



Anything can happen ...be prepared.

Huyck Preserve
Rensselaerville, NY

Wilderness First Responder

\$850 - Includes Room & Board, Commuter \$695

To Enroll, Contact
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www.huyckpreserve.org



"Experts in wilderness and rescue medical training since 1981"
1-888-WILDMED www.wildmed.com





Wilderness First Responder (WFR) is the definitive course in medical training for outdoor educators, guides, SAR team members, and others who work or play in remote areas. The curriculum is comprehensive and practical, including all of the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. This course is offered in a 7 or 8 +1 day format.

course summary

WILDERNESS MEDICINE

Wilderness Medicine differs significantly from conventional EMS courses and other programs that are oriented toward the urban environment. This course teaches what to do with a medical emergency when help is miles away and calling 911 isn't an option. We prepare students for emergency situations that involve prolonged patient care, severe environments and improvised equipment.

WHY CHOOSE WILDERNESS MEDICAL ASSOCIATES®?

Wilderness Medical Associates® has been setting the highest standard for medical training in wilderness and rescue medicine since 1981. We are the only company in this field with a practicing emergency room physician as President and Medical Director. Dr. David Johnson's nearly 30 years of emergency medical and backcountry experience provide a depth of expertise that translates into a cutting edge curriculum.

Our team of exceptional instructors are medical professionals with significant patient care experience as well as substantial backcountry resumes. All have been through a rigorous selection and training process. We demand the best, and we get them.

The curriculum is continuously updated and refined. We search the literature and draw from field experience to create the most useful training possible for medical care in difficult and dangerous places. Our emphasis on understanding body systems and medical principles gives students the skills and confidence to adapt and respond. Once an individual has taken one of our courses, he or she will remember and *understand* what needs to be done.

Our courses are preferred by such organizations as Outward Bound, The National Park Service, and the FBI. As *Canoe Magazine* stated, "Wilderness Medical Associates has become the *de facto* standard in wilderness medical training."

CLASS FORMAT

The Standard Wilderness First Responder course is presented in 70 hours over seven or eight days. The course sponsor may add a day off on the eight day course bringing the total on-site time to nine days. Typically, mornings are devoted to classroom lecture and discussion with afternoons used for outdoor practical skills and scenarios. Evenings are reserved for study and assignments. Expect rescue scenarios with made-up victims and simulated wounds to prepare you for backcountry emergencies. Sessions may be videotaped for enhanced learning.

PREREQUISITES

Students must be at least sixteen years old to participate in the standard WFR course. Those under 18 years of age will require the written consent of a parent or guardian. Certain course sponsors may set a higher minimum age or establish other requirements consistent with their program. No previous medical training is required. (*continued on back*)



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COURSE SPONSORS AND INSTRUCTORS

Wilderness Medical Associates® courses are offered by a variety of sponsors in the US and abroad. Sponsors may set rules regarding parking, dogs, the use of alcohol, and other site-specific issues. The course sponsor sets the tuition and provides the classroom and any housing or meals that may be included. All courses are taught by WMA™ instructors who have been through our rigorous selection and training process and adhere to our course standards and curriculum.

TEXTBOOKS

All teaching materials are provided by Wilderness Medical Associates® at no additional cost. This includes the WMA™ textbook, case studies workbook, field guide, lecture notes, and handouts.

COMPLETION AND GRADES

Successful completion with certification is based on 100% attendance, satisfactory performance on homework assignments and written quizzes, demonstrated proficiency with practical skills and a grade of 80% or better on final written exam. Wilderness Medical Associates® is committed to making reasonable accommodation to any student with special needs.

CERTIFICATION

All eligible students who successfully complete the course will receive Wilderness Medical Associates® Wilderness First Responder, Anaphylaxis, and BLS/Healthcare Provider-level CPR certification. These certifications remain valid for three years. This certification can be used to challenge the DOT First Responder Exam, which is at the discretion of the local or state EMS authorities.

RECERTIFICATION

Recertification can be earned at anytime during the three years following your course, but no later than the last day of the month in which your original certificate expires. Recertification options include the 36-hour Wilderness Advanced First Aid Course, the 36-hour Bridge Course, the 24-hour Open Recertification Course, or the 16-hour WMA™ Recertification Course.

WHAT TO BRING

Bring appropriate clothing for the location and time of year. Remember that, rain or shine, much of our time is spent outside. You will also need pens and a notebook. See our Student Handbook and speak with the sponsor for more information.

WFR STANDARD COURSE CONTENT

Patient Assessment System

Environmental Topics: Bites and Stings; Altitude and Diving; Hypothermia, Frostbite and Cold Injury; Thermoregulation; Lightning; Near Drowning

Musculoskeletal Systems: Fractures; Dislocations; Stable Injuries; Splints-Extremities and Spine; Spine Injuries

Practical Skills: Infection Control; Lifting, Moving and Extrication; Medical Emergencies; Litter Packaging and Carries; Improvised Litters, Patient Carries; Search and Rescue; Personal Preparedness

Critical Systems: Anatomy and Physiology; Respiratory System; CPR; ALS/BLS I and II; Circulatory System; Nervous System; Allergies and Anaphylaxis

Other: Wounds; Burns; Principles of Trauma; Emergency Childbirth; Toxins; Backcountry Medicine; Medical and Legal Issues



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FUNCTIONAL POSITION DESCRIPTION FOR WILDERNESS MEDICINE PROVIDERS

The following qualifications, competencies and tasks are required of wilderness medical providers. Wilderness medical certification will only be issued to those students who fulfill these requirements. Students who participate in a course and pass all written and practical exams but do not meet the following qualifications, competencies and tasks may receive a Letter of Successful Completion in place of a certification.

