



# IWLS

International Wilderness Leadership School

## Utah Wilderness First Responder Course



### Course Location:

This course takes place in Alta, Utah, just outside of Salt Lake City. The Wasatch mountains receive over 500 inches of light powder every year. Alta was established as a mining town at the turn of the century and still retains the rustic character from its colorful past. Today Alta boasts some of the finest skiing on the planet, great accommodations, super restaurants and a lively atmosphere.

We will utilize a classroom in the morning and make excursions into the winter environment in the afternoons as we run through scenarios.

### 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 and in a winter environment.

### 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. Evenings are reserved for study and assignments.

**Day 1:** We will meet at our classroom location at 9:00am and be done at 5:00pm 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

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

1-800-985-4957

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**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 winter camping trip into the Wasatch mountains. Night time scenarios, backcountry scenarios, and emergency management.

**Day 10:** Medical & legal issues; Personal preparedness; Final case studies; Final simulation; Final exam.



## 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.

## 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.

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## **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**

Professional instruction, course textbook/workbook, 3 year certification upon successful completion, group camping equipment and food during the overnight.

## **Not Included**

transportation to Salt Lake City, lodging in Salt Lake City, Food, taxes.

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