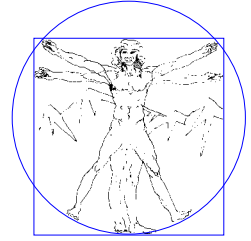


# the Wilderness Medicine Training Center

## Course Registration Form



Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

\_\_\_\_\_ E-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Sponsor: WMTC

Standard Wilderness First Aid

Location: Mazama, WA

Dates: October 1-3, 2010

Cost: \$200 before September 1st 2010; \$250 after

**Recertification Students ONLY**

I am attending this course to recertify my current:  Wafa  WFR  WEMT

My current certification card has been issued by:  WMTC  WMA  WMI  SOLO

AIRE  DMM  WMO  RMI  Sierra Rescue  Other: \_\_\_\_\_

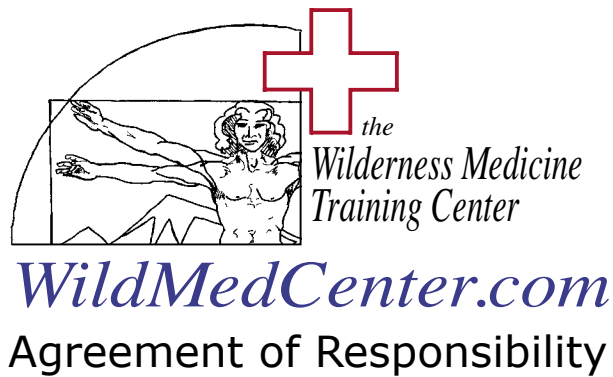
If you selected "Other" please contact the WMTC office to see if your certification is eligible for recertification with WMTC PRIOR to registering for this course.

E-mail [office@wildmedcenter.com](mailto:office@wildmedcenter.com) or phone: 509-996-2502

Discounts apply when the registration and full payment are postmarked prior to or on the cut-off date. Course fees are not refundable unless the course is canceled. Make checks payable to the Wilderness Medicine Training Center. Sorry, we can't accept credit cards.

Please complete the attached release form and return it with your registration & payment to:

WFA Course Registration  
 the Wilderness Medicine Training Center  
 POB 11  
 Winthrop, WA 98862



Courses offered by the Wilderness Medicine Training Center, Inc. are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. Class time may exceed ten hours per day plus homework. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury and moving safely in the outdoors in rough challenging terrain and environments without supervision. You are expected to bring the functional outdoor clothing that will protect you from the environment while participating in simulations. During simulations, skills practice, and some demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you **MUST** wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will **NOT** be cut. Simulations may take place in water, on rocks, on uneven terrain, on steep slopes, on snow and in rain, snow, wind, or bright sun. The course does **NOT** require you to put yourself at risk of injury or illness. If you feel at risk at any time and for any reason during the course, **STOP** your participation in the activity and bring your concerns to the course instructors. Make a plan to address your concerns and resume your participation once you feel safe. Therefore, during your participation in any Wilderness Medicine Training Center, Inc. course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center, Inc. agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society<sup>1</sup> and the National Association of EMS Physicians<sup>2,3,4</sup>. The Wilderness Medicine Training Center, Inc. is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center, Inc. authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

If you have successfully completed a certification course (WEMT, WFR, WAFA, or Review) taught by the Wilderness Medicine Training Center, Inc., you will receive a certification card from the Wilderness Medicine Training Center Inc. This card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines at the time of your course. It does not certify that you will be able to continue 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 base-line for authorization.

If you have participated in a Wilderness First Aid or a special contract course, you will receive a completion card from the Wilderness Medicine Training Center, Inc. A WEMT Wilderness First Aid completion card certifies that you were present and engaged during the entire workshop but does not certify that you are proficient in the skills presented. WEMT

Wilderness First Aid completion cards meet the first aid requirements of Labor & Industries, Boy Scouts of America (including Philmont Scout Ranch), American Camping Association, and many other state and federal agencies.

