WILDERNESS FIRST RESPONDER COURSE
SSRA 242-B

Sponsored by the Wilderness Medicine Institute of NOLS and the Whitman College Outdoor Program

DATES: March 10-19, 2012
COST: $600 Whitman students & staff, $675 Community members
LOCATION: Reid Campus Center Ballroom, Whitman College, Walla Walla, WA

COURSE DESCRIPTION

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue. WMI's curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. You'll be taught by dynamic educators who have practiced both wilderness and urban medicine. This 10-day course is ideal for all professionals operating in remote environments. Adult/child CPR certification is included. This WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS. Furthermore, Whitman students will receive two credit hours of SSRA activity course credit for this class.

REGISTRATION

Whitman Students: The registrar's office will handle all Whitman student registrations for this WFR class. Whitman students can register any time during the Fall semester for this class **(SSRA 242b)** with Stacey Giusti in the registrar's office since this class will occur in January before the Spring semester starts. Registration is handled on a first come first served basis so don't procrastinate**. Make sure you register for the correct section.**

Community Members/ Non-Whitman Students: There are wait list spaces available in the January and March WFR courses for non-students. Registration for these spaces is handled by the Whitman College Outdoor Program Rental Shop on a first come first served basis. 509-527-5965. A deposit of 50% of the tuition is required to reserve a space in the course. Tuition balance is due the first day of the course. **Payments may be made with cash, credit card or check (with driver's license number) to the Whitman College Outdoor Program**. The tuition covers textbooks, syllabus, equipment and certification cards. A full refund will be given if we are forced to cancel the course for any reason.

CANCELLATION AND REFUND POLICY

If a Whitman student withdraws from a course then the normal college refund policy will apply otherwise the following policy will apply:

- *Greater than or equal to 30 days prior to the course starting date, the Whitman College Outdoor Program (WCOP) will retain a $35.00 administrative fee.*
- *Within 30 of the course start and once the course has begun tuition is non-refundable and non-transferable. The WCOP will retain 50% of the course tuition.*

WMI STUDENT AGREEMENT

(including Assumption of Risks and Agreements of Release and Indemnity)

Please download this agreement from http://www.nols.edu/wmi/pdf/wmi_agreement.pdf **and read it** very carefully as it affects your legal rights. Bring the **two-page** signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document. Failure to provide a signed document will result in you not being able to participate in the course. **WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.**

CLASS FORMAT/EQUIPMENT

Check in at **7:45 AM**, Saturday in the small ballroom of the **Reid Campus Center**. Most course days run from 8:00am-5:00pm but two days will also have evening sessions from 6-10pm (Usually day 4 and day 8). The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios and practice sessions will take place both inside and outside. Please bring outdoor equipment appropriate for layering on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and makeup will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slippers and a crazy creek chair.

You will need: a large daypack with multiple layers, water bottle, waterproof tops and bottoms, sturdy boots, headlamp flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so please dress accordingly.

COLLEGE CREDIT

Whitman Students:

Whitman students will receive 2 credit hours of SSRA activity course credit for this course when they register through the normal Whitman class registration process. Since this is a "credit class"; Whitman students are required to be on time and to attend all class sessions or credit will not be granted. Contact the OP Director if you have questions.

Non-Whitman Students:

The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost of $200.00. If interested, please check with the instructors on the first day of class for the necessary information.

CONTINUING EDUCATION CREDIT

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

TRAVEL/DIRECTIONS

From the West: Take Route 12 to Walla Walla. Take the Clinton Street exit, go through the Light at Isaacs and after a few more blocks you will come to Boyer Ave. Turn right onto Boyer Ave, and drive a few more blocks to S. Park Street. The Reid Campus Center is the large new brick building on the Southwest corner of the intersection of Boyer and South Park Street. The Ballroom is on the main floor. The address is 280 Boyer Ave, Walla Walla, WA, 99362 in case if you want to use mapquest to get directions.

If you are coming to Walla Walla from the south then take Route 125 until you intersect Route 12 and then follow the directions above.

The outdoor program rental shop is located in the basement of the Reid Campus Center and the director's office is located on the top floor of the Campus Center in Room 209.

