



# **WILDERNESS FIRST RESPONDER RECERTIFICATION COURSES**

**March 3-5 in Prescott**

**March 17-19**

**April 7-9**

**April 21-23**

**May 19-21**

**June 2-4**

**November 9-11**

## **COURSE DESCRIPTION**

Are your wilderness medicine protocols on the tip of your tongue or in the bottom of your pack? Join the leader in wilderness medicine for a three-day scenario-based course to review evacuation and decision-making guidelines. Our dynamic, experienced instructors will refresh you on current techniques, protocols and controversies in the wilderness medicine field. You will have opportunities to ask questions and to participate in challenging practice scenarios and case studies. The Wilderness First Responder Recertification (WFR Recertification) course includes WMI Adult and Child CPR and Airway Management certification. This course is the most popular recertification program in wilderness medicine and is ideal for current Wilderness First Responders and Wilderness EMTs.

## **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 – 5:00 PM. The 24-hour WFR Recertification course consists of demonstrations, a few short lectures, skills practice sessions, and many practical scenarios. Scenarios and practice sessions will take place both inside and outside. The weather in northern Arizona can be unpredictable and varies with the season. Bring outdoor clothing appropriate for lying on the potentially wet, muddy, or frozen 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/slippers and a Crazy Creek-type chair.

You will need: waterproof jacket and pants, light hiking boots, a watch with a second hand, a pen/pencil, a water bottle, and layers of clothing well suited for spending time outside playing the role of patient and rescuer.

## RECERTIFICATION REQUIREMENTS

This course may be used to recertify a WFR certification. You must possess a current (unexpired) WFR certification of at least 70 hours to recertify through a WFR Recertification course. It is your responsibility to make sure your certification meets this standard. If you are unsure, please contact WMI before enrolling in a course and review the recertification portion of our website: [www.nols.edu/wmi/admissions/recertification.shtml](http://www.nols.edu/wmi/admissions/recertification.shtml). WMI certifications will be afforded a one-year re-entry period after expiration within which to recertify. This course will also recertify those who hold a valid WEMT (wilderness portion only) or Wafa certification. If recertifying, you must submit a photocopy of your current certification card(s) on the first day of the course. We cannot issue you a new certification until we verify your previous training.

**STUDENTS WILL TAKE A WRITTEN EXAMINATION ON THE FIRST MORNING OF THE COURSE.** Students must score 70% to pass the exam. If a student scores less than 70% on the first exam, the student will take a second exam on the afternoon of day 3. Both exams consist of 50 multiple-choice questions. If a student takes both exams, the student must achieve a 70% average for the two exams. Students must also demonstrate their practical skills during scenarios throughout the course. **Students must successfully complete the written exam and demonstrate adequate practical skills to pass the course and obtain recertification from NOLS WMI.**

Please review your materials and practice some assessments prior to the course. You'll enjoy the course far more if you are adequately prepared. Here's a link to videos that demonstrate the patient assessment system and the focused spinal assessment:

<http://rendezvous.nols.edu/content/category/48/268/964/>

This link seems to work better in some browsers than others. If you have trouble with the link, here are some directions: Go to the WMI website -- [www.nols.edu/wmi](http://www.nols.edu/wmi). Click the 'Resources' tab at the top right of the screen and then choose 'Curriculum Updates and Recertification prep'. Watch the videos prior to class and practice, practice, practice!

## REGISTRATION

**Course tuition is \$315, and payment in full is required to reserve a spot in the course.** The tuition fee covers instruction, textbooks, equipment, and certification cards. Enroll online at [www.FlagstaffFieldInstitute.com](http://www.FlagstaffFieldInstitute.com) or mail the attached registration form with a check or money order.

## 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, Flagstaff Field Institute will retain a \$50 administrative fee. All other funds will be returned.
- Within 29 days prior to the starting date and throughout the duration of the course all deposit and tuition moneys are non-refundable.
- All course registrations are non-transferable.

