

How to Prepare for Your Course - WFR Re-Cert



Wilderness Medical Consultants

- What to Expect
- What to Bring
- Physical and Medical Limitations
- Exams
- Student Manual
- Location

What to Expect

The first class will start at 8:00 AM on Day-1, unless otherwise indicated in your pre-course information. All other training sessions are scheduled from 9:00 AM to 5:00 PM. All training sessions will be split between indoor lecture/theory and practical skills-based sessions held outdoors. Be prepared to take notes in class to supplement the student manual we provide, and wear comfortable clothing. You will head outside to practice real life wilderness first aid scenarios, so be prepared for any weather conditions, including rain and cold weather. We will always let you know when you are going to be outside and give you time to get ready. There will be breaks in the morning and afternoon as well as time for lunch. The courses are intensive and tiring, both mentally and physically. You will likely need to spend most evenings studying and preparing for the next day. It is helpful to study in small groups and practice scenarios. The days are long and the course material is demanding, best to put your social and work life on hold during this time. Full (100%) Attendance is mandatory to pass the course.

What to Bring

Wilderness Medical Consultants will lend you a standard first aid kit with the supplies you will need during the course. We do ask that you come with your own personal equipment that will be used during training sessions and scenarios. These items are things you would normally take with you during a daytrip in the wilderness - this could be gear that is specific to climbing, skiing, paddling, hiking, hunting, trail running, etc. Useful gear include any evac or emergency response equipment you normally would carry. Expect that your clothing and gear will get dirty and wet so bring an extra set of clothing for outside. All outdoor sessions will take place in any weather, be prepared for rain and wet conditions.

- Notebook, pen and pencils
- Warm foot wear, preferably hiking boots
- Clothing suitable for outdoor conditions and any weather (consider a change of clothing for being outside)
- A watch or phone with timer
- Waterproof jacket and pants - outside scenarios will take place in any weather!
- Splinting material (e.g. trekking poles, paddles, shovel, anything that is straight, strong and long enough to splint a leg)
- Thermarest or foamy to sit or lie on outside
- Backpack to carry your gear
- Lunch, snacks and drinks
- Any extra 1st Aid gear/supplies you would like to use, practice with, etc.
- A good sense of humor and desire to learn!



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Physical and Medical Limitations

During the course you may be required to do some heavy lifting or move across uneven terrain. Please let your Instructor know if you have any physical limitations that we need to be considerate of and if you have any medical conditions that we should be aware of, in the event you need medical assistance during the course.

Exams

All WMC courses will have a multiple-choice written exam at the end of the course and will vary in length depending on what course you are enrolled in. CPR written and practical exams will be on the same day as the CPR training. There will also be a practical exam held on the final day of the WFR Re-Cert course. We ask that you don't worry too much about the practical exams since the Instructors will be observing and assessing your skills throughout the entire course and much of your practical skills are evaluated during this time.

To pass the course you must get a minimum of 80% on all exams. Wilderness First Aid certification is good for 3 years and only the Wilderness First Responder (WFR) certificate is eligible for the recertification course. You must re-certify before your WFR certificate expires. All other courses must be taken again once your certificate expires. We strongly recommend that students with a Wilderness First Responder certificate take the course in its entirety every 6 years.

Student Manual

The Online Students Manual for the WFR course is found here - <https://indd.adobe.com/view/9a6de3ad-7a11-491e-8c60-94ce56e41d95>

Location

The WFR Re-Cert course will be held in West Vancouver or Squamish BC. Specific location(s) will be sent to students prior to the course start.

