

WILDERNESS UPGRADE FOR THE MEDICAL PROFESSIONAL

Sponsored by *Ground Support International* and NOLS Wilderness Medicine



DATES: February 13th-17th, 2017

COST: \$715.00

LOCATION: American Mountaineering Center, Golden, Colorado

Many past students have reflected they chose this course and location, both for the opportunity to spend time in the beautiful foothills of the Rocky Mountains AND because of its accessibility to Denver International Airport. Many students have found it possible to take the shuttle from the airport and stay in downtown Golden, walking to class and nearby restaurants, without needing to rent a car. Students often make friends with others on the course and arrange for outings such as after-class hikes, meals, and exploration of the area. Skiing is just one to one and half hours from our base at the American Mountaineering Center.

COURSE DESCRIPTION

The Wilderness Upgrade for Medical Professionals (WUMP) course is a nationally recognized program that trains urban caregivers to respond to medical emergencies in remote settings. This 48-hour course is ideal for Emergency Medical Technicians (EMTs), paramedics, nurses, physicians, and other medical professionals.

The course will upgrade an EMT to a Wilderness EMT and all others to a Wilderness First Responder (WFR) in accordance with current standards in pre-hospital medicine. Special topics include but are not limited to: long-term patient care and monitoring, wound management, selective spine immobilization, reducing dislocations, litter packaging, epinephrine administration, field care for environmental emergencies, and advice on expedition medications. The WUMP is not a technical rescue or survival course. The focus of the program is on prevention, decision making, improvisation, and long-term medical care in a wilderness setting.

You'll learn to apply your urban emergency care knowledge to the wilderness through case studies and practical scenarios with mock patients. Our seasoned instructors will guide you through five days of intense, hands-on learning to make sure you are prepared in the wilderness.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder or Wilderness EMT (depending on your current certification) and Epinephrine Auto-injector.

CLASS FORMAT AND PERSONAL PREPAREDNESS

Check in is at 7:45 am on the first day of the course. Course days run from 8:00 am to 5:00 pm, with two additional evening sessions. The format for this 48-hour WUMP includes classroom lectures integrated with practical scenarios and skills practice sessions. Attendance is required at all scheduled classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, and/or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of comfy shoes or slippers and a camp chair. A 4-hour evening, outdoor mock rescue is part of the curriculum; dress accordingly.

Packing Checklist

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Headlamp
- ✓ Light day pack
- ✓ Waterproof outerwear top and bottom
- ✓ Light hiking boots or sturdy shoes
- ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions
- ✓ Slippers or comfortable shoes for classroom time (optional)
- ✓ Camp chair for classroom time (optional)

COURSE OUTLINE

For the full course outline, visit the WUMP course page, scrolling to Section 2 to click on "DOWNLOADS: Course Outline" at:

<https://nols.edu/en/coursefinder/courses/wilderness-upgrade-for-medical-professionals-WUMP/>

REGISTRATION AND TUITION PAYMENT

A deposit of \$300 is required to reserve your spot on the course. The balance of tuition is due two weeks prior to the first day of the course. You can pay your balance online at <https://www.nols.edu/portal/account/login/> (we accept Visa or Mastercard) by calling the NOLS Wilderness Medicine office with credit card information, or by mailing a check (with driver's license number).

The tuition fee includes instruction, textbooks, equipment use, certification, and continuing education credits. A full refund will be given if we need to cancel the course for any reason.

Course Cost: **\$715 general public**
Less Deposit: **\$300 (due at time of registration)**
Your balance due*: **\$315 general public**

RECERTIFICATION REQUIREMENTS

The WUMP can be used to recertify your WFR certification or the wilderness component of your Wilderness EMT, bringing you up to date on current protocols in wilderness medicine. WMI wilderness certifications are 2-year certifications.

Students recertifying a WFR or the wilderness component of their WEMT must submit a photocopy of their WEMT or WFR certification on the first day of the course. There is a one-year grace period for recertification of

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download [this agreement](#) and read it carefully as it affects your legal rights: ([Student Agreement](#))

Bring the two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

NOLS WILDERNESS MEDICINE POLICIES

Cancellations

If you cancel or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date, NOLS Wilderness Medicine will retain a \$35.00 administrative fee. The remainder of tuition collected to date will be refunded.
- Within 30 days of the course start date, 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.
- Once the course begins, no refunds will be awarded. All course registrations are non-transferable.

