



1200 University Street, Unit 9401
Spearfish, South Dakota 57799

Outdoor Education Program

Phone: (605) 642-6027

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WILDERNESS FIRST RESPONDER COURSE

Sponsored by Black Hills State University Outdoor Education Program and the NOLS Wilderness Medicine Institute

DATES: March 5-13, 2016 (9 straight days)
COST: \$650 for current BHSU Outdoor Education Students
\$700 for non-OE BHSU students and BHSU Alumni
\$750 all others

Optional

Credit: Three college credits are available for \$120; payable by cash, check, or money order only on first day of course

LOCATION: Donald Young Center on the Campus of Black Hills State University in Spearfish, SD.

COURSE DESCRIPTION

Essential for anyone who spends a significant amount of time in remote places, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. During this fast-paced, engaging course, you will spend half your time outside of the classroom in realistic scenarios, including a full-scale night mock rescue. The nationally recognized NOLS Wilderness Medicine Institute (WMI) curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging, and administering medications. The intensive 80-hour curriculum is delivered by dynamic educators who have practiced medicine in both wilderness and urban environments. You will leave this course with the tools and confidence to manage patients in the backcountry for multiple days. This 9-day course is ideal for all professionals operating in remote environments. WMI Adult and Child CPR & Airway Management certification is included.

CLASS FORMAT AND PERSONAL PREPARADNESS

Check in is at 7:45 am on the first day of the course. Course days run from 8:00 am – 5:00 pm, plus two evening sessions. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios. Attendance is required for all scheduled classes. Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on potentially wet, snowy and/or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a camp-type chair.

You will need: a large daypack with multiple layers, water bottle, waterproof top and bottoms, sturdy boots, head lamp or flashlight, and a watch with a second hand. A 4-hour evening, outdoor, mock rescue is part of the curriculum, so dress accordingly.

REGISTRATION AND POLICIES

1. **Complete the Course Registration Form:** www.BHSU.edu/OERRegister
2. **Total course fees are \$650 for current BHSU Outdoor Education students; \$700 for other BHSU students with current ID and alumni; and \$750 for the public. A \$300 deposit is required to register for the course.** The Course Registration Fee is non-transferable and covers textbooks, syllabus, course equipment, and certification cards. BHSU and WMI is not obligated to allow any student to attend the course until all WMI and BHSU paperwork has been received, reviewed, and approved by WMI and BHSU. A full refund will be given if we need to cancel the course for any reason. You can pay the Course Registration Fee via credit card at the BHSU e-Marketplace at <http://emarket.bhsu.edu/>. This is the

preferred method of payment. Alternatively, you may pay with check or money order, made out to "BHSU" via Chris McCart, BHSU, 1200 University Street #9401, Spearfish, SD 57799.

3. **Optional College Credit:** Three college credits are available for this course for \$120 (\$40/credit). This is optional; you can take the WFA course without taking it for college credit. You may sign up and pay for credit the first day of the course. Current BHSU students should sign up by December 1, 2015; contact Outdoor Education Coordinator Christine McCart at Christine.mccart@bhsu.edu to complete a one-page registration form and submit a check or money order (no credit cards) for \$120 made out to "BHSU."

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from the course greater than or equal to 30 days prior to the course starting date, we will retain a \$35 administrative fee from the course registration. The remainder of the course registration payment collected to date will be refunded. If the student cancels within 30 days of the course start date, the deposit is non-refundable and non-transferable.

WMI STUDENT AGREEMENT (Including Assumption of Risks and Agreements of Release and Indemnity)

Please download this agreement at http://www.nols.edu/wmi/pdf/wmi_agreement.pdf 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. **WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.**

TRAVEL AND DIRECTIONS

The course will be held in room 214 in the Donald Young Center on the campus of Black Hills State University. Click here for [Directions and Map](#). Inquire with the BHSU course host about a parking pass the first day of the course.

LODGING AND MEALS

Means nor lodging are not offered for this course. The Spearfish Chamber of Commerce has an excellent listing of area accommodations (motels, resorts, cabins, campgrounds). You may view these at http://www.spearfishchamber.org/visit_us/spearfish_lodging.php or call the Chamber of Commerce at 1-800-626-8013.

WMI COURSE POLICIES

- 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.
- No alcohol or tobacco is allowed on site.

CONTACT INFORMATION

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

National Outdoor Leadership School

Wilderness Medical Institute

Office hours: Monday - Friday, 9am-5pm MT

Phone: 866-831-9001

FAX: 307-335-2355

Email: wmi@nols.edu

Web: <http://www.nols.edu/wmi>

Black Hills State University

Outdoor Education Program

Office Hours: variable

Phone: 605-642-6027

Contact Person: Chris McCart, Assistant Professor

Email: Christine.Mccart@bhsu.edu

Web: <http://www.bhsu.edu/chrismccart/>



DAY 1

Morning

Introductions: Wilderness vs. Urban
Patient Assessment System

Afternoon

Patient Assessment System
Documentation

Readings: Ch. 1

DAY 2

Morning

Spinal Cord Injury
Lifting and Moving
Spinal Immobilization & Litter Packaging

Afternoon

Chest Injury
Shock

Readings: Ch. 2, 3, 4

DAY 3

Morning

Focused Spinal Assessment
Head Injury

Afternoon

Athletic Injury
Fracture Management

Evening

Traction Splinting
Dislocations

Readings: Ch. 4, 5, 6

DAY 4

Morning

Wilderness Wound Management

Afternoon

Hypothermia, Frostbite and Non-Freezing Cold Injury
Heat and Hydration

Readings: Ch. 7, 8, 9, 10, 23

DAY 5

Morning

Altitude Illness
Bites and Stings

Afternoon

Lightning
Submersion
Leadership, Teamwork, Communication

Readings: Ch. 11, 12, 13, 14, 26

DAY 6

Morning

Cardiac
CPR

Afternoon

CPR
Respiratory
Altered Mental Status

Readings: Ch. 17, 19

DAY 7

Morning

Acute Abdomen
Allergies and Anaphylaxis

Afternoon

Diabetes
SAR, Evac and Emergency Plans

Evening

Mock Rescue

Readings: Ch. 16, 18, 19, Appendix B

DAY 8

Morning

Decision-making
Mental Health
Urinary and Reproductive

Afternoon

Poisoning
Communicable Disease
Medical Legal

Readings: Ch. 12, 20, 21, 22, 27, 28, 29

DAY 9

Morning

Common Problems Wrap-up
Wilderness Drug and First Aid Kits
Written and Practical Exams

Readings: Ch. 24, 25, Appendix A

Afternoon

Written and Practical Exams
Closing Ceremony