

Wilderness First Responder (WFR)

SOLO's Wilderness First Responder (WFR) course is the recognized industry standard for those who work as backcountry trip leaders, camp counselors, mountain guides, river guides, and ski patrollers. Please visit www.soloschools.com for more course information and to learn about SOLO prior to attending the course.

WFR COURSE TOPICS

Anatomy & Physiology (A & P) of Respiratory System and Cardiothoracic Region

A & P of the Cardiovascular System

A & P of the Central Nervous System

A & P of the Gastrointestinal System and Genitourinary System

A & P of the Integumentary System

A & P of the Musculoskeletal System

Abdominal Pain

Abdominal Trauma

Allergic Reactions

Altitude-Related Injuries

Automated External Defibrillation (AED)

Bites & Stings: Animals & Plants

Bivouac Skills

Blood borne Pathogens & Infectious Disease

Body Systems: Anatomy & Physiology

Burns

Cardiopulmonary Resuscitation (CPR)

Changes in Level of Consciousness

Chest Pain

Chest Trauma

Cold-Related Injuries

Common Expedition Problems

CPR Considerations in the Remote

Environment

CPR Practical Exam

Diabetic Emergencies

Dislocations & Reduction Techniques

Drowning-Related Injuries

Environmental Emergencies

Fractures & Splinting Techniques

Group Preventative Medicine

Head Trauma

Heat-Related Injuries

History Taking & SAMPLE

Improvising Litters

Leadership in a Backcountry Emergency

Lifting & Moving Techniques

Lightning-Related Injuries

Long-Term Patient Care
Long-Term Management of the Shock Victim
Long-Term Wound Care
Medical Emergencies
Medical Emergencies and Patient
Assessment
Medicolegal Issues
Mock Rescue
Organizing the Rescue
PAS in the Extreme Environment
Patient Assessment System (PAS)
Poisoning
Primary Survey: “The First Five Minutes”
Prudent Heart Living
Role of the Wilderness First Responder
Secondary Survey & Vital Signs
Shock & Bleeding Control
Shortness of Breath
SOAPnote & Getting Help
Soft Tissue Injuries & Bandaging Skills
Spinal Cord Injury
Spinal Cord Injury Management
Splinting Practice
Sprains & Strains
Techniques of CPR & CPR Skills
The Anatomy of a Backcountry Crisis
The Ten Essentials
Use of Epinephrine
Wilderness Stabilization & Bivouac
Wilderness versus Urban First Responder
Wilderness First Responder Practical Exam
Wilderness First Responder Written Exam

WHO IS THE WFR COURSE FOR?

The WFR is the perfect course for anyone working in a position of leadership in an outdoor setting or for individuals who want a high level of wilderness medical training for extended personal backcountry trips or expeditions.

WHAT IS TAUGHT?

The WFR is 72-80 hours long (7 to 10 days), and is a comprehensive and in-depth look at the standards and skills of dealing with: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies and Survival Skills, Soft Tissue Injuries, and Medical Emergencies. Although these appear to be the same basic topics covered in our two-day WFA course, they are covered far more extensively, and there is much more hands-on practice (See sidebar). **AHA BLS CPR included in course.**

LOCATION OF COURSE

The WFR is held across the US and internationally throughout the year. This course will be hosted by Florida Heartsaver, LLC at the following location.

Gold Head State Park

*****See website for all details**

www.floridastateparks.org/mikeroess/default.cfm

SUMMER COURSE DATES 2012

Course 1: June 15-23

Friday June 15 5:00-7:00 pm

Sat. June 16-Sat 24 8:30- 7:00 pm

IS THERE AN EXAM?

There is ongoing evaluation of practical skills, and a written test.

DO I GET CERTIFIED?

Yes. Your SOLO WFR certification is good for three years.

HOW DO I RECERTIFY?

You may take either a 2-day WFR Refresher Course or a 2-day WFA course (click this [Recertification](#) link for more information).

DOES THE WFR COUNT AS CONTINUING EDUCATION?

The WFR typically counts as continuing education credits, although it may depend on what certification you have. Street EMTs who take the WFR course may become certified as Wilderness EMTs. Within the first year of completing a SOLO WFR, students may enroll in a SOLO WEMT Part II Module (the last two weeks of a WEMT course) to get their WEMT certification (they must pass practical and written EMT exams). Call 603-447-6711 for further information.

HOW TO REGISTER?

Deadline to register is at least 2 weeks prior to the course. Please call Florida Heartsaver at 352 575-0119. Please ask for Peter Kim for registration issues or Jon Duff if you have any questions about the course. You may pay by making a check out to Florida Heartsaver or you may pay through our secure Google checkout online. Please do not call SOLO for questions about this specific course or to register as the main office is very busy and they run classes all over the United States.

GEAR LIST (WFR)

You should plan to wear or have with you clothing that will be appropriate to the season and location where you will be taking your course. Weather permitting; we will be spending a significant portion of the class time out-of-doors. The following list is to SUPPLEMENT the clothing you will be wearing and is to be considered a minimum. You are free to supplement it with anything else you would normally carry. You will be using your equipment to provide care, build splints, and to keep yourself and OTHERS warm.

Required ** Cold weather items may not be needed in Florida, but be prepared!**

The following items should be packed for each class

- Raingear tops and Bottoms (no ponchos)
- 2 Warm Hats (synthetic* or wool)
- 1 Pair Warm Gloves or Mittens (synthetic* or wool)
- Long Underwear Tops and Bottoms (synthetic* or wool)
- Warm Top and Bottom Layer (synthetic* or wool)
- 2 Pair Warm socks (synthetic* or wool)
- Pack (2500 cu in or larger) or duffle bag
- 2 Water Bottles (1 liter/quart or larger)
- Hiking boots or Sturdy Hiking Shoes
- Notebook with Pen/Pencil

*Polyester or Polypropylene (Capilene™, Bergelene™, Dri-Climate™, etc.) We do not recommend cotton.

Highly Recommended

- Watch with Second Hand (or digital with seconds)**
- Headlamp or Flashlight (don't forget extra batteries and bulbs)**
- Pocket Knife**
- Insect Repellent (in season)**
- Sunglasses and Sunscreen**
- 40 feet Small Diameter Cord (parachute cord is fine)**
- Personal Sleeping Pad (Ensolite, Thermarest.)**

Recommended

- 10' X 10' 4-6 mil Plastic Tarp (for shelter building)**
- Emergency Bivy Kit
 - Stuff Sack (small)
 - 2 Garbage Bags
 - Lighter and Waterproofed Matches
 - Metal Cup
 - Small Diameter Cord
 - Whistle
 - Compass

BOOKS –

The SOLO WFR book will be handed out the first day of class.

Lodging is not covered in the course fee

Please check out the website below for camping or lodge information at Gold Head State Park. They do offer reasonable rates on their lodges. We highly recommend folks stay at the park as one of the nights we will conduct a night scenario.

www.floridastateparks.org/mikeroess/default.cfm

Please plan on arriving Friday the 15th for orientation from 5:00- 7:00. All other class dates start at 8:30 AM.

Food

Water and snacks will be provided to each participant every day. There will be lunch breaks to allow students time to get food. Please pack appropriately for each day. Packing a lunch is recommended, as there is not much places to eat within short driving distance. Each participant is responsible for his or her own food costs during the course.