



## **WILDERNESS FIRST RESPONDER RECERTIFICATION COURSE**

Dear WFR-Recert Participants –

We look forward to having you participate in the upcoming Longleaf Wilderness Medicine Wilderness Medicine course. Upon successful completion of the three day course, you will receive a Longleaf Wilderness Medicine WFR certification and Basic Life Support for the Healthcare Provider CPR certification issued by the American Heart Association.

This course is designed as a blended course that includes individuals who are seeking both a Wilderness First Aid certification as well as those who are seeking to recert a WFR certification. The first two days will include a combined student population, with the third day being designed for recert students only and will focus specifically on reviewing and practicing WFR level skills. We find that this combination allows for current WFRs to be able to refresh the foundation skills as well as work in and lead teams with people with less experience, a skill that can be crucial in backcountry emergencies. If you have any questions or concerns about this design, please do not hesitate to contact LWM staff at 208.274.3596.

### **COURSE DESCRIPTION**

Wilderness First Responder is the standard in medical training for individuals managing groups in remote settings. Skill practice and scenarios throughout the LWM course provide a learning environment aimed at long term retention of information.

During the LWM Wilderness First Responder Recertification course, you will revisit the fundamental training that comes as part of the Wilderness First Aid course, with an additional day to review and practice skills that prepare participants to take on challenging medical conditions in remote locations.

The American Heart Association's Basic Life Support for the Healthcare Provider certification is provided as part of the recertification course.

### **CLASS FORMAT**

The class includes classroom lectures, hands-on skills practice and practical scenarios.

Class will take place both inside and outside. Please wear clothing that can get dirty from kneeling or lying on the ground, or from stage makeup used to simulate wounds and injuries. Also be prepared with outdoor clothing and closed toed shoes that are appropriate for the weather forecast for the course – including rain!

We find that many course participants appreciate the opportunity to use the gear that they carry in the field, whether that be a day pack for hikers, items that are required to be carried for scout trip leaders, a SAR pack for search and rescue team members, a dry bag of items for boaters or gear carried by hunters. LWM will provide all medical supplies needed for the course, but you are welcome to bring any of the items that you carry on your own adventures to class in order to get feedback on splints and other improvisations built from your own equipment.

Other items that you should bring with you for the weekend include:

- A pen or pencil (written course materials will be provided)
- Water bottle and snacks
- A lunch
- A watch or other timekeeping device

**Other notes:**

- Please email a scanned copy or photo of (photos taken with a cell phone are acceptable) your current WFR certification to [Katie@longleafmedical.com](mailto:Katie@longleafmedical.com). As we are not able to issue WFR certifications to participants with expired certifications, please be certain that your WFR certification is currently valid or that you are within your previous provider's grace period.
- If you are interested in receiving the WFR Student Handbook prior to the start of the course in order to review materials, please email [Katie@longleafmedical.com](mailto:Katie@longleafmedical.com). We are able to send a copy via US Mail for a \$7.50 shipping fee.

We look forward to meeting you!

LWM Staff