



Photo Courtesy of Alex Zhitnik

WILDERNESS FIRST RESPONDER (WFR)

Sponsored by Cottonwood Gulch Expeditions & NOLS
Wilderness Medicine



DATES: March 13-22, 2020

COST: \$750.00 Tuition only

LOCATION: Bachechi Open Space, 9521 Rio Grande Blvd. NW,
Albuquerque, NM 87114

Please see **Student Logistics below for additional information on course location*

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 AM on the first day of the course. Course days run from 8:00 AM to 5:00 PM, with two additional evening sessions. Ten-day courses will include a day off; nine-day courses do not. All course

materials will be provided on the first morning of the course.

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 indoor comfy shoes 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 a second hand or digital second
- Sunglasses and hat
- 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
- Slippers or comfortable shoes for classroom time (optional)
- Camp chair for classroom time (optional)

COURSE OUTLINE

For the full course outline, visit the [NOLS Wilderness Medicine WFR](#) course page.

REGISTRATION AND TUITION PAYMENT

A deposit of \$300 is required to reserve your spot on the course. The balance of tuition is due one week prior to the first day of the

course. You can pay your balance online
You can also call Cottonwood Gulch office
at 505-248-0563 with credit card
information.

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.

Course Tuition: \$750

**Less Deposit: \$300 (due at time of
registration)**

Balance due: \$450

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the [NOLS Student
Agreement](#) and read it carefully as it affects
your legal rights.

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 the NOLS
Wilderness Medicine program and are at the
sole risk of the participant.

NOLS WILDERNESS MEDICINE POLICIES

Cancellations

If you cancel or withdraws from a course:

- Greater than or equal to 30 days
prior to the course start date, NOLS
Wilderness Medicine will retain a
\$35.00 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 as per the
following:
 - WFA, WFR-R, WMPP –
loss of full tuition.
 - WFR, WAFA, WUMP – loss
of course deposit.

- Once the course begins, no refunds
will be awarded. All course
registrations are 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.

Service Animals

Please contact the Wilderness Medicine
office at 1-866-831-9001 or Cottonwood
Gulch at 505-248-0563 if you intend to bring
a service animal to the course.

Alcohol, Drugs, Tobacco & Weapons

No alcohol, no drugs, no tobacco, and no
weapons are allowed in the classroom.

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 70 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. Also,
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](#).

COLLEGE CREDITS

Pre-Course Access to College Credit

The WFR course is pre-approved for 3
credit through Western State Colorado
University or an additional cost. Interested
students must initiate registration and
payment for credit by contacting Western at
least 30 days prior to the course start. More
information can be found [here](#).

On-Course Access to College Credit

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

STUDENT LOGISTICS

Meals and Lodging

There are no meals and lodging provided for this course by the host. Below are some lodging options for your own investigation. Camping is available at [Coronado Historic Site](#) about 20 minutes from the course location right next to the Rio Grande River.

<http://www.townofbernalillo.org/depts/campground.htm>

A number of motels, hotels, extended stay hotels and AirBnb accommodations are available throughout the city of Albuquerque and close to the Open Space.

More Information:

Albuquerque Chamber of Commerce
505-764-3700

Travel

Bachechi Open Space is located at: [9521 Rio Grande Blvd NW, Albuquerque, NM 87114](#)

From the North and South, take I-25 to the Alameda exit. From the East or West travel on Interstate 40 until you reach Interstate 25 North. Take the Alameda Exit off I-25.

Then, from the Alameda Exit, turn West on Alameda and travel several miles to the intersection with Rio Grande Ave. (If you reach the Rio Grande River, you have gone too far). Bachechi Open Space is located at the corner of Alameda and Rio Grande on the south side of Alameda.

Park in the Alameda lot just West of Rio Grande Ave.

CONTACT INFORMATION

Please contact us with any questions or concerns you may have.

Course Host: Cottonwood Gulch

Office Hours: 9 am – 5pm M-F MST
Phone: 505-248-0563
Email: officemanager@cottonwoodgulch.org
Website: www.cottonwoodgulch.org

NOLS Wilderness Medicine:

Office Hours: M-F from 8am-5pm MST
Phone: (866) 831-9001
Email info@nols.edu
Website www.nols.edu