



Course Registration Form

Name _____ Home Phone _____

Address _____ Cell Phone _____

_____ E-mail _____

City _____ State _____ Zip code _____

Sponsor: University of San Diego: Outdoor Adventures
May 28-June 5

Location: San Diego, CA

Standard Wilderness First Responder

\$550 before May 1 \$600 after May 1

Upgrade to WEMT via WFR

\$575 before May 1 \$625 after May 1

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. Make checks payable to University of San Diego: Outdoor Adventures. Visa, Mastercard & Discover are accepted.

Card Type _____ Card Number _____

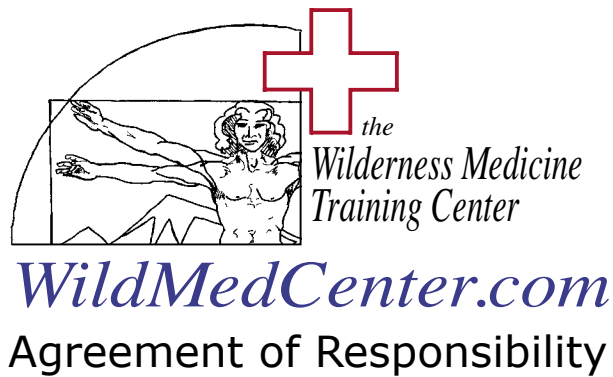
Expiration Date _____ Security Code _____

Your Signature _____ Today's Date _____

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

Wilderness First Responder
Mark Ceder
USD Outdoor Adventures
University Center Room 136
5998 Alcalá Park
San Diego, CA 92110

Questions?
Contact Mark Ceder
markceder@sandiego.edu
619-260-4709



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 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. 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

Standard Wilderness First Responder

University of San Diego: Outdoor Adventures ~ San Diego, CA
May 28- June 1 & June 4-7

Day 1: 8 AM Monday May 28

- 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 29

- 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 30

- 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 31

- Spine Assessment Quiz
- Case Study Homework Review
- Dehydration
- Sunburn Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Hypothermia
- Near Drowning
- Cold Injuries
- Spine Management Lab

Day 5: 8 AM Friday June 1

- Case Study Homework Review
- Quiz
- Wilderness Bites & Stings
- Allergies
- Injection Lab & Quiz
- Traumatic Video Simulations
- Case Study Homework

Day 6: 8 AM Monday June 4

- Case Study Homework Review
- Quiz
- Lightning Injuries
- Altitude
- Dislocations Lab
- Traumatic Video Simulations
- Assessing Medical Problems
- Case Study Homework

Day 7: 8 AM Tuesday June 5

- 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 Wednesday June 6

- Traumatic Video Simulation
- Environmental & Medical Tag-team Simulations
- One-on-one Medical Simulations
- Backboard Video Simulation

Day 9: 8 AM Thursday June 7

- 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). "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 & Links" page on our Website.

Course tuition includes instruction, our textbook *the Art & Technique of Wilderness Medicine*, our water proof field manual *the Wilderness Medicine Handbook*, our workbook *Case Studies in Wilderness Medicine*, and a WMTC Patient SOAP note 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. Cuttable 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: 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.
- 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 and moving of spine injured patients and subsequent immobilization in a wire basket (Stokes) litter and backboard.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or bivy sack, and water bags/bottles are used to improvise a hypothermia package.
- 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. Cuttable simulation clothing is required. Portions of each simulation are videoed for after-action discussion.
- Environmental & Medical Tag-team simulations: a simulation variation designed to teach diagnosis of challenging environmental and medical problems.
- Mass Casualty Video Simulation: Students respond to a mass casualty scene as a group. The simulation is videoed for after-action discussion.