Your signature below indicates that you understand the above statements, meet the minimum course requirements, and that you are willing to abide by them. That you will not hold the Wilderness Medicine Training Center, Inc., Sponsors, Instructors, etc. responsible or liable for your use of the material taught during your course. That you will not hold the Wilderness Medicine Training Center, Inc., Sponsors, Instructors, etc. responsible or liable for your emotional or physical safety before, during, or after your course. You also agree to be financially responsible for equipment and supplies damaged beyond normal wear and tear as determined by your instructors and/or the course sponsor. Finally, you agree that any photos or video taken during your course and in which you appear may be used by the Wilderness Medicine Training Center, Inc for marketing or training purposes. Such use may include but is not limited to WMTC books and publications, posters, Training DVDs, the Wilderness Medicine Training Center, Inc web site, Wilderness Medicine Training Center, Inc social pages, etc. and that no fee will be paid to you by Wilderness Medicine Training Center, Inc for such use.

1. Forgey, W.W.: Wilderness Medical Society Practice Guidelines, Merrillville, ICS Books, c1995, c2001, c2005.
2. Goth, Peter and Garnett, George: Clinical Guidelines for Delayed or Prolonged Transport, Lenexa, National Association of EMS Physicians, c1991-1993
3. Hopson, Laura R. et al: Guidelines for Withholding or Termination of Resuscitation in Prehospital Traumatic Cardiopulmonary Arrest, NAEMSP Position Paper, c2002
4. Domeier, Robert M., Indications for Prehospital Spinal Immobilization, NAEMSP

Type of Standard Course (circle one): WEMT    WFR    WAFA    Review    WFA    Contract

Name of Course Sponsor: \_\_\_\_\_

Location of Course: \_\_\_\_\_ Course Dates: \_\_\_\_\_

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Please Print Your Name Clearly

\_\_\_\_\_  
Signature of parent or guardian if under 18

WMTC ~ Mazama, WA  
Standard Wilderness First Aid Workshop  
October 1-3, 2010  
(24 Hours)

Day 1: Friday October 1

- Opening & Course Paperwork
- Course Introduction
- Medical/Legal
- Body Defenses
- Trauma Assessment & Treatment (Critical Systems)
- Patient Assessment System (PAS), Part 1
- Basic Life Support (BLS) Lab & Simulations
- Demo and assign cut T-shirt rolls

Day 2: Saturday October 2

- Wounds & Lab
- Stable & Unstable Musculoskeletal Injuries
- 1:1 Extremities Splinting Lab
- Patient Assessment System (PAS) Part 2
- Simulations
- Spine Ruling Out Process

Day 3: Sunday October 3

- Sunburn, Heat Exhaustion, Heat Stroke, & Electrolyte Sickness
- Hypothermia
- Near Drowning
- Allergies & Wilderness Toxins
- Injection Lab & Quiz
- Simulations
- Course Debrief & Closing

WFA Lab Descriptions

- Basic Life Support Lab (BLS): This lab includes basic adult CPR instruction and assesses all elements of the Scene size-up and Initial Patient Exam. CPR certification is not part of this course.
  - Simulations: These labs are role plays incorporating patient assessment and documentation. Make-up will be used to increase the scene's reality.
    - Wound Cleaning Lab: Pigs feet are used for training realistic wound cleaning.
    - Extremities Splinting Lab: SAM splints & sleeping pads are used to teach students how to improvise effective extremity splints with available gear.
      - Injection Lab offers hands-on instruction in injectable epinephrine required for the treatment of systemic allergic reactions.
      - Spine Ruling Out Lab: This lab teaches students the process for ruling out suspected spine injuries in a wilderness setting.

General Course Information

Courses taught by the Wilderness Medicine Training Center are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury. During simulations, PAS drills, and some demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you MUST wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will NOT be cut. During your participation in any Wilderness Medicine Training Center course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society<sup>1</sup>, the National Association of EMS Physicians<sup>2</sup> and the spine management guidelines established by Peter Goth, MD<sup>3</sup> The Wilderness Medicine Training Center is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

After your participation in a Wilderness First Aid workshop you will receive a completion card from the Wilderness Medicine Training Center. This card acknowledges that you have attended and participated in the workshop; it does not certify that you can perform the skills presented. You must be present and engaged for the entire workshop in order to receive a completion card. 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. You may use this course to recertify your current Wilderness Advanced First Aid, Wilderness First Responder, or Wilderness EMT certification if you successfully complete the WMTC Renewal Packet within two months of the end of your 3-day WFA. The Renewal Packet is available from the "News" page on our website as a pdf download. From our home page click on the "News" tab and then again on the download link. Click a final time on "WMTC Renewal Packet". Please e-mail our office with questions: office@wildmedcenter.com