## WMI STUDENT AGREEMENT

(Including Assumption of Risks and Agreements of Release and Indemnity)

Please download this agreement at [www.nols.edu/wmi/pdf/wmi\\_agreement.pdf](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.**

## CONTINUING EDUCATION CREDITS

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 18 CEU hours for participation in a Wilderness First Responder Recertification course. Please bring a photocopy of your current EMT card(s) with you to your course.

### Pre-Course Access to College Credit

[Central Wyoming College \(CWC\)](#) and [Western State Colorado University \(Western\)](#) provide an open enrollment opportunity prior to a WMI course. Thirty days prior to the WMI course, interested students must initiate registration and payment for credit by requesting the enrollment forms for CWC or Western from WMI. Western State Colorado University Credits and Costs: WFR-R 1 credit ROE 397 \$80

## TRAVEL DIRECTIONS

Courses are held at multiple locations throughout the year. Please check the website for the course location and directions: [www.FlagstaffFieldInstitute.com/resources/course-locations/](http://www.FlagstaffFieldInstitute.com/resources/course-locations/).

## LODGING

There are many, many lodging options in and around Flagstaff. Flagstaff is completely surrounded by national forest, and camping is available in various campgrounds around town. For more information on campgrounds as well as 'dispersed camping', please visit the Coconino National Forest website: [www.fs.fed.us/r3/coconino/](http://www.fs.fed.us/r3/coconino/)

Many students choose to stay at the Grand Canyon Hostel or DuBeau Hostel in downtown Flagstaff. These locations provide great access to the local climbing gym, restaurants, outdoor equipment shops, etc. For more information on the hostels, please visit [www.grandcanyonhostel.com](http://www.grandcanyonhostel.com). The hostels offer a 'free, hearty breakfast' every day, and you'll receive a 15% discount off the cost of lodging if you mention that you're participating in a WFR course with Pete Walka and the Flagstaff Field Institute.

For other lodging options such as hotels, motels, or B&Bs, please visit the following websites:

Flagstaff Chamber of Commerce: [www.flagstaffchamber.com](http://www.flagstaffchamber.com)

City of Flagstaff web site: [www.flagstaff.az.us](http://www.flagstaff.az.us)

## **RECREATION**

Only 80 miles from the Grand Canyon, Flagstaff has long been recognized for its outstanding recreational opportunities. *Rock & Ice*, a climbing magazine, named Flagstaff one of the "10 Climbing Towns to Live For" in its September 2008 edition, and Flagstaff is surrounded by hundreds of miles of trails for running and mountain biking. The Flagstaff Nordic Center and Arizona Snowbowl provide cross-country and downhill skiing opportunities during the winter. Flagstaff also boasts a vibrant arts and entertainment scene and lots of great coffee shops. Bring your climbing shoes, hiking boots, running shoes, mountain bike, skis, and snowshoes – the recreational opportunities are amazing!

### **PLEASE NOTE**

\*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 class until the pet is safely situated in a kennel or other facility. No exceptions.

\*No smoking, alcohol, or illegal drugs allowed in class.

**I'M LOOKING FORWARD TO HAVING YOU IN THE COURSE!  
PLEASE DON'T HESITATE TO CONTACT ME WITH ANY QUESTIONS OR  
CONCERNS REGARDING THE COURSE.**

Pete Walka  
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[www.Facebook.com/FlagFieldInstitute](http://www.Facebook.com/FlagFieldInstitute)



## WILDERNESS FIRST RESPONDER RECERTIFICATION COURSE REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

**Please indicate which course you would like to attend:**

March 3-5

March 17-19

April 7-9

April 21-23

May 19-21

June 2-4

October 13-15

November 9-11

To reserve a spot in the course, enroll online at [www.FlagstaffFieldInstitute.com](http://www.FlagstaffFieldInstitute.com) or submit this form with a check or money order for \$315. Please make check or money order payable to **Flagstaff Field Institute**. Mail your completed registration form and tuition payment to

**Flagstaff Field Institute, Inc.  
975 North Manzanita Way  
Flagstaff, Arizona 86001**

I have read and understand the refund policy described on the accompanying course letter.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date