



Hybrid Wilderness First Responder Recertification

Course Overview

Our Hybrid 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. 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.

Successful course completion will earn the following NOLS Wilderness Medicine certifications:

- Wilderness First Responder
- Adult, and Child CPR & Airway Management
- Epinephrine Auto-injector

Eligibility

Please review our [recertification policies](#) to confirm your eligibility to take this course. You may contact wilderness_medicine@nols.edu with questions.

Class Format

Please arrive 7:45 AM each day. Course days run from 8:00 AM to 5:00 PM with an hour-long break for lunch at noon. CPR recertification will be held on the evening of the first day after dinner and runs for approximately 2.5 hours.

The class format involves lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground while playing the role of both rescuer and patient. Stage (moulage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of indoor comfy shoes.

Course Logistics

For registration, travel, and logistics information specific to a course, please reference the Course Logistics document.

Curriculum

Our curriculum has been developed and has evolved over decades by medical professionals and experts in outdoor education. Our instructors are expert educators with years of medical and wilderness leadership experience. Please see the [Hybrid WFR Recert Course Outline](#) for an overview and schedule of topics covered during your course. You can [read more about our curriculum on the NOLS website](#) as well as view [other curriculum resources here](#). Reviewing your WFR textbook and our online curriculum resources can help you stay fresh between recertification cycles and allows you to focus on curriculum updates and practicing skills during your course.

Testing

You will take a written WFR test as part of the online platform to be completed before your course starts. During the course your instructors will engage in continuous evaluation and feedback with you as necessary to ensure your skills are up to date.

Online Learning Platform

The online learning platform **must** be completed by 8 am on the first day of your course. Instructions on accessing this platform will be emailed to you 2-3 weeks before your course begins. This platform includes readings, videos, and quizzes and takes most students 4-6 hours to complete

What to Bring

- Notebook and pencil or pen
 - A minimum of 2 face masks, these need to be changed and/or cleaned daily
 - Outdoor work gloves (gardening, leather, or canvas)
 - Personal bottle of hand sanitizer
 - Watch with a second hand or digital second
 - Sunglasses and/or protective eyewear
 - Water bottle
 - Light day pack
 - Headlamp
 - 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, including a hat
- Optional:**
- Slippers or comfortable shoes for classroom time
 - Camp chair for classroom time
 - Clipboard or hard surface to write on

An updated copy of the Wilderness First Responder handbook will be provided on day one. You **do not need to purchase this ahead of time.*

NOLS Wilderness Medicine Student Agreement

Please download the [NOLS Student Agreement](#) and read it carefully as it affects your legal rights. Bring this 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 the NOLS Wilderness Medicine program and are at the sole risk of the participant.

COVID-19 in the NOLS Wilderness Medicine Classroom

To help mitigate the spread of COVID-19 in our classrooms, NOLS has instituted a set of policies regarding the use of personal protective equipment (masks, gloves, etc) and hygiene practices that all students and staff must follow. [These policies can be read here.](#) Please review this document ahead of your course. Willful failure to comply with these practices could result in dismissal from your course.

Please follow the links below to the NOLS website for an overview of each item:

[College Credit](#)

[Continuing Education for Medical Professionals](#)

[Recertification Policies](#)

[Alcohol, tobacco, and firearm policies](#)

[Scholarships and financial aid](#)

[Pets and service animals](#)

[Essential Eligibility Criteria](#)

[Minimum age requirements](#)