

Greetings!

Thank you for registering for a wilderness training course, presented by NOLS Wilderness Medicine and Bend Park and Recreation District. Below you will find information on the course, student agreement, and other important information.

The class will take place at **Hollinshead Barn at 1235 NE Jones Road** in Bend, Oregon. Training typically runs 8:00 am – 5:00 pm each day. Please arrive by 7:30am on the first day and 7:45am each day after that. WFR and WUMP courses will have an evening component, typically at another location.

Here are the schedules and course outlines for the 4 primary NOLS courses:

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| 1. Wilderness First Responder Outline | WFR Course Overview |
| 2. WFR Recert Outline | WFR Recert Course Overview |
| 3. Wilderness First Aid Outline | WFA Course Overview |
| 4. Wilderness Upgrade for Medical Professionals Outline | WUMP Course Overview |

NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download this [agreement](#) and read it carefully as it affects your legal rights. Copies of this release will be provided on the first day for you to fill out and sign. NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of NOLS Wilderness Medicine program and are at the sole risk of the participant.

If you are a minor: a parent or guardian must sign the document as well. Bring the two-page signed document to the first day of the course with parental signatures.

WHAT TO BRING

Bring outdoor clothing (layers) appropriate for lying on the potentially wet or cold ground playing the role of both rescuer and patient. Frequently, stage blood and make-up are used to enhance the realism of a scenario.

Please bring:

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Water bottle or travel mug
- ✓ Light daypack
- ✓ Waterproof layers
- ✓ Light hiking boots or sturdy shoes for outside scenarios
- ✓ Comfortable “slip-on” shoes to change into for inside, to help keep the floor cleaner and drier if conditions are wet or snowy

CONTINUING EDUCATION CREDITS

If you are registering with the intent to gain continuing education units (CEUs), please look into opportunities to access [Academic Credit here](#) and [Continuing Education here](#). For any specific questions related to Continuing Education, please contact info@nols.edu directly.

If you'd like to prepare before the training starts (not required), please go to the NOLS website and look through all the materials that they have available: <https://nols.edu/en/wilderness-medicine/resources/>. Pay special attention to the Wilderness Medicine videos section. You will spend A LOT of time practicing patient assessments and focused spine assessments, so consider watching those videos multiple times.

If you have any questions, please reach out at (541) 706-6114, BrianH@bendparksandrec.org or [AnastasiaG@bendparksandrec.org](mailto>AnastasiaG@bendparksandrec.org).

PS: In case you have not paid for the entirety of the course, please either visit your online account or call customer service to pay the balance within 30 days of the start date: 541-389-7275.

Regards,

Brian Hames, Recreation Supervisor, CPRE

Pronouns: He, Him, His

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