

Wilderness First Responder Course

Wilderness First Responder (WFR) is the ideal medical training for outdoor educators, guides, SAR team members, and others who work or play in remote areas. The curriculum is comprehensive and practical, including the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. This course is offered in several formats.

70
HOURS

course summary

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WILDERNESS MEDICINE

Wilderness Medicine differs significantly from conventional EMS courses and other programs that are oriented toward the urban environment. This course teaches what to do with a medical emergency when help is miles away and calling 911 isn't an option. We prepare students for emergency situations that involve prolonged patient care, severe environments and improvised equipment.

WHY CHOOSE WILDERNESS MEDICAL ASSOCIATES®?

Wilderness Medical Associates® has been setting the highest standard for medical training in wilderness and rescue medicine since 1981. We are the only company in this field with a practicing emergency room physician as President and Medical Director. Dr. David Johnson's nearly 30 years of emergency medical and backcountry experience provide a depth of expertise that translates into a cutting edge curriculum.

Our team of exceptional instructors are medical professionals with significant patient care experience as well as substantial backcountry resumes. All have been through a rigorous selection and training process. We demand the best, and we get them.

The curriculum is continuously updated and refined. We search the literature and draw from field experience to create the most useful training possible for medical care in difficult and dangerous places. Our emphasis on understanding body systems and medical principles gives students the skills and confidence to adapt and respond. Once an individual has taken one of our courses, he or she will remember and **understand** what needs to be done.

Our courses are preferred by such organizations as Outward Bound, The National Park Service, and the FBI. As *Canoe Magazine* stated, "Wilderness Medical Associates has become the *de facto* standard in wilderness medical training."

CLASS FORMAT

The Wilderness First Responder course is presented in 70 hours and offered in several formats. The five-day format includes approximately 25 hours of pre-course study and testing. The course sponsor may modify any of these formats to include a day off, extending the total duration of the program. Typically, half of your day will be devoted to classroom lecture and discussion with half outdoors for practical skills training and scenarios. Evenings are reserved for

study and assignments. You should expect rescue scenarios with made-up victims and simulated wounds to prepare you for backcountry emergencies. Sessions may be videotaped for enhanced learning

PREREQUISITES

Students must be at least sixteen years old to participate. Those under 18 years of age will require the written consent of a parent or guardian. Certain course sponsors, including those offering the five-day format, may set a higher minimum age or establish other requirements consistent with their program. No previous medical training is required.

COURSE SPONSORS AND INSTRUCTORS

Wilderness Medical Associates'® courses are offered by a variety of sponsors in the US and abroad. Sponsors may set rules regarding parking, dogs, the use of alcohol, and other site-specific issues. The course sponsor sets the tuition and provides the classroom and any housing or meals that may be included. All courses are taught by WILDMED instructors who have been through our rigorous selection and training process and adhere to our course standards and curriculum.

TEXTBOOKS

All teaching materials are provided by Wilderness Medical Associates® at no additional cost. This includes the WILDMED textbook, case studies workbook, field guide, lecture notes, and handouts.

COMPLETION AND GRADES

Successful completion with certification is based on 100% attendance, satisfactory performance on homework assignments and written quizzes, demonstrated proficiency with practical skills and a grade of 80% or better on final written exam. Wilderness Medical Associates® is committed to making reasonable accommodation to any student with special needs.

CERTIFICATION

All eligible students who successfully complete the course will receive Wilderness Medical Associates'® Wilderness First Responder, Anaphylaxis, and Healthcare Provider level CPR certifications. The CPR course is based on the ILCOR/AHA guidelines as published in Circulation in November 2005. All WMA certifications remain valid for three years. At the discretion of your local or state EMS authorities, the WFR certification may qualify you to challenge the DOT First Responder Exam.

COAST GUARD APPROVAL

This course meets or exceeds the standards of the American Red Cross Standard First Aid and Emergency Care or Multimedia Standard First Aid courses and will satisfy the first aid training requirements of 46 CFR 10.205(h)(1)(iii) AND meets or exceeds the standards of the American Red Cross or American Heart Association CPR courses and will satisfy the training requirements of 46 CFR 10.205(h)(2)(iv).

RECERTIFICATION

Recertification can be earned at anytime during the three years following your course, but no later than the last day of the month in which your original certificate expires. Recertification options include the 36-hour Wilderness Advanced First Aid Course, the 36-hour Bridge Course, the 24-hour Open Recertification Course, or the 16-hour WILDMED Recertification Course.

WHAT TO BRING

Bring appropriate clothing for the location and time of year. Remember that, rain or shine, much of our time is spent outside. You will also need pens and a notebook. See our Student Handbook and speak with the sponsor for more information.

WFR COURSE CONTENT

The General Principles of Wilderness and Rescue Medicine with an emphasis on the prevention and identification of medical emergencies, appropriate technology, and risk management.

Patient assessment and emergency care including CPR, basic Life support, and the emergency treatment of anaphylaxis and asthma.

Environmental Medicine including altitude illness, hypothermia and heat illness, frostbite and cold injury; lightning, submersion, and environmental toxins.

Backcountry Medicine including the assessment and treatment of common medical problems.

Musculoskeletal Problems including unstable and stable injuries, overuse syndromes, and dislocations.

Wound Management including open fractures, lacerations, burns and blisters.

Practical Skills including splinting, bandaging, litter packaging and medical kit preparation.

WMA Wilderness Protocols including wound cleaning and exploration, spine injury assessment, dislocation reduction, CPR in the remote setting, and Anaphylaxis and Asthma.

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