Pets

Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

Alcohol and Tobacco

No alcohol or tobacco is allowed on site.

CONTINUING EDUCATION

EMT Continuing Education

NOLS Wilderness Medicine is proud to be a Commission on Accreditation of Pre-Hospital Continuing Education (CAPCE) accredited organization. Current EMTs are eligible to receive 48 CEU hours at no additional cost for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course. Please ensure that CAPCE CEUs will be accepted by your State EMS organization.

Physician Continuing Medical Education (CME)

As a NOLS Wilderness Medicine student, physicians may earn 43 hours of category 1 CMEs for participation in a WUMP course at no additional cost. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Wilderness Medical Society and NOLS Wilderness Medicine. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

Fellowship in the Academy of Wilderness Medicine (FAWM)

Through joint sponsorship with the Wilderness Medical Society active members of WMS may earn up to 35.75 hours at no additional cost for participation in the Wilderness First Responder course. Learn more about WMS here: <http://www.wms.org/>

COLLEGE CREDITS

Pre-Course Access to College Credit

The WUMP course is pre-approved for two semester hour credits through Western State Colorado University (WSCU) for an additional cost of \$160. Thirty days **prior** to the NOLS Wilderness Medicine course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from NOLS Wilderness Medicine.

On-Course Access to College Credit

The WUMP course is pre-approved for four semester hour credits through the University of Utah for an additional cost of \$350. If you are interested in receiving college credit, please inquire with your instructors on the first day of class for the necessary information.

PREPARING FOR THE WUMP

This course tends to draw an eclectic group of professionals, often from all over the country, who bring their unique experiences and knowledge to the course. Regardless of a participant's level of training, the Wilderness content is rich and fast-moving, and students often comment that it is a lot of content to take in. If you'd like to glance over case studies, and get a feel for the content, there is a link on the WMI webpage ([Case Studies](#)).

Note: Night support on the below schedule will be changed to Thursday, February 14th and night rescue will take place on Saturday, August February 16th, and will likely go until 9:30.

STUDENT LOGISTICS

Meals and Lodging

There is no meal and lodging package available for this course. Here is a list of lodging options to assist you in making your own arrangements.

There are many charming restaurants within walking distance of the course. For options, visit the Golden Chamber of Commerce website:

<http://www.golden.com/dining.htm>

Many students elect to visit the grocery store and pack lunches and dinners. There is a kitchen on site that will be available for lite cooking and food prep, as well as daytime refrigeration. This will be closed with the classroom and food cannot be stored there overnight.

Regarding lodging in the area, we suggest using a local hotel server such as Expedia.com to find lodging in a price range that works for you, or visiting the Golden Chamber of Commerce to see listings of local hotels and bed and breakfasts:.

www.goldenchamber.org

Camping Options:

Many students have enjoyed camping or staying in their RV, and often share additional locations with each other once the course has started. Here are a list of local campgrounds. Making reservations is advised if possible. There is no room to stay on site in camper, RV or vehicle.

Clear Creek RV Park - This is a charming little campground, walking distance from class, with both RV and tent camping, but space is often quite limited- book early!
(303) 278-1437

<http://www.cityofgolden.net/play/recreation-attractions/clear-creek-rv-park/>

Golden Gate Canyon State Park (Tent camping, Yurts, Cabins): (303)582-3707
<http://www.parks.state.co.us/parks/goldengatecanyon/Pages/GoldenGateStatePark.aspx>

Chatfield State Park (303)791-7275

Cherry Creek State Park (303)693-3957

More info at: www.colorado.gov/parks

Recreation and Local Attractions
Meals: There are many charming rest

TRAVEL AND DIRECTIONS

The course will take place at the
American Mountaineering Center, Golden, Colorado

710 10th Street Golden, CO 80401

<http://americanmountaineeringcenter.org/>

Shuttle from the Airport:

Golden is less than 45 minutes drive from DIA, and there is a shuttle available:

Denver Area Shuttle Service from DEN Airport:

Take the train from the Concourse to the Terminal. Pick up your luggage and proceed to the SuperShuttle counter located on Level 5/Baggage Claim, adjacent to the water feature in the center of the terminal. Counter staff will issue tickets and give directions to the van loading areas.

