

Wilderness First Responder Course Wilderness Medicine Institute of NOLS

Location: Bend, Oregon, OSU- Cascades on the COCC campus (2 miles West of Downtown Bend)
Dates: September 10-19, 2008
Cost: \$610. (\$552 OSU Students).

COURSE DESCRIPTION

The WMI of NOLS Wilderness First Responder training program is a nationally recognized program that trains participants to respond to emergencies in remote settings. The 80 hour curriculum includes standards for urban and extended care situations. Special topics include, but are not limited to: wound management and infection, realigning fractures and dislocations, improvised splinting techniques, patient monitoring and long term management problems, up-to-date information on all environmental emergencies, plus advice about drug therapies. Emphasis is placed on prevention and decision-making, not the memorization of lists.

Upon successful completion of practical and written exams you will receive a two year WMI of NOLS Wilderness First Responder certification and a two year CPR certification.

REGISTRATION, POLICIES & REFUNDS

The tuition fee covers Textbooks, syllabus, equipment, and certifications. A full refund will be given if we are forced to cancel the course for any reason. We must receive your payment to enroll you in the course. Please plan on being at Cascades Hall at 8:00 am on the first day of class.

Note: Courses tend to fill quickly.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, sponsor will retain a \$35.00 administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable as per the following:
 - WFA, WFR-R, WMPP loss of full tuition.
 - WFR, WAFA, WUMP loss of course deposit.

Acknowledgement and Assumption of Risks Release and Indemnity Agreement: Please print and read the attached document very carefully as it affects your legal rights. Bring the signed document to the first day of the course. If you are a minor, the document must be signed by both parents or guardians. Failure to provide a signed document will result in you not being able to participate in the course. WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.

CLASS FORMAT / EQUIPMENT

Course days run from 8:00am to 5:00pm. We will have 1 hour for a lunch break. Two evening sessions will be scheduled (Evenings of Day 4 and Day 8). Time will be split between classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios and practice sessions

will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy, snowy, and cold ground. You will need: a large day pack with multiple layers, water bottle, waterproof tops and bottoms, sturdy boots, head lamp or flashlight, and a watch with a second hand. A 4-hour evening, mock rescue is part of the curriculum, so please dress accordingly. Proper outdoor clothing is essential. Please note that April in the Cascades can have unpredictable weather, bring more and be happy! Generally the classroom environment lends itself to a pair of comfy shoes / slippers and a crazy creek chair.

CONTINUING EDUCATION CREDIT

This course is pre-approved for 3 semester hour credits through the University of Utah at a cost of \$200. If interested, please check with the instructors on the first day of class for the necessary information.

COCC Campus / SURROUNDING AREA

COCC is located approximately 2 miles west of Historical Downtown, Bend, Oregon. The wooded environment lends itself well to the Wilderness First Responder course. Opportunities for mountain biking, skiing (XC and Downhill), climbing, hiking, boating, are all available locally. We do have one day off (day 6, Monday Sept. 15) and we encourage being physically active at lunch and after class. Two miles down the road is Historical Downtown Bend. The two downtown streets are Bond and Wall, they are a good place to stop, get some food, stretch, walk around, etc. This part of Bend has lots of unique restaurants and shops. Consider shopping for food, and please come prepared to make your lunch on site. There is a small kitchen available for your use at lunchtime (note: bring your own pots, pans and utensils).

This course utilizes the OSU-Cascades facility on the COCC Campus. We are required to follow their rules and regulations. Pets are not allowed at the course. This includes leashing them outside, No Exceptions. There is also no alcohol allowed on the premise. Please note that if a pet is brought to the course, you will be asked to leave until the pet is properly housed at a safe and legal location. Thank you for your cooperation.

BASIC DIRECTIONS

The Oregon State University Cascades facility is located on the COCC Campus. 2600 NW College Way, "Cascades Hall". Approximately 2 miles west of the intersection of Bond and Greenwood. **(Note: Highway 20, Greenwood Ave., Newport Ave., and Shevlin Park Road are all the same road; they just change names multiple times in a 5 mile stretch)**

Driving Directions:

From the North/Portland: Follow Highway 26 to Madras, go through the town of Madras and continue on Highway 97. Follow Highway 97 all the way to Bend and stay left at the "Y", leading you onto the Bend Parkway. Take the COCC/Revere Avenue exit and go straight through the light. Go through the next light and turn right on Newport Avenue (you are approximately 2 miles from the site). Keep heading west, at the third roundabout you will take a right and go up College Way. Follow College Way to the last campus building on the right, this is Cascades Hall.

From The West/Salem: Follow Highway 22 to Sisters, Oregon. Go through the town of Sisters and follow highway 20 to Bend. Turn left on Empire Avenue and your first main right onto the Bend Parkway. Take the COCC/Revere Avenue exit and go straight through the light. Go through the next light and turn right on Newport Avenue. Keep heading west, at the third roundabout you will take a right and go up College Way. Follow College Way to the last campus building on the right, this is Cascades Hall.

From The South/Klamath Falls: Take Highway 97 north to Bend. Go left at the “Y” and connect with the Bend Parkway. Take the Revere Street exit and go left at the light. Turn left at the next light (Wall Street), go through the next light (Portland Avenue) and right on Newport Avenue. Keep heading west, at the third roundabout you will take a right and go up College Way. Follow College Way to the last campus building on the right, this is Cascades Hall.

From The East: Take Highway 20 into Bend. When you come to the junction of Highway 97 (aka 3rd Street), go straight across 97 and the road will turn into Greenwood Avenue and after the next light it changes to Newport Avenue. Keep heading west, at the third roundabout you will take a right and go up College Way. Follow College Way to the last campus building on the right, this is Cascades Hall.

Airport: The closest airport is Redmond (RDM), approximately 1 hour away. There are a variety of shuttle services into Bend.

LODGING / CAMPING

Housing Info

OSU Cascades is offering the WFR students housing at a rate of \$14 per night for 11 days, double occupancy (rooms will be filled as pairs because there is limited space). Please ask at time of your reservation about the availability of others wishing to share a room. Each room can accommodate 2 people.

Single rooms (\$28) may be available depending upon reservations. Please inquire about the possibility for a single room.

If you are interested in the housing option please contact Tim Peterson at tim.peterson@osucascades.edu To guarantee a housing spot, your reservation with Tim needs to be **received by September 1, 2008**. Spaces are limited.

No deposit is necessary and lodging fees will be handled directly by Juniper Hall Administration at the time of check-in.

Students may check in after 5PM on the 9th.

Students must check out the evening of the 19th.

Any available space will be available for students who did not call and reserve a room. Only students who called to reserve a room will be guaranteed a space.

If you are looking for camping there is a designated Park Service campground at “Tumalo State Park” aprox. 7 miles from Cascades Hall. Open year-round, tent sites, Yurts, and full hook-ups. Please look at the following web-site.

http://www.oregonstateparks.org/park_45.php

There is also the option of camping in the Deschutes National Forest. Please check with the local Forest Service in Bend for rules and regulation on camping.

We hope this information is helpful. Please contact us with any questions or concerns you may have. The sponsor is Dan Walker and OSU-Cascades. If you have further inquiries please send Dan an email at wmidan@earthlink.net or Tim an email at tim.peterson@osucascades.edu

Thank you for your interest; hope to see you on the course.

Sincerely,
Dan Walker and Tim Peterson