

Wilderness First Responder

Course Description

Wilderness First Responder (WFR) is a nationally recognized program offered by the American Safety and Health Institute that trains participants to respond to emergencies in remote settings. WFR is designed for individuals who recreate frequently or spend a great deal of time in the wilderness. Individuals from outdoor organizations such as the sierra club, scout leaders, wilderness trip and guide leaders, park ranger, ski patrol, and many other outdoor enthusiasts are common participants. WFR is specifically designed to provide students with the tools to make critical medical and evacuation decisions in remote locations. Emphasis of the course is placed on prevention and decision-making, not the memorizing of lists. A portion of the WFR course will be lectures and the rest of the time will be spent completing practical skills and case studies.

The general topics included in this program are as follows:

- Patient Assessment
- Vital systems and shock
- Spinal injuries
- Emergency medical services in the wilderness
- Evacuation techniques
- Understanding mechanism of injuries
- Knowledge of all the body systems and understand why and how wilderness injuries occur and how they can prevented
- Learn advanced techniques such as; clearing the spine, and how to reduce shoulder dislocations
- Full understanding of the patient assessment system
- WFR students will participate in case studies, mock disasters, and complete oral exams

In review, WFR is geared for individuals who want to gain a more in depth knowledge of wilderness emergencies and how to provide more definitive care. The focus of the WFR course is not memorizing “how to” lists of providing care but having a full understanding of what is happening in the body when various injuries occur. WFR is intense and will require students who are committed to attending class and who are willing to take charge of their own learning.

Course Outline

At the end of this course, the student should be able to understand:

- The anatomy and physiology of all the body systems
- The patient assessment system
- Heat exposure and heat illnesses
- Hypothermia/Hyperthermia
- Altitude illnesses
- Lightning injuries
- Sunburn

- Wilderness wounds and burns
- Infections
- Shock
- Types of wounds and wound cleaning
- Bandaging wounds
- Contaminated water and disinfection techniques
- Disease transmission via insect vectors
- Spider bee and wasp bites
- Anaphylaxis
- Venomous snake bites
- Hazardous animals and plants
- Bone and joint injuries
- Mechanisms of common wilderness injuries
- Management of limb fractures
- Splinting with improvised materials
- Eye, facial, head, spinal, chest, abdominal injuries
- Medical problems in the wilderness

Course Length

This 80 hour course meets from December 7th through December 13th and will be held at the University of Florida football stadium in Yon Hall room 271. The last two days will be held at Payne's Prairie State Park.

Schedule:

Friday Dec 7 : 6 pm-9 pm Orientation
 Saturday Dec 8 : 8 am – 6 pm
 Sunday Dec 9 : 8 am – 6 pm
 Monday Dec 10 : 8 am – 6 pm
 Tuesday Dec 11 : 8 am – 6 pm
 Wednesday Dec 12 : 8 am – overnight camping
 Thursday Dec 13 : 8am – completion

Required Items:

- Comfortable clothes for the Florida weather
- Raingear
- Two old long sleeve t-shirts + 1 sweatshirt (for improvised splinting)
- Camping gear, sleeping pad or foam pad
- Backpack
- 1 knife

Required first aid kit items:

- 2 triangular bandages
- 2 sets of roller gauze and pack of 4 x 4 gauze
- 1 emergency space blanket
- Cup with sturdy handle
- Flashlight
- Compass
- Roll of duct tape
- Pen or pencil and notepad
- Notebook
- Walking sticks or telescope sticks
- Bug repellent
- 8 x 6 tarp
- Cord 50 ft
- CD or signal mirror
- Water bottle

Optional items:

- Headlamp
- Water purifying tablets or filter system
- Improvised splinting materials (e.g kayak paddles)
- Fire starters
- Cutting devices

Certifications:

Students who successfully complete the Wilderness Emergency Care (WEC) program will receive a wilderness first responder certification valid for 2 years and an American Heart Association CPR certification valid for 2 years. Certification is based on successful completion of the written and practical exam. All candidates are required to participate and take charge of their own learning.

Cost: \$450

Registration: All participants must register and make payment in full by November 19th, 2007. There is a minimum of 15 participants required to hold the class. In the event this minimum number is not met the course will have to be cancelled. All participants who pay with credit or debit cards will receive a refund that day; whereas, check or cash payments take two months for the business office to process.

Registration Options:

#1 Stop by the office in person to make payment and pick up book in advance. The office hours are 9:00- 4:00 M-F, or please call (352) 392-1161 x 4283 and a representative will be more than happy to assist you. We are located on the east side of Ben Hill Griffen Football Stadium in Yon Hall room 266.

#2 Payments over the phone at the number above.

Lodging and Food: Snacks and drinks will be provided each day. One dinner and one lunch will be provided for the course. We have set up a block of rooms for WFR participants at the Comfort Inn Hotel next to I-75 and Archer Road. The hotel rooms have double beds and include a refrigerator, microwave, and high speed internet access. A continental breakfast is also provided. Please call well in advance to make reservations and be sure to mention you are with the University of Florida WFR class. To make reservations please call (352) 264- 1771. When making your hotel reservations please make arrangements for December 7th-December 11th and be sure to mention you are part of this Wilderness First Responder course. The cost for the hotel is \$99 per night.

December 12th will be at Paynes Prairie State Park and campgrounds have already been paid for. Please be prepared to camp on the evening of December 13th.

Maps and Directions:

Comfort Inn West is off the Archer Rd I-75 exit in Gainesville on SW 40th Blvd.

Hotel to UF:

From SW 40th Blvd, turn left onto Archer Rd. Turn Left at NW 34th St and go straight until you hit W. University Ave, and make a Right. Turn right at Gale Lemerand Dr and then right into the parking lot. Parking will be available with parking passes in the Parking Garage of the Stephen C. O'Connell Center (garage 7 on map).

From I-75 to UF:

Get off at the Newberry Rd Exit in Gainesville. Make a right onto Newberry Rd. Go straight (Newberry Rd turns into W. University Ave) for approximately 4 miles. Make a right at Gale Lemerand Dr and then right into the parking lot. Parking will be available with parking passes in the Parking Garage of the Stephen C. O'Connell Center (garage 7 on map).

WFR will be in Yon hall in the East stadium between gates 12 & 13 (red in map)

