



## **Mid-Atlantic Outdoor Recreation Education**



**OVERVIEW:** Wilderness First Responder (WFR) instruction provides comprehensive first aid principles and skills to respond to emergencies and to give care in wilderness and remote environments and situations where access to Emergency Medical Service (EMS) resources may be delayed by hours to days. This course is for anyone who recreates, volunteers, or works professionally in austere outdoor settings.

WFR begins with self-paced independent learning and online work, including tests and other requirements, whose completion is necessary for progression within the curriculum. This is followed by 4 intense days and nights of practical hands-on instruction, including CPR/AED necessary for certification. Like WFA, WFR uses dynamic, hands-on, skills-based teaching with a mix of classroom instruction and realistic outdoor teaching scenarios tailored to the training audience.

Through its wilderness medical courses, MORE has taught hundreds of individuals these critical life-saving skills. Clients have included the Pennsylvania Department of Conservation & Natural Resources; Boy Scouts of America; Strawberry Hill Nature Preserve; Girl Scouts of Pennsylvania, NY-NJ Appalachian Trail Conference; Professional Trail Builders Association, and other organizations and individuals.

**COURSE CONTENT:** Skills taught in the course address these and other first aid topics –

- ✓ Primary Patient Assessment
- ✓ Secondary Patient Assessment
- ✓ Shock and Acute Stress Reaction
- ✓ Wounds and Wound Care
- ✓ Musculo-Skeletal Injuries
- ✓ Chest Wall Injuries
- ✓ Spinal Injuries
- ✓ Asthma and Anaphylaxis
- ✓ Hypothermia
- ✓ Helicopter Evacuation Planning
- ✓ Traumatic Brain Injury (TBI)
- ✓ Temporary Shelters
- ✓ Burns
- ✓ Abdominal Illnesses and Injuries
- ✓ Altitude Illnesses
- ✓ Patient Movement
- ✓ Heat and Cold Illnesses and Injuries
- ✓ Lighting Injuries
- ✓ Submersion Incidents (Drowning)
- ✓ Snake Bite / Envenomation
- ✓ Documentation of Care
- ✓ First Aid Kits for the Wild

### **LENGTH:**

- Approximately 25 hours of mandatory self study and testing prior to attending in-person instruction
- Four In-Person Days (~10 hours per day); including night scenarios and optional activities

**INSTRUCTOR(s):**

- MORE instructors are all certified instructors, authorized to teach this course. MORE instructors are also certified instructors for American Red Cross CPR/AED.
- MORE instructors have a unique mix of both professional certifications and real-world experience in remote and wilderness environments. Each MORE instructor has extensive professional experience, education, and training that applies directly to this field. (Individual instructors' qualifications available upon request)

**CONFORMANCE WITH STANDARDS OF PRACTICE**

- The program offers enhanced content, topics, and execution that together exceed the 2016 *“Minimum Guidelines and Scope of Practice for Wilderness First Responder (WFR)”* which is a consensus industry standard endorsed by doctors, paramedics, and medical directors of the National Outdoor Leadership School (NOLS), Stonehearth Outdoor Learning Opportunities (SOLO), Wilderness Medical Associates (WMA), Aerie, and Wilderness Medicine Training Center (WMTC).

**CERTIFICATION REQUIREMENTS:**

- ✓ Attend all class sessions and successfully participate in all skill sessions and activities
- ✓ Demonstrate competency in all observable skills
- ✓ Successfully complete all scenarios
- ✓ If required by employer / organization, pass optional final written exam with minimum score of 80%

**CERTIFICATE ISSUED:** MORE Wilderness First Responder

**CERTIFICATE PERIOD:** Valid for two years from date of certification

**MORE-PROVIDED MATERIALS:**

- *All course materials are provided by MORE*
- *Participants purchase course book. Information on specific text provided at registration*

**PREREQUISITES:**

- Registration:
  - Possess current Adult CPR/AED certification (may be offered in conjunction with WFA course)
  - Be at least 18 years of age on or before the last scheduled course session
- Training: There are no prerequisites for participation in WFR instruction

**COSTS:**

- Tuition only \$550
- Lodging may be offered for some courses at an additional cost

***For more information, contact us via email at [info@MORE.com](mailto:info@MORE.com)***