Course Registration Form

Name_____________________________________ Home Phone ______________________
Address___________________________________ Cell Phone _______________________
_____________________________________________________________________________ E-mail ___________________________
City __________________________________ State ____________ Zip code ____________

Sponsor: University of Puget Sound
May 22-30, 2017
Location: Tacoma, WA

Public

Standard Wilderness First Responder
☐ $550 before April 1, 2017 ☐ $600 after April 1, 2017

Upgrade to WEMT via WFR
☐ $575 before April 1, 2017 ☐ $625 after April 1, 2017

UPS Students & Faculty

Standard Wilderness First Responder
☐ $500 before April 1, 2017 ☐ $550 after April 1, 2017

Upgrade to WEMT via WFR
☐ $525 before April 1, 2017 ☐ $575 after April 1, 2017

WEMT Students ONLY
I hold a current EMT certification in ____________________ state.
Registry number ________________________________
Expiration Date ________________________________

Attach a copy of your current EMT certification to this registration.
WEMT students must successfully complete four online tests 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. Please make checks payable to University of Puget Sound. MasterCard, Visa, and cash payments are accepted in person at the Expeditionary office at 1506 N. Alder Street in Tacoma.

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

Wilderness First Responder
Justin Canny
University of Puget Sound
1500 North Warner
Tacoma, WA 98416

Questions?
Contact Justin Canny
jcanny@pugetsound.edu
Office:253.879.3510
Agreement of Responsibility

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 position papers published by the Wilderness Medical Society. 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 special contract course, you will receive a completion card from the Wilderness Medicine Training Center, Inc.

WMTC Release Form Page 1 of 2 Please initial here: ______________
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., Directors, 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 websites, the Wilderness Medicine Training Center, Inc website, 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.

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
Day 1: 8 AM Monday May 22nd
- Opening & Course Paperwork
- Course Introduction & Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Introduction to the Patient Assessment System
- Basic Life Support Lab & Simulations
- Wilderness Adult & Child CPR & AED Skills Lab
- Case Study Homework

Day 2: 8 AM Tuesday May 23rd
- Introduction to Trauma
- Concussion & Increased ICP
- Respiratory Distress
- Volume Shock
- Stable & Unstable Extremity Injuries
- 3rd Triangle Skills Lab & SOAP Evaluation Process
- Traumatic Video Simulations
- Case Study Homework
- Demo and assign cut T-shirt rolls

Day 3: 8 AM Wednesday May 24th
- Case Study Homework Review
- Quiz
- Basic Extremities Splinting Lab
- Wounds Lecture
- Wounds Lab
- Focused Spine Assessment
- Traumatic Video Simulations
- Case Study Homework

Day 4: 8 AM Thursday May 25th
- Spine Assessment Quiz
- Case Study Homework Review
- Dehydration
- Sunburn Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Hypothermia
- Drowning
- Cold Injuries
- Spine Management Lab

Day 5: 8 AM Friday May 26th
- Case Study Homework Review
- Quiz
- Wilderness Bites & Stings
- Allergies
- Injection Lab & Quiz
- Traumatic Video Quiz
- Case Study Homework

Day 6: 8 AM Saturday May 27th
- Case Study Homework Review
- Quiz
- Lightning Injuries
- Altitude
- Dislocations Lab
- Traumatic Video Simulations
- Assessing Medical Problems
- Case Study Homework

Day 7: 8 AM Sunday May 28th
- Case Study Homework Review
- Asthma
- Diabetes: Hypoglycemia & Hyperglycemia
- Heart Attack, Angina, & Stroke
- Ears, Eyes, Nose, Throat, & Teeth Interactive Case Studies
- Advanced Extremities Splinting Lab
- Improvised Litters and Carries
- Homework: Expedition Medicine Case Studies

Day 8: 8 AM Monday May 29th
- Traumatic Video Simulations
- Medical Assessment Demo
- Medical Simulations

Day 9: 8 AM Tuesday May 30th
- Mass Casualty Video Simulation
- Litter Carries & Passes
- Final Written WFR & WCPR Exams & Review
- Medical Equipment & First Aid Kits
- Course Debrief, Closing, & Clean-up
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 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, 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 Responder course, you will receive a WFR and WCPR certification card from the Wilderness Medicine Training Center. The cards acknowledge that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. 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. You must take and pass an approved Recertification course before your certification expires (see the WMTC web site for details).

If you wish to use this course to upgrade to a WEMT certification, you MUST ensure that your EMT certification is current, you have registered for the WEMT upgrade, and successfully complete the online WEMT exams within two months of completing your WFR. Access information and directions will be sent to you via email prior to or upon completion of your course. Please e-mail the WMTC office with questions at office@wildmedcenter.com or phone (509) 996-2502. To remain certified as a WEMT, you must take and pass an approved Recertification course before your WEMT certification expires (see the WMTC web site for details) and maintain a current EMT and CPR certification. State EMT certification must be validated by a WMTC instructor prior to issuing you a WEMT certification; bring a copy of your current state EMT certification with you to the course. Please e-mail the WMTC office with questions at office@wildmedcenter.com or call (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 also need to bring 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). "Cutable" 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 & Links” page on our Website.

Course tuition includes instruction, our waterproof field manual, the Wilderness Medicine Handbook and a WMTC Patient SOAP noted tablet. 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 (our 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 Wilderness First Responder Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required.
- Adult & Child CPR and AED Skills Lab: Adult & Child CPR, AED, and Obstructed Airway.
- Wound Cleaning Lab: Pig’s feet are used for training realistic wound cleaning, removal of impaled objects (including fishhooks).
- Basic Extremity Splinting Lab: Padded aluminum 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.
- Advanced Extremity Splinting Lab: common expedition equipment is used to improvise effective lower extremity splints.
- 3rd Triangle Skills Lab: Demos physical exam, vital signs, SAMPLE History and SOAP documentation in preparation for full simulations.
- 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.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction is demonstrated.
- Spine Management Lab: Lifting, moving, and packaging of spine-injured patients in a wire basket (Stokes) litter and on a backboard (improvised litter).
- Spine Management for the Solo Rescuer Lab: Introduces spine management strategies and techniques for solo rescuers.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or bivy sack, and water bags/bottles are used to improvise a hypothermia pack age.
- Improvised Litter Lab: daisy chain rope litter is demonstrated and practiced ± a stretcher litter.
- Video Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the scene’s reality. Cutable simulation clothing is required. Portions of each simulation are videoed for after-action discussion.
- Mass Casualty Video Simulation: Students respond to a mass casualty scene as a group. The simulation is videoed for after-action discussion.