You will be spending quite a bit of time outside and will likely get very dirty during many of the skills sessions and simulations. Bring clothing appropriate to the weather. It should be tough and old enough to withstand a beating. You will also need to bring a notebook, pen, pencil, backpack, water bottle and two sets of old clothing that may be cut (two pair of long sleeved shirts, two pair of long pants, and two t-shirts). "Cuttable" clothing is required for simulations and practice. Consider bringing colored pencils or pens for note taking. For more details on WMTC courses, please download our Student Booklet; the booklet is available as a pdf file from the "News" page on our Website. The course price includes instruction and the waterproof/tearproof Wilderness Medicine Handbook.

1. Forgey, W.W.: *Wilderness Medical Society Practice Guidelines*, Merrillville, ICS Books, c1995, c2001, 2005.
2. Goth, Peter and Garnett, George: *Clinical Guidelines for Delayed or Prolonged Transport*, Lenexa, National Association of EMS Physicians, c1991-1993
3. Goth, Peter: *Spine Injury: Clinical Criteria for Assessment and Management*, Augusta, Medical Care Development, Inc., c1994.

# *DIRECTIONS TO THE WMTC CLASSROOM*

*Please leave your pets at home*

**From Seattle/Olympia/Bellingham and the west side:** When the North Cascades Highway (Route 20) is open it is the fastest way to Mazama from the west side. If it is closed you will need to cross the mountains via I-90 (Snoqualmie Pass) or Route 2 (Steven's Pass). Go to <http://www.wsdot.wa.gov/traffic/passes> for pass road conditions.

**From I-90 East at Cle Elum:** Take 970 North (exit 85) to 97 North. Turn East (right) when you reach Route 2 and follow the directions below from Route 2.

**From Route 2:** Follow Route 2 East/97 North through the north end of Wenatchee. Cross the Columbia River and continue to follow 97 North. Just before Pateros, turn left on 153 North to Twisp. You will pickup Route 20 West (north) just outside of Twisp. Follow Route 20 through Winthrop and continue on Route 20 towards Mazama. Heads-up after you cross the bridge about 9 miles out of town. Approximately one mile further and on your left is Fawn Meadow Lane. Turn left on Fawn Meadow Lane (it's a gravel road) and follow the directions below to the WMTC classroom. There will be a small sign with WMTC and a red cross at the intersection.

**From the North Cascades Highway and I-5:** Follow the North Cascades Highway (Route 20) East and cross the mountains. Pass Mazama junction and continue to follow Route 20 towards Winthrop. Heads-up at about four miles from Mazama junction turn right onto Fawn Meadow Lane (it's a gravel road) and follow the directions below to the WMTC classroom. *If you miss the turn*, in approximately one mile you'll come to a bridge across the upper Methow River and Goat Creek Road.

**From Spokane and the east side:** Follow I-90 West. Take exit 151 or 149 (281 north) to Quincy. From Quincy follow 28 North to East Wenatchee. Do not cross the Columbia River. Pickup Route 2 East and 97 North. Follow 97 North. Just before Pateros, turn left on 153 North to Twisp. You will pickup Route 20 West (north) just outside of Twisp. Follow Route 20 through Winthrop and continue on Route 20 towards Mazama. Heads-up after you cross the bridge about 9 miles out of town. Approximately one mile further and on your left is Fawn Meadow Lane. Turn left on Fawn Meadow Lane (it's a gravel road) and follow the directions below to the WMTC classroom. There will be a small sign with WMTC and a red cross at the intersection.

**To the WMTC Classroom from Fawn Meadow Lane:** Follow Fawn Meadow Lane about a quarter mile to Holloway Lane (a dirt & gravel driveway). Either park at this junction (please leave the driveway clear) or continue up Holloway Lane and park at the signed parking near the porta-potty. Class begins promptly at 7:30 AM in the main part of the WMTC yurt; please be there 15 minutes early on day one. The classroom will be open at 7 AM each morning. PLEASE DRIVE SLOW~10 MPH~YOUNG CHILDREN MAY BE PLAYING ON FAWN MEADOW LANE & HOLLOWAY LANE

wildmedcenter.com ~ 509.996.2502