



Course Registration Form

Name _____ Home Phone _____

Address _____ Cell Phone _____

_____ E-mail _____

City _____ State _____ Zip code _____

Sponsor: Five Rivers MetroParks ~ Free Camping is Available

March 9-11, 2012

Location: Dayton, OH

Standard Wilderness First Aid

\$175

Recertification via WFA

\$190

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 or phone: 509-996-2502.

Attach a copy of your current certification card. Expiration Date _____

Recertification students must successfully complete an online test to receive certification; a \$25 testing fee is included in the tuition.

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 Five Rivers MetroParks. Visa and Mastercard are accepted.

Card Type _____ Card Number _____

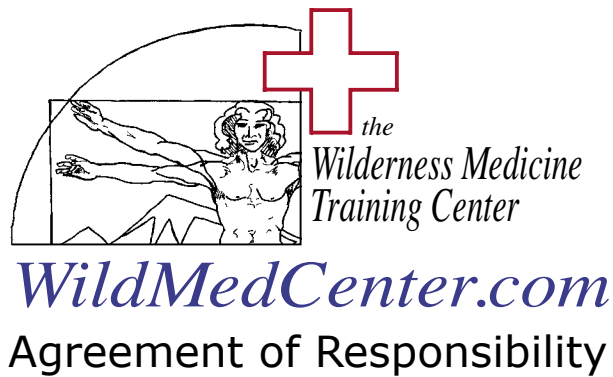
Expiration Date _____ Security Code _____

Your Signature _____ Today's Date _____

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

Wilderness First Aid
Erik Dahlstrom
Five Rivers MetroParks
1375 E. Siebenthaler Ave.
Dayton, OH 45414

Questions?
Contact Erik Dahlstrom
erik.dahlstrom@metroparks.org
937-274-3147



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 Society¹ and the National Association of EMS Physicians^{2,3}. 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 WMTC 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. WMTC

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. Hopson, Laura R. et al: Guidelines for Withholding or Termination of Resuscitation in Prehospital Traumatic Cardiopulmonary Arrest, NAEMSP Position Paper, c2002
3. Domeier, Robert M., Indications for Prehospital Spinal Immobilization, NAEMSP Position Paper, c1999

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

Five Rivers MetroParks ~ Dayton, OH
Standard Wilderness First Aid
March 9-11, 2012

Day 1: 8 AM Friday March 9

- Opening & Course Paperwork
- General Concepts in Patient Care
- Body Defenses
- Introduction to Trauma
- Assessment & Treatment of Traumatic Critical System & Extremity Problems
- Basic Life Support Lab & Simulations
- Demo and assign cut T-shirt rolls
- Case Study Homework

Day 2: 8 AM Saturday March 10

- 3rd Triangle Skills Lab & SOAP Evaluation Process
- Traumatic Simulation
- Basic Extremities Splinting Lab
- Wound Cleaning Lab
- Focused Spine Assessment
- Traumatic Simulations
- Assessing Medical Problems
- Case Study Homework & Expedition Medicine Case Studies

Day 3: 8 AM Sunday March 11

- Dehydration
- Sun Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Hypothermia
- Near Drowning
- Allergies
- Injection Lab & Quiz
- Medical & Environmental Tag-team Simulations
- Course Debrief & Closing

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, skill labs, and 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 clothing for all simulations and skill 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, the National Association of EMS Physicians, and the American Heart Association. 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).

When you have successfully completed your Standard Wilderness First Aid course, you will receive a WFA certification card from the Wilderness Medicine Training Center. The card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. They do 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. You must recertify before your certification expires (see the WMTC web site for details); there is no grace period.

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 on-line Recertification test within two months of the end of your WMTC WFA. An login information and directions will be sent to you via email prior to or upon completion of your course. *Your current WAFA, WFR, or WEMT certification must be validated by a WMTC instructor prior to issuing you a new certification; bring a copy of your current certification with you to the course.* Please e-mail the WMTC office with questions at office@wildmedcenter.com or phone (509) 996-2502.

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 need a notebook, pen, pencil, backpack, water bottle, a pair of heavy hiking socks, 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 "Downloads" page on our Website.

Course tuition includes instruction, access to a web site where you can download an abridged copy of our textbook *the Art & Technique of Wilderness Medicine*, a hard copy of our water-proof field manual *the Wilderness Medicine Handbook*, and hard copies of our Patient SOAP notes. Class begins at 8 AM each morning, breaks for lunch from between 12-1, and the afternoon session ends between 5:30-6 PM.

You must sign an *Agreement of Responsibility* (release form) as it acknowledges your understanding of the above information; if you choose not to sign the agreement, you will not be able to participate in the course.

Standard WFA Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cuttable simulation clothing is required. CPR certification is not part of this course.
- Basic Extremity Splinting Lab: SAM splints are used to improvise extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; socks will not be cut.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning. Bring a cut T-shirt roll and a pair of heavy hiking socks; the socks will not be cut.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of systemic allergic reactions.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the scene's reality. Cuttable simulation clothing is required.