



SierraRescue.com · info@sierrarescue.com · 530-902-6122

Wilderness First Responder Recertification

Welcome to our hands-on Wilderness First Responder Recertification course! The **WFR Recertification** course is designed to renew your existing Wilderness First Responder certification. We accept WFR certifications from most organizations, provided the original course was 72–80 hours and followed Wilderness Medical Society protocols. Please check our website for a list of organizations we accept WFR certificates from. If you have any questions, please contact us.

A current WFR card is required for enrollment — no exceptions.

The curriculum is 60–70% hands-on, with lectures focused on general review and current best practices. To successfully complete the course, students must pass a written exam and demonstrate proficiency in hands-on skills.

We look forward to three days of immersive wilderness medicine training. Much of the class takes place outdoors, so come prepared for all weather conditions. Please wear durable clothing that you don't mind getting dirty during simulations and skills sessions.

This course includes:

- CPR certification valid for 2 years
- WFR Recertification valid for 3 years
- This course includes a waterproof Sierra Rescue International Wilderness & Remote Access First Aid Field Guide and a First Aid & CPR kit.

Before the course:

1. Email a copy of your current WFR certificate to info@sierrarescue.com and bring the card to your course.
 - a. Your WFR or WFR review must have been at least 72-80 hours with an approved provider and still be valid at the time of the course.
2. Complete the Pre-Test to the best of your ability:



A pre-course assessment is attached for you to complete **before** the WFR review. Its purpose is straightforward: open your books and start reviewing.

The best way to approach it is to put yourself in the field. Picture a real patient in front of you — you've gathered your information and now you're making decisions. What's the problem? What are you worried about? What needs to be treated and monitored? Are you evacuating or keeping your patient in place? Work through it that way and you'll get the most out of it.

A few helpful language reminders:

- A stable musculoskeletal injury typically refers to a strain or sprain — general treatment is RICE
- An unstable injury refers to a tear, ligament damage, fracture, or similar — requires a higher level of intervention

You will need to bring:

- Notebook, pen, and pencil
- Watch
- Extra clothes that can be cut up, get dirtied with fake blood for scenarios
- Any gear that you want to practice splinting with, or using as part of a scenario (We supply it all, but sometimes it is fun to try things with what you commonly carry)
- Water bottle
- Lunch and Snacks
- Camp chair or crazy creek chair, if you have one
- After the first day, you may optionally bring your own outdoor gear (e.g., trekking poles, paddles, skis, or backpacks) to practice improvising medical tools. While we provide plenty of equipment, learning to use your own gear for splinting and patient care is highly recommended.

WFR-R Outline

Basic Life Support and Trauma

- Opening paperwork
- Introduction and Overview of Course
- Scene Survey and Patient Assessment System (PAS)
- BLS Lab Skills Review
- General Trauma (major) Review
- Quiz 1
- Realistic Scenario Drills



- CPR testing

Trauma and Environmental

- Cold and Heat Review
- Quiz 2
- Splinting Practice
- Dislocations Review
- Spine Ruling-out Process and Spine Injury Management Review/ Moving Spine Injured Patients, Backboarding, Litters
- Realistic Scenario Drills
- Hand out Take Home Exam

Environmental and Medical

- Review Take Home Exam
- Toxins Review
- Anaphylaxis Review and Injections Lab
- Quiz 3
- Big Group Scenario
- Finish up CPR Testing
- General Debrief and Closing

Expectations and Certification: PLEASE READ CAREFULLY

Your full attention and participation will be required in the course. There will be simulations in which you are required to act as both a patient and a rescuer; this will involve physical contact, including being touched. You should also be physically capable of lifting 50 pounds without injury. You will be reading, writing, and communicating with other students.

This is a **VERY** interactive course. To protect your personal space, wear protective undergarments. You are responsible for your emotional and physical safety at all times.

Sierra Rescue presents skills and techniques according to practice guidelines established by the Wilderness Medical Society, as outlined in the Wilderness Medical Society Practice Guidelines. Sierra Rescue is not liable if you do not adhere to those standards in a field situation, nor can we authorize you to use the skills presented. Your authorization will need to come from a licensed medical control.

When you have successfully completed the Wilderness First Responder Recertification Course, you will receive a certification card from Sierra Rescue. This



card acknowledges that you have successfully demonstrated the skills presented in your course in accordance with the above practice guidelines. It does not certify that you will be able to perform at that level. It is your responsibility to stay current with both your understanding and practice. Most medical control personnel require certification as a baseline for authorization.

Your certification will be valid for three years. You **MUST** recertify within this three-year period in a course specifically designed as a “Wilderness First Responder Recertification” course. Your Sierra Rescue certification will be recognized worldwide! When you go to recertify, you may recertify with a responsible and recognized provider of Wilderness Medicine Instruction. We recommend that you attend a three-day recertification course. If you fail to recertify within the three-year time period, you will have to take the FULL 72-80 WFR again. Do not ever let your WFR expire!

You will be asked to sign an “Agreement of Responsibility” that acknowledges your understanding of the above information on the first day of your course.

Our Expertise

Sierra Rescue was founded to offer high-quality professional courses to a wide range of individuals. We specialize in designing the best rescue course for each group’s specific needs. We are flexible with our curricula and love the challenge of creating a course that is perfect for your environment and activities. Sierra Rescue offers you the skills and certification that you and your organization need. We also travel to your site or choose a site near you that is appropriate.

Our instructors include front-country and wilderness EMTs, wildland and structural firefighters, river guides, climbing and mountaineering guides, instructors in outdoor leadership, and members of search-and-rescue teams. With our diverse backgrounds and decades of teaching experience, we strive to offer you the best and most fun course for you.

We are very passionate about what we do! Please feel free to contact us at any time with any questions about the course or curriculum.

CONTACT INFORMATION



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