



WILDERNESS FIRST RESPONDER COURSE

Taught by SOLO and sponsored Johns Hopkins Experiential Education

DATES: January 9-17, 2024

COST: \$750 (Faculty, Staff, Alumni & Non-JHU Affiliate)

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 \$400.
- 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

*Please fill out these forms after registering and email to: 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 & 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 not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

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

Website: soloschools.com

Experiential Education, Outdoor Pursuits

Phone: 410-516-4416

Email: bweir5@jh.edu

Website: 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