



# WILDERNESS FIRST RESPONDER RECERTIFICATION COURSES

**February 8-10**  
**February 22-24**  
**March 13-15**

**March 22-24**  
**March 29-31 in Prescott**  
**April 20-22**

**May 18-20**  
**June 1-3**  
**October 12-14**

## 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 practical scenarios. The Wilderness First Responder Recertification (WFR Recertification) course includes adult and child CPR training. Upon successful completion of the course, you'll earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder/Wilderness EMT (dependent on current certification), Adult and Child CPR & Airway Management, and Epinephrine Auto-injector.

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 (mouflage) 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.

### Packing Checklist

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Headlamp
- ✓ Light day pack
- ✓ 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)

## RECERTIFICATION REQUIREMENTS

### **NOLS Wilderness Medicine graduates**

NOLS Wilderness Medicine certified students should bring their certification cards to the course so that the instructor can verify the expiration date. 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 for NOLS Wilderness Medicine certifications.

### **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) WFAA 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 FFI to verify your certification qualifies before enrolling in a course.

Students certified by other wilderness medicine providers are required to submit a photocopy of their unexpired certification card on the first day of the course. We cannot issue you a new card until we have verified your previous training.

### **Wilderness EMTs**

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

### **Verification of knowledge and skills**

Students must demonstrate adequate knowledge and skills to recertify with NOLS Wilderness Medicine. **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 Wilderness Medicine.**

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 curriculum resources and videos that demonstrate the patient assessment system and the focused spinal assessment:

<https://www.nols.edu/en/resources/wilderness-medicine-resources/>

Watch the videos prior to class and practice, practice, practice!

## REGISTRATION

Course tuition is \$330, 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.

## NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the NOLS Wilderness Medicine Student Agreement and read it carefully as it affects your legal rights:

<http://flagstafffieldinstitute.com/wp-content/uploads/2018/09/nols-wm-student-agreement-2017-october.pdf>

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

## CONTINUING EDUCATION AND COLLEGE CREDIT

### **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 18 CEU hours at no additional cost for participation in a WFR Recertification course.

### **College credit**

The WFR Recertification course is pre-approved for one semester hour credit through Western State Colorado University (WSCU) for an additional cost of \$80. Thirty days **prior** to the NOLS Wilderness Medicine course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from NOLS Wilderness Medicine.

## 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 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 Arizona Nordic Village 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.

\*No firearms or other weapons are permitted on NOLS courses.

**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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& NOLS Wilderness Medicine  
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# WILDERNESS FIRST RESPONDER RECERTIFICATION COURSE

## REGISTRATION FORM

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

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

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

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

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

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

- February 8-10     February 22-24     March 13-15     March 29-31  
 April 20-22     May 18-20     June 1-3     October 12-14

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 \$330. Please make check or money order payable to **Flagstaff Field Institute**. Mail your completed registration form and tuition payment to

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

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date