QUALIFICATIONS

1. You must be at least 18 years of age on the first day of the course. If you are under 18 years of age but at least 16 years of age on the first day of the course, written proof of parental consent must be provided by the first day of the course. Generally, a high school education or equivalent is necessary to master the knowledge and skills required of wilderness medicine providers.
2. You must be able to communicate orally via radio and telephone. You must have the ability to interpret written, oral, and diagnostic form instructions. You must have the ability to read English language manuals, road maps, and road signs (U.S. courses only). You must have the ability to calculate medication dosages based on body weight/mass. You must have the ability to interview patients, family members, and bystanders. You must have the ability to document all relevant information in the prescribed format. You must have the ability to converse in English with co-workers and other rescue personnel (U.S. courses only). You must be able to perform the physical and diagnostic skills required for the level of certification. This includes determining blood pressure and lung sounds (WFR, WEMT and WALST[™] certification levels).
3. You must have the ability to assist in lifting, carrying and balancing a person weighing up to 300 pounds (136 kilograms). You must possess good manual dexterity, with the ability to perform all tasks related to the highest quality patient care. You must have the ability to access another person on uneven terrain; to work in confined spaces; and to withstand extreme environmental conditions.
4. You must have the ability to use good judgement and remain calm in high stress situations.
5. You must successfully complete both written exams and practical skills performance and testing conducted by Wilderness Medical Associates.

COMPETENCY AREAS

1. You must demonstrate competency in assessing a patient, handling emergencies, and utilizing Basic Life Support equipment and procedures to the level of certification.
2. You must be able to assess lung sounds at the WFR, WEMT and WALST[™] certification levels.
3. You must demonstrate the ability to perform CPR, control hemorrhaging, properly assess and stabilize an injured spine, manage fractures and other musculoskeletal injuries, reduce simple dislocations, cleanse and dress wounds, and manage environmental emergencies.

DESCRIPTION OF TASKS

This is a generalized summary of tasks a wilderness medical care provider may perform.

- Perform all skills related to the highest patient care while using discretion and professionalism. This includes but is not limited to acknowledging and practicing respect for the patient's rights and privacy.
- Determines the nature and extent of illness or injury, measure pulse rates and blood pressure, assesses respiratory status (including determining lung sounds at the WFR, WEMT and WALST[™] certification levels), observes changes in skin color, searches for medical alert identification. Establishes priority for emergency care. Renders appropriate care to competency level.
- Accesses and assists in the extrication of a patient from an entrapment. Is knowledgeable and able to use or assist in the use of accepted rescue and medical techniques, procedures, and devices as needed. Assists in evacuating patient to an ambulance or medical facility. Uses accepted emergency medical techniques, procedures, and devices.
- Reports nature and extent of illness or injury to ambulance personnel or receiving facility via radio. Establishes on-line medical control as needed. Continually reassess patient during evacuation and provides care as needed.
- Be able to work in extreme environmental conditions and various terrains.
- Documents and reports both orally and in the prescribed format to ambulance or hospital personnel.



COURSE PARTICIPATION STANDARDS

Students frequently ask us if it is okay to miss a portion of their course. We recognize that scheduling conflicts are often unavoidable. We ask our students to recognize that in order to maintain a high quality certification we must set high standards for course participation. This means that even students who have very good reasons for missing a portion of a course may lose the chance for certification.

1. What portion of a course must a student attend in order to be certified?

100% attendance is required. Absences for any course material places certification at risk.

2. What options are available to a student who misses the introductory lecture?

The introductory lecture (the first topic covered on the first day of class) is required in order to pass the course. Students who miss this lecture will not be allowed to participate in this class. Refunds will be subject to the cancellation policy of the sponsoring organization.

3. If a student is absent for a portion of the course, is it possible to make up the missed material?

In general, any student missing more than 2 hours of any course will not be eligible for certification in that course. It is up to the instructor's discretion whether the student may continue. If the instructor allows the student to stay on the course, it is up to the student to make up the missed material before the course is over.

4. Will a refund be issued for the course if the student is asked to leave?

Wilderness Medical Associates will issue no refund to the student. Check with the sponsoring organization's cancellation policy for their refund policy.

5. How many hours per day are students expected to devote to their course?

At least eleven hours a day, not including meals, are spent on the course. Approximately nine hours (not including meals) will be spent in class. Two hours or more will be devoted to homework each evening. It is not possible to be involved in any significant activity outside of the course.

6. On courses that include meals, how much may students participate in meal preparation?

Sponsors are told that, with the exception of breakfast, students should not be involved in food preparation. Students may, however, be expected to help with clean up of all meals.

7. How much pre-course preparation is recommended?

Students on courses of four days or longer and recertification courses are urged to read their textbooks before their course. Course sponsors may request textbooks in advance, which they can distribute to students who have sent in their deposit.

8. What is the minimum length of each course?

WFR: 8 full days; WEMT Upgrade: 6 full days; WAFB: 4 full days; WAFB to WFR Bridge: 4 full days; WALST™: 1 partial and 4 full days; Challenge™/Recertification: 3 full days; Recert: 2 full days; WFA: 1 full day, though most are 2 full days. Courses broken up into evening sessions and partial days are discouraged.

9. If a student already has CPR certification may he or she miss the first day of a WFR?

No. Much more than CPR is covered on the first day and each course may not arrange topics in the same order.

10. Who may participate in Recertification courses?

Recertification students must have a current certification card from WMA™. To maintain current certification, WMA™ graduates must recertify in an approved course every three years. There is no grace period. If CPR certification is not part of the course, evidence of a current BLS-CPR (including two rescuer CPR) certification must be presented to the instructor or the Wilderness Medical Associates office before a recertification card will be issued. WEMT recertification students must hold a current State EMT license. Request our *Recertification Answer Sheet* for more detailed information.

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