LODGING

Whitman students:

The residence halls are closed during Winter Break and you will need to find your own lodging off campus. Students normally talk to upperclassmen and other people that have an apartment or house off campus and make arrangements on their own. You can also get a list of fellow students enrolled in the class from the OP Director to see if anyone else in the WFR course can help you with lodging.

Non-Whitman students:

Limited housing space is available in the Douglas Hall Guest Room on campus. This unit has a bedroom with two single beds, a living room with a couch/bed, a small kitchenette, a small refrigerator and a bathroom with a shower. The cost is $175 for the entire space for the length of the course. Please keep in mind that this is a low budget shared lodging option and there will be a total of three in the space. This room is available starting on the **night of March 9, 2012 until the morning of March 19, 2012**. Contact the Outdoor Rental Shop (509) 527-5965 if you are interested in the Douglas Guest Room. Arrangements for keys can then be made.

Walla Walla also has many hotel options and the Walla Walla Vineyard Inn (509) 529-4360 and the Travel Lodge (509) 529-4940 are the closest. Feel free to contact the OP Director for other possible options.

FOOD OPTIONS

• There is no meal plan for this course. A few favorite places for students to eat include:

La Monarcha Taco Truck #1 Parked at the corner of West Rose Street and 11th

La Monarcha Taco Truck #2 Parked on Isaccs Ave in the NAPA Auto Parts Parking Lot

Taququeria Yungapeti 320 S 9th Ave (Taco truck food in an indoor setting)

Stone Soup 105 E. Alder St. 525-5008 (Good place for lunch. Great sandwiches)

Thai Ploy 311 9th Ave, Walla Walla, WA, 99362 (Thai food, no reservation needed)

Colville Street Patisserie 40 S. Colville 509-301-7289 (Great desserts)

The Green Lantern 1606 E Isaacs Ave 509-525-6303 (Great fish tacos and bar food. Good micro brew selection)

Bangkok 103 Café 44 N. College Ave, College Place 522- 3007 (Thai food, good place for dinner. Make a reservation)

PETS ARE NOT ALLOWED IN THE REID CAMPUS CENTER.
NO SMOKING OR ALCOHOL IS ALLOWED ON THE SITE

We are very interested in everyone enjoying the course and their stay, so please feel free to contact us for any assistance.

Safe travels,

Brien Sheedy
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Outdoor Program Director
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509-527-5791 (work)

Alicia "Lish" Riley
Rental Shop Manager
rileyab@whitman.edu
509-527-5965 (Work)

Travel Time

Portland 4 hours

Seattle 4.5 hours

Spokane 3 hours

Boise 4.5 hours

Medford 8 hours

Missoula 6 hours

1 Penrose House
2 Maxey Hall
3 Lakum Duckum
4 Memorial Building
5 Sherwood Athletic Center
6 Harper Joy Theatre
7 Penrose Library
8 Hall of Science
9 Olin Hall
10 Sheehan Art Gallery
11 Jewett Hall
12 Lyman House
13 Amphitheatre
14 Tekisuijuku
15 Environmental House
16 La Maison Francaise
17 La Casa Hispana
18 Fine Arts House
19 Das Deutsche Haus
20 Global Awareness House
21 Community Service House
22 Writing House
23 Asian Studies House
24 Multi-Ethnic House
25 William O Douglas Hall
26 Baker Faculty Center
27 Prentiss Hall
28 Hunter Conservatory
29 Anderson Hall
30 Hall of Music
31 Health Center
32 Reid Campus Center
33 Alumni House
34 Marcus House
35 Dance Studio
36 Cordiner Hall
37 Bratton Tennis Center
38 College House
39 Whitman Athletic Complex
40 Organic Garden
41 Physical Plant Services
42 Beta Theta Pi
43 Tau Kappa Epsilon
44 Phi Delta Theta
45 Sigma Chi
46 Sherwood House
47 North Hall
48 Bracher Observatory

Wilderness Medicine Institute of NOLS

Wilderness First Responder Course Schedule

DAY 1
Morning
Introductions: Wilderness vs. Urban
Initial Assessment
Patient Exam
Vital Signs: LOR, HR, RR, SCTM
Afternoon
Vital Signs: BP, Pupils
Focused History
Documentation
Medical Legal Issues
WFR Text Chapters: 1, 2, 3
NOLS Wilderness Medicine Chapters: Intro, 1, 27

