



## EMERGENCY MANAGEMENT PROGRAM: COMMUNITY TRAINING OPPORTUNITY

# HYBRID WILDERNESS FIRST RESPONDER COURSE:

OCTOBER 2-6 FROM 8-5

### WHY TRAIN?

Looking for an exciting way to help our community and get involved in our emergency response plan? Wilderness First Responder might be just what you are looking for! The City is offering a highly subsidized course at City Hall to build a foundation of citizens with medical skills that will help the community in the event of a disaster or emergent event when traditional medical resources may be significantly delayed or unavailable.

### WHAT IS WILDERNESS FIRST RESPONDER?

The Wilderness First Responder (WFR) certification is considered the standard medical certification for guides, outdoor educators, trip leaders, and anyone serving as the first point of care in remote areas. The Hybrid Wilderness First Responder (H-WFR) course combines 20-30 hours of online coursework with five days of onsite training to provide intermediate medical skills to individuals working or playing in a remote or wilderness setting. Through a hands-on and scenario-based approach, this course offers the skills and confidence needed to provide medical care when evacuation is hours or days away. Due to the nature of the eLearning component of this class, it is geared towards self-directed and self-motivated learners who have experience in a virtual classroom setting. The H-WFR covers legal considerations, patient assessment, lifting and moving patients, altitude, immersion, submersion, lightning, and altered mental states. The course curriculum also educates students on how to successfully manage shock, head injuries, wounds, infection, musculoskeletal and spinal injuries, respiratory and

See reverse for more info!



cardiac emergencies, abdominal pain, metabolic and allergic reactions, cold and heat emergencies, and more.

## COURSE INFORMATION:

**PREREQUISITES:** 20-30 hours of online coursework prior to the start date of the course – materials will be available online starting 9/11.

**COURSE DATES:** October 2-6 from 8-5

**LOCATION:** City Hall in the Council Chambers

**CERTIFICATIONS RECEIVED:** WFR and CPR

## SCREENING CRITERIA:

- 18 + years old
- Resident of Bainbridge Island
- Pay subsidized course cost - \$150
- Sign up as a volunteer and pass a background check
- Sign agreement to work at a hub in the event of a disaster
- Ability to meet the physical demands of the course
- Complete all course prerequisites
- Available and willing to attend entire course

## MINIMUM TECHNICAL REQUIREMENTS:

Students must be able to complete eLearning coursework on a computer that is able to use Adobe Flash Player and use one of the following browser versions: Internet Explorer 7.0 and above, Mozilla 3.5 and above, Google Chrome 1.0 and above, or Safari 4.0 and above.

## HOW TO APPLY?

Contact **Amber Richards** to start the application process. Please note that the course is limited to 30 students.

- Email: [arichards@bainbridgewa.gov](mailto:arichards@bainbridgewa.gov)
- Phone: 206.780.8629