



## WILDERNESS FIRST RESPONDER COURSE

*Taught by SOLO and sponsored Johns Hopkins Experiential Education*

**DATES:** January 10th-17th, 2024

**COST:** \$550 JHU (Active) Student

**LOCATION:** Johns Hopkins University Homewood Campus– Baltimore, Maryland

### COURSE DESCRIPTION

Essential for anyone who spends a significant amount of time in remote places, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. During this fast-paced, engaging course, you will spend half your time outside of the classroom in realistic scenarios. SOLO's WFR course is the recognized industry standard for those who work as backcountry trip leaders, rangers, camp counselors, mountain guides, river guides, and ski patrollers. The WFR covers all topics in the WFA/AWFA in greater depth still and includes topics such as anatomy and physiology of the cardiovascular, central nervous, respiratory, gastrointestinal, genitourinary, integumentary and musculoskeletal systems. It delves deeper into many types of trauma, shock, allergic reactions, altitude, bites & stings / animals & plants / poisoning, bivouac skills, blood borne pathogens and infectious disease, CPR, long term patient care, leadership, medical emergencies, mock rescue, medico legal issues.

The rigorous 72-hour curriculum is delivered by dynamic educators who have practiced medicine in both wilderness and urban environments. You will leave this course with the tools and confidence to manage patients in the backcountry for multiple days. This course is ideal for all professionals operating in remote environments. SOLO Adult and Child CPR & Airway Management certification is included.

### CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date we will retain \$300.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable.

### ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS RELEASE AND INDEMNITY AGREEMENT

If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. **Participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the SOLO program and are at the sole risk of the participant.**

JHU Medical History Form: <https://studentaffairs.jhu.edu/wp-content/uploads/sites/24/2016/09/Med-Form-rev.-May-2018.pdf>

JHU Waiver: [https://studentaffairs.jhu.edu/wp-content/uploads/sites/24/2016/09/Waiver\\_General.pdf](https://studentaffairs.jhu.edu/wp-content/uploads/sites/24/2016/09/Waiver_General.pdf)

\*Please fill out these forms after registering and email to: [bweir5@jh.edu](mailto:bweir5@jh.edu)

### CLASS FORMAT AND PERSONAL PREPARADNESS

Check in is at 8:45 am on the first day of the course. The class runs from 9:00 am –5:00 pm (depending). There will be two evening sessions that are optional if you are looking for more practice. The format for this 72-hour WFR is classroom lectures integrated with practical scenarios. Attendance is required for all scheduled classes. Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on potentially wet, snowy, and/or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Please review the [SOLO WFR gear list](#) for what to bring on course

## TRAVEL/DIRECTIONS

The course will meet in the JHU Recreation Center (62) located on the grounds of Johns Hopkins University, Homewood campus. Please consult with the [map of the JHU campus](#). (If you are using google maps use this address [3400 N Charles St, Baltimore, MD 21218](#))

To request disability accommodations, contact [op@jhu.edu](mailto:op@jhu.edu) & [Bweir5@jhu.edu](mailto:Bweir5@jhu.edu) at least two weeks in advance of the event.

## PARKING

There is pay parking on campus. Rates and locations can be found on the [JHU transportation website](#). The North Parking Lot and San Martin Parking Garage are the closest. You may be able to find free parking in the neighborhood surrounding the Homewood campus. The best place to check is the area just North of West University Parkway just check the signs.

## LODGING AND MEALS

There are no meals (though limited snacks will be provided) and no lodging packages available for this course. There are numerous restaurants and grocery stores nearby for food options. For lodging there are several hotels nearby and numerous Airbnb rentals close to campus.

## COURSE POLICIES

COVID-19. For masking, vaccine, and health check requirements and the most up to date JHU COVID-19 policies please review the [JHU Personal Safety Practices website](#).

Pets are prohibited on the course premises, including being leashed outside. Any student who brings a pet to class will be required to leave until the pet is securely placed in a kennel or alternative facility. (Exceptions will only be considered if discussed in advance and under extraordinary circumstances.)

No alcohol or tobacco is allowed on-site.

## CONTACT INFO

Please contact SOLO or the Experiential Education program with any further questions or concerns.

### SOLO

Phone: 603-447-6711

Fax: 603-447-2310

Email: [info@soloschools.com](mailto:info@soloschools.com)

Website: [soloschools.com](http://soloschools.com)

### Experiential Education, Outdoor Pursuits

Phone: 410-516-4416

Email: [bweir5@jh.edu](mailto:bweir5@jh.edu)

Website: [jhu.edu/op](http://jhu.edu/op)

## **Wilderness First Responder Topics Breakdown**

Wilderness vs. Urban First Responder  
Blood-Borne Pathogens and Infectious Disease  
Patient Assessment System  
SOAP Note/Organizing the Rescue  
Medicolegal Issues  
Ten Essential/Bivouac Skills  
Anatomy & Physiology  
CPR  
AED  
Mechanical Aids to Breathing  
Bleeding and Shock  
Soft Tissue Injuries/Lt Wound Care  
Musculoskeletal Injuries – Sprains & Strains  
Musculoskeletal Injuries – Fractures & Dislocations  
Head Injuries  
Spinal Cord Injury Management  
Chest Injuries  
Environmental Emergencies  
Heat Injuries  
Cold Injuries  
Lightning  
Drowning & Near-Drowning  
North American Bites and Stings  
Allergic Reactions & Anaphylaxis  
Altitude Injuries  
Neurological Emergencies  
Diabetes  
Cardiac Emergencies  
Respiratory Emergencies  
Poisoning  
Abdominal Emergencies  
Emergency Childbirth  
Group Preventative Medicine  
Long-Term Patient Care  
Improvising Litters  
Leadership Skills in the Backcountry  
Mock Rescue  
Common Wilderness Medical Problems  
First Aid Kits