DAY 2
Morning
Problem of the Day
Review and Practical Session
CPR
Afternoon
CPR: Remote Environments and Oxygen
Spinal Cord Injuries
Lifting and Moving
Spinal Immobilization Litter Packaging, Carrying,
Long- Term Patient Management
WFR Text Chapters: 4, 5, 8, Appendix A, B and C
NOLS Wilderness Medicine Chapter: 4

DAY 3
Morning
Problem of the Day
Chest Injuries
Shock
Afternoon
Focused Spinal Assessment
Head Injuries
WFR Text Chapters: 7, 8, 9, 10
NOLS Wilderness Medicine Chapters: 2,3, 4

DAY 4
Morning
Problem of the Day
Wilderness Wound Management
Afternoon
Problem of the Day
Athletic Injuries
Fracture Management
Evening
Traction Splinting
Dislocations
WFR Text Chapters: 6, 12, 13, 14, 15
NOLS Wilderness Medicine Chapters: 5,6,7,8

DAY 5
Morning
Problem of the Day
Review and Practical Session
Hypothermia
Frostbite and Non-Freezing Cold Injury
Afternoon
Heat and Hydration
Altitude Illness
Practical Scenario
WFR Text Chapters: 16, 17, 18
NOLS Wilderness Medicine Chapters: 9,10,11

DAY 6 **DAY OFF**

DAY 7
Morning
Problem of the Day
Cardiac Emergencies
Respiratory Emergencies
Afternoon
Neurological Emergencies
Acute Abdomen
WFR Text Chapters: 11, 23, 24, 25, 29
NOLS Wilderness Medicine Chapters: 17,18,19

DAY 8
Morning
Problem of the Day
Mental Health
Bites and Stings
Allergies and Anaphylaxis
Afternoon
Diabetes
Search Scenario
Principles of Search and Rescue/Evacuation
Evening
Mock Rescue
WFR Text Chapters: 21, 26, 28, 34, 35, 36
NOLS Wilderness Medicine Chapters: 16, 25

DAY 9
Morning
Mock Rescue Debrief
Leadership, teamwork, Communication
Common Problems Wrap-up
Communicable Disease
Poisoning
Lightning
Afternoon
Submersion Incidents
Gender Medical Issues
WFR Text Chapters: 19, 20, 27, 30, 31, 32
NOLS Wilderness Medicine Chapters: 21,22,23,24, 20, 12, 13,14

DAY 10
Morning
Decision-making
Wilderness Drug and First Aid Kits
Written and Practical Exams
Afternoon
Written and Practical Exams
Closing Ceremony
WFR Text Chapters: 37
NOLS Wilderness Medicine Chapters: appendix,

Textbook: *The Wilderness First Responder* by Buck Tilton or *NOLS Wilderness Medicine* by Tod Schimelpfenig

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WHITMAN COLLEGE
WFR REGISTRATION FORM FOR NON-WHITMAN STUDENTS 2012

The course fee is $675 for the community. Whitman students should register through the normal college registration process. Half of the tuition is required at the time of registration and the remainder is due before starting the course. Limited lodging may be available at the Douglas Hall Guest room. Call the OP rental shop for details. Please mail your tuition to: Whitman College Outdoor Program, Att. WFR Registration, 345 Boyer Ave, Walla Walla, WA, 99362. Checks should be made to the Whitman College Outdoor Program. If you have any questions then feel free to call 509-527-5965 or 509-522-4395.

Please enroll me in:
Wilderness First Responder Course at ***Whitman College*** on ***March 10-19, 2012***

Fee payable now: ____ full tuition of $ _____ Paid by: ☐ check # _____ , Credit card_____
_____ ½ tuition of $ _____ Paid by: ☐ check # _____, Credit card_____

I would like to reserve a spot in the Douglas Guest Room.
____ Lodging fee $ 175 Paid by: ☐ check # _____, Credit card_____

You must be 18 years of age to take this course.

Name: _____ Address:_____
Phones: Work (___)_____ _____
Home (___)_____ Agency: _____
e-mail address:_____

If Paying by credit card please fill out the following:
Name on card: _____ Billing Address and zip code:_____
_____
Card #_____ Expiration Date: _____ 3 digit code on back:_____
Card Type: VISA _____ Mastercard_____ Discover_____