



IWLS

International Wilderness Leadership School

Southern Utah Wilderness First Responder Course



Course Location:

This course takes place in the canyonlands of southern Utah. The course starts and ends in Salt Lake City. Towering sandstone needles, secluded arches, slot canyons, remote pristine canyons, and broad vistas make up the amazing aesthetics that the canyonlands has to offer.

The delicate ecosystem and profound geologic history of Canyonlands National Park and Escalante National Monument make for a great learning environment. Along with the natural beauty of southern Utah comes rich cultural history, with 3,000 year old rock art revealing former habitants and their lifestyles. Carved out of vast sedimentary rock deposits, this area possesses remarkable natural features that support a fascinating desert ecosystem.

We will establish a base camp that will serve as our classroom for the duration of the course. We will utilize the surrounding desert environment for afternoon scenarios around camp.

Course Goals:

- Students will be certified WFR through the International Wilderness Leadership School.
- Students will have an in depth understanding up emergency protocols and first aid treatment in a wilderness setting.

Course Itinerary/Overview:

This is a flexible itinerary for the WFR 10 day course. You should plan on arriving into the Salt Lake City the evening before the first day of the course. Mornings are devoted to lectures and exams. Afternoons are devoted to practical hands-on sessions and rescue simulations. Expect two or three rescue simulations with made-up victims and stage blood that will be video taped for enhanced learning. Evenings are reserved for study and assignments.

Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-985-4957

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Day 1: We will depart SLC early in the morning for southern Utah. Upon arrival, we'll set up camp and daily. Introduction/Registration; Infection control, CPR; Case studies

Day 2: Anatomy & physiology; General concepts; ALS/BLS I; Patient assessment system; Case studies

Day 3: Circulatory, respiratory systems; Fractures, dislocations; Stable injuries; Splints I - extremities; Case studies

Day 4: Nervous system, Spine injuries, Wounds, Burns, Principles of trauma, Splints II - spine, Emergency childbirth; Lifting, moving, extrication; Case studies

Day 5: Quiz/Case studies; Toxins, bites & stings; Medical emergencies; Altitude or diving; Litter packaging and carries; Patient carries; Small group simulations

Day 6: Hypothermia, frostbite & cold injury; Hyperthermia & heat illness; ALS/BLS II; Near drowning; Search and rescue; Simulation; Case studies

Day 7: Lightning; Allergies & anaphylaxis; Backcountry medicine; Improvised litters; Simulation; Case studies

Day 8-9: Overnight backpacking trip into the wilderness of southern Utah. Night time scenarios, backcountry scenarios, and emergency management.

Day 10: Medical & legal issues; Personal preparedness; Final case studies; Final simulation; Final exam. We will depart for SLC in the afternoon. Students should plan on spending the night in Salt Lake City, and travelling the next day.



Evaluation

Evaluation process is based on written exams, practical exams, and scenario participation/performance. These are based on attendance (100% attendance is required), course participation, performance on both written and practical final exams. To pass, students must have a cumulative average of 80% or better. Not everyone passes this course.

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Certification

All students who successfully complete the WFR course will receive a WFR certification card, and a BLS-CPR certification card. These certifications remain valid for three years.

Prerequisites

Students must be at least 16 years of age to participate in this course. 16 and 17 year olds must have proof of parental consent.

Textbooks

The cost of the course includes the IWLS Wilderness First Responder Handbook, a student handbook, SOAP notes, and reference materials for review.

Standards

This WFR course meets or exceeds all requirements of OSHA and Wilderness Medical Society.

Recertification

Within three years, graduates may recertify by way of a 16-hour Recertification course.

Included

Transportation within Utah, professional instruction, camping equipment, food during the course, course textbook/workbook, 3 year certification upon successful completion.

Not Included

Personal clothing and equipment, transportation to Salt Lake City, lodging in Salt Lake City before and after course, taxes.



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