



**Wilderness First Responder**  
**Recertification**

**Course Notes**

# Wilderness First Responder Recertification



WMI has just introduced a new style of WFR recert.

The major differences are;

- Recert registration is now handled by NOLS not SMC. We still host it but registration is no longer via us (the full WFR is still through us).
- 1 day of online review and test that you complete on your own time when you want, prior to class start.
- An online test that must be completed before the classroom commences.

• 2 days of classroom and scenario work. Are your wilderness medicine protocols on the tip of your tongue or in the bottom of your pack? This three day scenario-based course is designed as review and practice of evacuation and decision making guidelines. It also provides wilderness medicine practitioners with current updates in the wilderness medicine field.

The newly formatted WFR Recertification includes an online component in addition to the traditional scenarios and skills. Pre-work allows you to review the curriculum at your own pace, and focus on the hands-on element during your two days on course. You'll just need to complete all online components, including a written exam, prior to the course. Once on course, the scenario-based approach to recertification provides you the opportunity to test your skills against realistic situations. You'll practice and relearn wilderness medicine protocols, review evacuation and decision making guidelines, and receive the latest updates in wilderness medicine over the course of two days.

Students must successfully complete the online modules prior to arriving at the course. Students will then demonstrate their practical skills during scenarios throughout the in person portion of the course. Students must successfully complete both components to pass the course and obtain recertification from NOLS Wilderness Medicine.

**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:** Previous WFR or equivalent. SMC does not make any decisions regarding the "recertability" of previous courses or cards. If you have questions please contact WMI directly. This course cannot be used to re-certify a WFA (Wilderness First Aid). There will be a written examination at the beginning of this course to assess what you have retained from past years and current knowledge.

**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.

For the hybrid WFR, SMC no longer takes the reservation; WMI does.

You need to register through WMI and they will be sending you the relevant materials to log onto the online sessions. You will need however to sign the SMC registration forms (participant medical data, acknowledgment of risk as well as the WMI acknowledgment of risk form.

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**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 8:00 a.m. to 5:00 p.m., with an additional evening class on the first day for students needing CPR recertification. Attendance is required at all scheduled classes. Scenarios and practice sessions will take place both inside and outside.

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.

Bring outdoor clothing appropriate for lying on the potentially wet, muddy, 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.

**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.

**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.

**Notes on WFR card recertification and expiration:** *NOLS Wilderness Medicine Graduates:* NOLS Wilderness Medicine certification holders will be afforded a one-year period after expiration within which to recertify. This one-year re-entry period is only offered to those certified through NOLS Wilderness Medicine. Enrolled students must bring their certification card to the course so that the instructor can verify the expiration date.

*Graduates from Other Wilderness Medicine Providers:* NOLS Wilderness Medicine welcomes eligible graduates from other providers to recertify on our Wilderness First Responder Recertification course or our Hybrid Wilderness First Responder Recertification course. To be eligible for recertification you must possess a current (unexpired) WAFA certification, WFR certification from a provider whose WFR course is a minimum of 70 hours, or WEMT certification.

There is no re-entry period once your certification expires. It is your responsibility to make sure your certification meets this standard. If you are unsure, please contact NOLS Wilderness Medicine to verify your certification qualifies before enrolling in a course.

Students recertifying the wilderness portion of their WEMT certification must submit a photocopy of their current EMT card on course.

If you have questions regarding the card please talk to the card's issuing organization or WMI. SMC is not able to give you any decision regarding your cards validity.

# Equipment list for WFR Recertification

"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.  
A 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.  
Rain top and bottom.  
Gloves.  
Warm hat.  
Sun hat.  
Water bottles.  
Sun screen.  
Day pack for extended outdoor sessions.  
Few snacks, 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 (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](http://www.americanalpineclub.org)

# Wilderness First Responder Recert Course Outline

## **DAY 1**

Intros, Orientation, Test Review  
Patient Assessment System  
Shock  
Chest Injuries  
Head Injury

### *LUNCH*

Spinal Management  
Wilderness Wound Management  
Dislocations  
Athletic Injuries

### *EVENING*

CPR

## **DAY 2**

Fractures  
Altitude Illness  
Heat Illnesses and hydration  
Hypothermia  
Medical Topics

### *LUNCH*

Medical Topics  
Final Q&A Closing/Evaluations