoor work gloves (gardening, leather, or canvas)
- ❏ Personal bottle of hand sanitizer
- ❏ Watch with a second hand or digital second
- ❏ Sunglasses and/or protective eyewear
- ❏ Water bottle
- ❏ Light day pack
- ❏ Headlamp
- ❏ 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, including a hat

Optional:
- ❏ Slippers or comfortable shoes for classroom time
- ❏ Camp chair for classroom time
- ❏ Clipboard or hard surface to write on
- ❏ Sleeping bag

*An updated copy of the Wilderness First Responder handbook will be provided on day one. You **do not** need to read or purchase this ahead of time.*

NOLS Wilderness Medicine Student Agreement

Please download the **NOLS Student Agreement** and read it carefully as it affects your legal rights. Bring this 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 the NOLS Wilderness Medicine program and are at the sole risk of the participant.

Communicable Disease Practices and Policies

NOLS strongly encourages all students on Wilderness Medicine courses to be fully vaccinated against COVID-19 and up-to-date with eligible boosters.

To help mitigate the spread of communicable disease in our classrooms, NOLS has instituted a set of policies regarding the use of personal protective equipment (masks, gloves, etc) and hygiene practices that all students and staff must follow. **For more details, please review the NOLS Wilderness Medicine Communicable Disease Practices and Expectations for Students.** Please review this document ahead of your course. Willful failure to comply with these practices could result in dismissal from your course.

Please follow the links below to the NOLS website for overviews of other pre-course planning resources:

- **College Credit**
- **Continuing Education**
- **Recertification Policies**
- **Alcohol, tobacco, and firearm policies**
- **Scholarships and financial aid**
- **Pets and service animals**
- **Essential Eligibility Criteria**
- **Minimum age requirements**