



Wilderness First Responder

Course Notes

Wilderness First Responder



This nationally recognized program trains participants to respond to emergencies in remote settings. The 80-hour curriculum includes standards for urban and extended care situations. Special topics include but are not limited to: wound management and infection, realigning fractures and dislocations, improvised splinting techniques, patient monitoring and long term management problems, up-to-date information on all environmental emergencies, plus advice on drug therapies.

Half of your time will be spent completing practical skills, case studies and scenarios designed to challenge your decision making abilities. WMI Adult/Child CPR is included in the course.

Wilderness First Responder (WFR) is recognized as the minimum training an outdoor professional should have. Many providers of outdoor programs now require their lead instructors to have this training. Gone are the days of Advanced First Aid courses, 16 to 24 hours in length, being adequate training for the outdoor professional. In a medical context wilderness can be defined as “two hours or more from definitive care,” and this course is probably more valuable than an Emergency Medical Technician (EMT) training since EMT is designed for an entirely different context, assuming availability of rapid patient transport. WFR training stresses the idea that the most important tool in your first aid kit is your brain and emphasizes improvising tools for evacuation, bandaging, splinting, and long term patient care in remote settings.

Location: Due to Covid-19 our usual locations in Bishop are unavailable. So we will be using the Chalfant Community Center about 14 miles north of Bishop on US Highway 6.

Dates and Prices: Check the latest brochure, call us or go to our web site for dates and rates.

Meals and Lodging: No lodging is available on site but Bishop has campgrounds, motels, and free camping abounds.

Prerequisites: None

Instructors: This course is sponsored by Sierra Mountain Center, LLC and provided by The Wilderness Medicine Institute of NOLS. WMI's goal is to provide the highest quality education and information for the recognition, treatment and prevention of wilderness emergencies. WMI's teaching philosophy is to emphasize treatment principles and decision making, not the memorization of lists. Their philosophy centers around the physical and psychological well being of their students and staff. They value the entire experience of a WMI program rather than simply the learning of medicine. Their staff are professional educators who understand the importance of fun and experience as invaluable learning tools. They feel strongly that a student's ability to feel confident about themselves and their ability to make decisions is of greater value than text-book medical skills. They emphasize decision making and employ scenario based teaching as a complement to lecture style instruction. They believe that this is why their students learn so well and feel confident in employing their newly acquired judgment and skills.

Registration: These courses to fill quickly, please let us know as soon as possible if you're interested. Your spot on the course is secured with a 50% deposit, the balance is due prior to the course. Please see our detailed deposit and cancellation policy below.

This registration packet includes:

- This letter and course outline
- Equipment list
- SMC registration forms (participant medical data, acknowledgment of risk)
- WMI acknowledgment of risk form

Meeting place and time: Class check-in will begin at 7:45 on the first morning of the program.

Class format: Course days run from 8:00am to 5:00pm with two evening sessions and one day off. We use classroom space which is comfortable and to maximize room we remove most of the tables and chairs. You will probably want a Crazy

Creek type chair for classroom sessions. Much of the practical lessons take place outside, rain or shine, warm or cold. Bring a small tarp to spread out on and your own foam pad that you don't mind getting dirty or even cutting up to make splints.

Course Materials: We are often asked if the course materials can be sent ahead of time but this is impossible for us to arrange. There is a formal book that is provided with the course but there are also numerous handouts and the like that are not finalized until very near the course. Usually WMI does not send course materials to us until just before the program.

Getting to the Bishop Area: If flying to the area and renting a car: your best bets for airports are: Reno, Nevada (cheap car rentals, four hours drive from Bishop), Ontario, California (five hours from Bishop), Las Vegas, Nevada (Cheapest air tickets generally and cheap car rentals, five hours drive from Bishop), and finally, Los Angeles (five hours drive from Bishop). This course takes place in early winter so snow storms are a strong possibility. If this is the case Reno Airport can get closed on occasion while it generally will take a major disaster to close the Las Vegas Airport. So factor this into your planning and when perusing flights.

Getting to Chalfant: From the center of Bishop proceed north to the "Y" where highways 395 and 6 split. Take Highway 6 following signs to Tonopah. Go about 13 miles to the small hamlet of Chalfant. Before you get to the Chalfant Store turn right onto Hunter Ave and then left onto Valley Road. The community center will be on your left.

Notes on WFR card recertification and expiration: Upon successful completion of your WMI course, you will receive a WMI of NOLS Wilderness Medicine certification card that is current for two years. You have a one year grace period after the expiration of your wilderness certification. During this grace year you are eligible to participate in a recertification program, however your certification is not current. If you exceed your grace year, you must retake the entire course.

When you do a recert if it will be with a company other than WMI please talk to WMI and the re-certifying organization to determine your eligibility. SMC is not able to give you any decision regarding your cards validity.

Covid Protocols: Participants are required to abide by all Federal, State, County, WMI and SMC requirements to limit the spread of Covid-19. Masks will be required so please bring your own. We suggest washable, reusable 2-3 layer fabric masks. Single layer Buffs are not a current standard. Your instructors will run over protocols at the start of the program.



200 South Main Street, P.O. Box 95, Bishop, CA 93515

office@sierramountaincenter.com

760.873.8526

www.sierramountaincenter.com

Equipment list for WFR

"City" clothing for in town and classroom times.
Clothing for scenarios that you don't mind trashing, getting wet, cutting, etc.
Approach shoes or some other sturdy footwear.
Slippers or booties for the indoors.
Snow boots such as Sorrels.
Another pair of shoes to get wet/dirty.
Tarp for spreading out on during outdoor scenarios.
Crazy Creek chair or the like.
Foam pad (Ridgerest or ensolite type).
Extra clothing for cold weather. During the evening session scenario it will probably be in the teens.
Rain top and bottom.
Gloves.
Warm hat.
Sun hat.
Water bottles.
Sun screen.
Day pack for extended outdoor sessions.
Few snack bar type things.
Coffee mug for hot drinks during the day.
Sleeping bag.
Headlamp or flashlight.
Watch with second hand/timer.
Pen/pencil/notebook.
Toys for the rest day (world class bouldering, climbing, biking, and skiing all within a few minutes of WMRS).

Important! Please read our Cancellation and Deposit Policy

Your reservation is secured with a 50% deposit and the balance is due thirty days prior to the start of the program. A 25% deposit will secure your dates if you are booking more than three months days prior to the program start. We accept checks, Visa, or Mastercard.

If a participant cancels or withdraws from a program;

- **Greater than or equal to 21 days prior to the program starting date; SMC will retain a 15% administrative fee from monies collected and refund the balance. Rescheduling is possible, but subject to availability. We will only reschedule for the same calendar year. Any and all costs incurred in rescheduling, such as USFS trail fees, will be paid for by the participant.**
- **Within 21 days of the program start date and/or once the program has begun; program fees are non-refundable and non-transferable to another trip.**
- If conditions, weather or circumstances preclude running a scheduled program we reserve the right to make the decision as to whether the program will be rescheduled or an alternative provided. In the rare circumstance where we need to cancel a program due to weather you can reschedule without a penalty, but no refund. Credits arising from such situations will be honored for 18 months.
- We are not responsible for cancellation fees or costs arising from your changed or canceled flights, lodging, or other arrangements.
- **We strongly recommend obtaining trip cancellation insurance from your travel agent.**
- We do not provide rescue insurance. Membership in the American Alpine Club includes rescue insurance and is recommended. See www.americanalpineclub.org

200 South Main Street, P.O. Box 95, Bishop, CA 93515

office@sierramountaincenter.com

760.873.8526

www.sierramountaincenter.com