

WILDERNESS FIRST RESPONDER COURSE
Sponsored by the Wilderness Medicine Institute of NOLS and the Siskiyou Field Institute

DATES: December 13 -21, 2008
COST: \$590.00 Tuition only (Does not include lodging—see below for lodging options)
LOCATION: Selma, OR

COURSE DESCRIPTION

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue. WMI's curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. You'll be taught by dynamic educators who have practiced both wilderness and urban medicine. This 10-day course is ideal for all professionals operating in remote environments. Adult/child CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

REGISTRATION/POLICIES

Payment Policy:

30 or more days	\$25 (to reserve space)
14 -29 days	50% tuition due
7 - 13 days	Balance due*

**If full tuition is not received one week prior to the start of the course, we cannot guarantee your space in the class.*

CANCELLATION AND REFUND POLICY

Cancellation Policy:

30 or more days	Full refund minus \$25 fee
10 - 29 days	50% refund
Less than 10 days	No refund

\$25 of the course tuition is a non-refundable deposit that holds your spot in this course.

Acknowledgment and Assumption of Risks Release and Indemnity Agreement: Please read the enclosed document very carefully as it affects your legal rights. Bring the signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document. Failure to provide a signed document will result in you not being able to participate in the course. WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.

CLASS FORMAT/ EQUIPMENT

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. Two evening sessions will be scheduled. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role-playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (mouflage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a crazy creek-type chair.

You will need: a large day pack with multiple layers, water bottle, waterproof tops and bottoms, sturdy boots, head lamp or flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum. so please dress accordingly.

CONTINUING EDUCATION COLLEGE CREDIT AND EMT CEUS

The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost of \$200.00. If interested, please check with the instructors on the first day of class for the necessary information.

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

TRAVEL/DIRECTIONS

Deer Creek Center (DCC) is located at **1241 Illinois River Road in Selma, OR** (*see enclosed map*).

From Grants Pass (I-5) – Take Hwy 199 (Redwood Highway) south to Selma (approximately 20 miles). Turn right at the first blinking light in Selma onto Illinois River Road (aka County Road 5070). There is a 76 gas station on the corner. DCC is on the left, approximately 1.5 miles up Illinois River Road.

From Cave Junction (Hwy 199) – Take Hwy 199 (Redwood Highway) north to Selma (approximately 9 miles). Turn left at the second blinking light onto Illinois River Road (aka County Road 5070). There is a 76 gas station on the corner. DCC is on the left approximately 1.5 miles up Illinois River Road.

LODGING/ RECREATION

SFI invites you to stay at DCC during your course. To reserve your space, call us or visit www.thesfi.org.

- **Yurt:** (bunk bed in a shared room) \$110 per person for the course duration (lodging code YUR8)
- **Dorm:** (bunk bed in a shared room) \$155 per person for the course duration (lodging code DOR8)
- **Private room with bath:** \$500 for the course duration (lodging code PVR8, please call for reservation)

Please see the “web links” on our website, www.thesfi.org for activities in the area.

Meals are *not* provided in the course tuition. Please arrange to supply food for yourself. There are two restaurants and a grocery store in Selma. If you are staying in DCC’s ranch house (private room or dorm spaces) you will have access to the kitchen for food preparation. If you are camping (yurts or tent camping), there is a covered pavilion with picnic tables where you may set up your camp stove.

PETS ARE NOT ALLOWED AT THE COURSE. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

NO SMOKING OR ALCOHOL IS ALLOWED ON SITE

We hope this information is helpful. Please contact us with any questions or concerns you may have. Our office hours are Monday - Friday, 9:00am - 5:00pm Pacific Time.

Phone: 541 597-8530
FAX: 541 597-8533
Email: institute@thesfi.org
Web site: www.thesfi.org

Textbook: The Wilderness First Responder by Buck Tilton

DAY 1

Morning

Introductions: Wilderness vs. Urban
Initial Assessment
Patient Exam
Vital Signs: LOC, HR, RR, SCTM

Afternoon

Vital Signs: BP, Pupils
Focused History
Documentation

Medical Legal Issues

WFR Text Chapters: 1, 2, 3

DAY 2

Morning

Problem of the Day
Review and Practical Session
CPR

Afternoon

CPR: Remote Environments and Oxygen
Spinal Cord Injuries
Lifting and Moving
Spinal Immobilization Litter Packaging, Carrying, and
Long-Term Patient Management

WFR Text Chapters: 4, 5, 8, Appendix B and C

DAY 3

Morning

Problem of the Day
Chest Injuries
Shock

Afternoon

Focused Spinal Assessment
Head Injuries

WFR Text Chapters 6, 7, 9, 10

DAY 4

Morning

Problem of the Day
Wilderness Wound Management

Afternoon

Problem of the Day
Athletic Injuries
Fracture Management

Evening

Traction Splinting
Dislocations

WFR Text Chapters: 12, 13, 14, 15, 30

DAY 5

Morning

Problem of the Day
Review and Practical Session
Hypothermia
Frostbite and Non-Freezing Cold Injury

Afternoon

Heat and Hydration
Altitude Illness
Practical Scenario

WFR Text Chapters: 16, 17, 18

DAY 6

Morning

Problem of the Day
Cardiac Emergencies
Respiratory Emergencies

Afternoon

Neurological Emergencies
Acute Abdomen

WFR Text Chapters: 11, 23, 24, 25, 29

DAY 7

Morning

Problem of the Day
Bites and Stings
Allergies and Anaphylaxis

Afternoon

Diabetes
Search Scenario
Principles of Search and Rescue/Evacuation

Evening

Mock Rescue

WFR Text Chapters: 21, 26, 28, 35, 36

DAY 8

Morning

Mock Rescue Debrief
Common Problems Wrap-up
Communicable Disease
Poisoning
Lightning

Afternoon

Submersion Incidents
Gender Medical Issues

WFR Text Chapters: 19, 20, 27, 31, 32

DAY 9

Morning

Wilderness Drug and First Aid Kits

Afternoon

Written and Practical Exams
Closing Ceremony

WFR Text Chapters: 37