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Wilderness First Responder Enrichment Award Reflection  

I am so thankful I had the privilege of taking a wilderness first responder course. The course provided me with confidence that I could make good decisions and give good patient care in a wilderness emergency. The course consisted of the patient assessment system accompanied by musculoskeletal injuries, environmental injuries, and medical topics. The patient assessment system is used to determine if there is a mechanism of injury that may have caused a spinal cord injury and to further quantify patient symptoms. This system can be used to help anyone in any setting. I found this course extremely enriching and applicable to my career goals. I seek to explore a career in the outdoor recreation industry and stay safe on my own wilderness expeditions. I am thankful that this course has provided me with the knowledge and skills to manage emergencies in the backcountry.  

Aside from being educationally enriching, the course was also enjoyable due to people that were learning alongside me. There were 29 students from all different backgrounds and ages taking the wilderness first responder course. Though we were all so different, we were all passionate about the outdoors, and being responsible while out there. I had the privilege of hearing people’s stories about wilderness experiences, why they wanted to take the course and aspirations for the future. Learning about other participant’s journey in the outdoors inspired me to keep pursuing my passions in the outdoor industry. The way that nature connects and unites all of us is something that I do not want to take for granted. This course and the participants reminded me about how powerful outdoor education is and how important it is to be prepared.