



WFR TRADITIONAL COURSE SCHEDULE

Day 1	
Morning	Intro to WFR
	Patient Assessment (Workshop)
Afternoon	Bleeding and Shock
	Wound Management
	Practical Skills
Homework	Documentation (Written SOAP Note, Vital Signs - 5 sets)
Day 2	
Morning	Day 1/Homework Recap/Quiz
	Head and Spine Lecture (Roll Clinic, Moving an Injured Patient)
	Litters and Carries
Afternoon	Fractures and Dislocations Lecture
	Fractures and Dislocations (Workshop)
	Practical Skills
Evening	CPR
Homework	Read: Psychological Consequences of Wilderness Travel
Day 3	
Morning	Group Discussion on Psychological Consequences of Wilderness Travel
	Heat Related Illness/Injuries
	Cold Related Illness/Injuries
	Near Drowning
Afternoon	Lightning
	Practical Skills

	Group Projects Assignment (Eyes, Dentistry, Water Treatment, Skin/Poisoning)
	Dinner Break ~5-7 pm
Evening	Night Scenario ~7-9 pm
	End of course for Recerts
Homework	Read: Dive Medicine
Day 4	
Morning	Thoracic Trauma
	Abdominal Trauma
	Practical Skills
Afternoon	Group Projects (Prep time)
	Practical Skills Scenarios
	Avalanche
	Altitude
Homework	Read: Genito-Urinary emergencies, Bites and Stings
Day 5	
Morning	Quiz on Homework
	Discussion on Quiz/Homework
	Anaphylaxis and Allergies
	Heart, Lung, Diabetes, Abdominal Pain
	Neuro
Afternoon	Practical Skills
	Search and Rescue Evacuations
Evening	Group Project Presentations
Day 6	
Morning	Law in the Wilderness

	Evacuation Guidelines
	Medical Kits
	Mass Casualty
	Review
Afternoon	Written Exam/Practical Skills Exam
	End of course