For information, call 1-800-BLUEVAN. Their ticket counters are closed between 12am and 6am.

If you arrive between these hours, please use the courtesy phone located at the ticket counter to notify dispatch of your arrival. Round trip fare to Golden is approximately 90 dollars, and no advanced reservation is needed per Super Shuttle.

Driving Directions:**Directions for Boulder:**

South on highway 93. Turn left (E) onto highway 58. Exit onto Washington Ave. Right (S) on Washington Ave. Left (E) on 9th street. Right (S) on Jackson Avenue, Right into the parking lot behind the building.

Directions from South Denver:

West on 6th Avenue. Right (E) on highway 58. Right at the Washington exit. Right (S) onto Washington Ave. Left (E) on 9th street. Right (S) on Jackson Avenue, Right into the parking lot.

Directions from North Denver and Denver International Airport:

West on I-70. Take exit 265 onto highway 58 (W), to Golden. Exit at Washington Avenue. Left (S) onto Washington Ave. Left (E) on 9th street. Right (S) on Jackson Avenue. Right into the parking lot.

Directions from SW suburbs:

North on C-470. To 6th Avenue. (Follow signs to Golden). Left (W) on 6th Avenue. Right (E) on highway 58. Right at the Washington St. exit. Right (S) onto Washington Ave. Left(E) on 9th street. Right on Jackson Ave and into the parking lot.

Directions from Mountains and West:

East on I-70. Take Exit 259, Morrison/Golden. Turn left (N) onto highway 40. After about a mile, look for left turn lane onto Heritage Road. At third stoplight turn left (W) onto 6th Avenue. Right (E) on highway 58. Right at the Washington St. exit. Right (S) onto Washington Ave. Left(E) on 9th street. Right on Jackson Ave and into the parking lot.

Parking

Parking is available in the parking lot north of the building (9th street & Jackson). Washington Avenue may also have street parking. Additional DAYTIME PARKING IS AVAILABLE in the Parfet Park lot at Jackson and Washington Ave.

About Golden, Colorado:

Golden is a charming, historic mining town nestled in the foothills of the Rocky Mountains.

It hosts a kayak course in town, fishing, hiking, mountain biking and running trails, and serves as a fabulous 'basecamp' for adventures up to local fourteeners. Famous resort towns of Breckenridge, Vail, Crooked Creek, Winter Park, Georgetown, and Leadville are all within an hour and a half drive. If you're travelling from far away, you want to come early or stay late to enjoy what winter in Colorado has to offer.

Buffets will want to tour Dinosaur Ridge to see tracks, bones and fossils from the dinosaur era.

Try the 6-mile challenging Hogback Trail at 6,400 feet in elevation, featuring a narrow single track with rocky drop-offs atop a step ridge of tilted strata. The trail descends into the Red Rocks State Park, offering scenic views of the rocks.

The 5-mile Apex Park Trail starts at 6,200 feet in elevation and ascends 1,000 feet on a rocky single track with steep climbs through exposed hillsides. Be sure to wear sunscreen and drink lots of water while biking in the Front Range area.

For an easy 3-mile hike, choose the Beaver Brook Trail at 7,100 feet in elevation to see mountain scenery and views of Clear Creek Canyon. Try Chimney Gulch for a 7-mile challenging trail featuring steep hillside terrain with wildflowers, cacti and mixed pine forests and an elevation

gain of 2,000 feet.

You'll find more details about recreation online :

www.cityofgolden.net
www.goldenochamber.org
www.singletracks.com
www.localhikes.com

CONTACT INFORMATION

Please contact us with any questions or concerns you may have.

NOLS Wilderness Medicine:

Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.

Phone: (866) 831-9001

Email: wilderness_medicine@nols.edu

Fax: (307) 335-2355

Website: <http://www.nols.edu/wilderness-medicine>