



WILDERNESS FIRST RESPONDER COURSE

Sponsored by UCLA Recreation and NOLS Wilderness Medicine

DATES: March 23 - April 1, 2017

COST: \$375 deposit + \$375 balance = \$750; Tuition only

LOCATION: Los Angeles, CA; UCLA Campus; Sunset Canyon Recreation Center



COURSE DESCRIPTION

The Wilderness First Responder course is essential if you work or recreate in the outdoors or in other austere environments where access to medical care is delayed or communication is unreliable. It is the industry standard for professional guides, trip leaders, search and rescue team members, outdoor recreationists, and international travelers. Upon completion, you will be able to conduct a thorough physical exam, obtain a patient history, assess vital signs, provide emergency care in the wilderness, and make crucial evacuation decisions. During this fast-paced, engaging course, you will spend half your time practicing skills and participating in realistic scenarios, including a full-scale night mock rescue.

NOLS Wilderness Medicine's nationally recognized curriculum encompasses a wide range of topics including long-term patient care, wound management, selective spine immobilization, reducing dislocations, litter packaging, and epinephrine administration. Dynamic educators who have practiced medicine in both wilderness and urban environments will teach you skills and protocols to step forward in an emergency, and you will finish the intensive 80-hour course with the tools and confidence to manage patients in the backcountry for multiple days.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder, 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., with two additional evening sessions. Ten-day courses will include a day off; nine-day courses will not. The class format is classroom 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 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. A 4-hour evening, outdoor mock rescue is part of the curriculum; dress accordingly.

Packing Checklist



- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Headlamp
- ✓ 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 course page, scrolling to Section 2 to click on “DOWNLOADS: Course Outline” at: <https://nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/>.

REGISTRATION AND TUITION PAYMENT

A deposit of \$375 is required to reserve your spot on the course. The balance of \$375 is due by 5:00pm, the day before the first day of the course. You can [register online](#). If you do not already have an account with UCLA Recreation, you will need to create one. You will find the WFR course (deposit and balance) under the category of Outdoor Adventures.

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

Cancellations

If you cancel or withdraw from a course:



- Greater than or equal to 30 days prior to the course start date, UCLA will retain a 10% administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, tuition is non-refundable and non-transferable.

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 48 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. Please ensure that CAPCE CEUs will be accepted by your State EMS organization.

Fellowship in the Academy of Wilderness Medicine (FAWM)

Through joint sponsorship with the Wilderness Medical Society active members of WMS may earn up to 55 hours at no additional cost for participation in the Wilderness First Responder course. Learn more about WMS here: <http://www.wms.org/>

COLLEGE CREDITS

Pre-Course Access to College Credit

The WFR course is pre-approved for three semester hour credits through Western State Colorado University (WSCU) for an additional cost of \$240. 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.

On-Course Access to College Credit

The WFR course is pre-approved for three semester hour credits through the University of Utah for an additional cost of \$300. If you are interested in receiving college credit, please inquire with your instructors on the first day of class for the necessary information.

STUDENT LOGISTICS

Meals and Lodging

Meals and lodging are not provided for this course. Below are some lodging options.



Lodging:

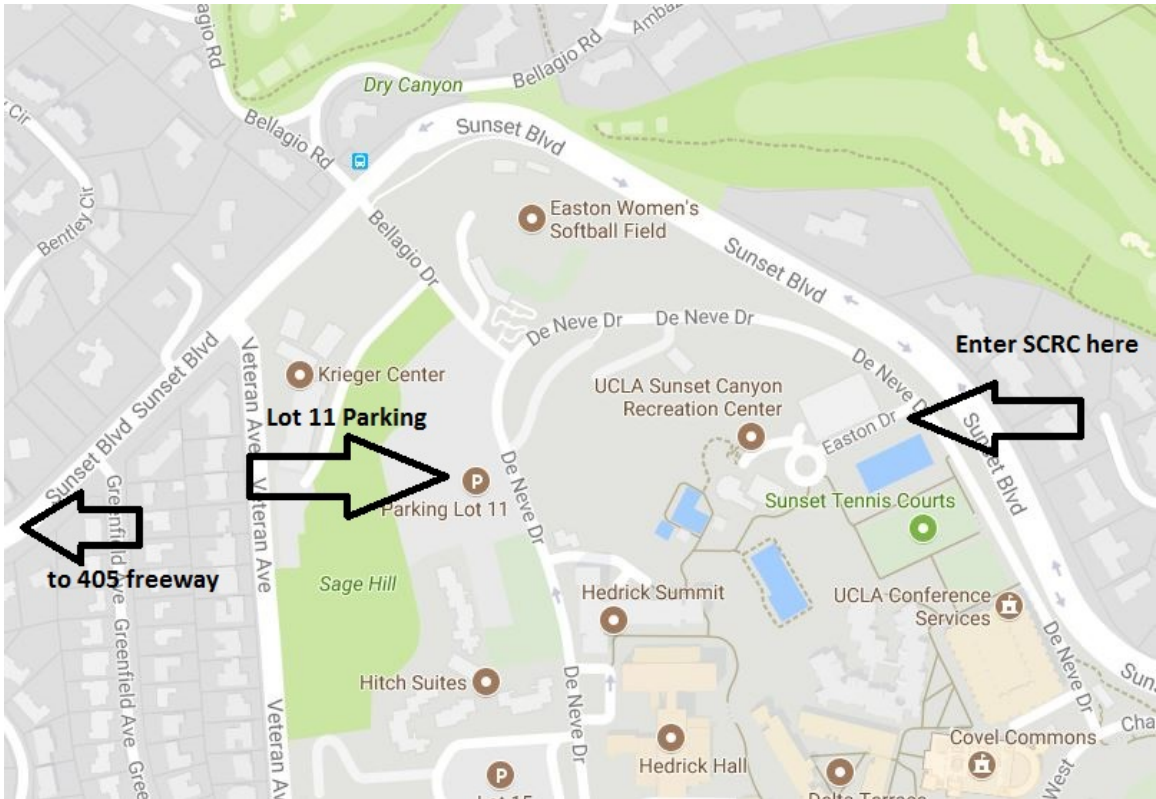
Luskin Conference Center

UCLA Guest House

We highly recommend that students bring lunch and snacks for the day. Food may be purchased in the neighboring town of Westwood, though it can be time-consuming. A refrigerator will be available for students to store small amounts of food each day.

Travel

You may view an interactive map of UCLA [here](#). The course takes place at UCLA's Sunset Canyon Recreation Center. Parking can be found in the nearby Parking Lot 11. From Sunset Blvd., turn into campus on Bellagio Drive. Turn right at the second stop sign and you will see Lot 11 on your right. Walk to the main entrance of Sunset Canyon Recreation Center by continuing down the hill to the left on De Neve Drive. See map below.



Sunset Canyon Recreation Center address: 111 Easton Drive., Los Angeles, CA 90024.

Note that parking fees are not included in your course tuition. UCLA Parking Lot 11 charges \$12 per day to park. You may purchase your parking pass from the automated kiosk located inside the lot.



When entering Sunset Canyon Recreation Center, you should inform the front desk staff that you are there to attend the WFR course, and they will allow you to enter the facility and direct you to the Mesa Classroom.

CONTACT INFORMATION

Please contact us with any questions or concerns you may have:
oa@recreation.ucla.edu.

Course Host

Email: oa@recreation.ucla.edu
Website: www.recreation.ucla.edu/oa

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>