

WILDERNESS FIRST RESPONDER COURSE SSRA 242-A

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

DATES: January 4-13, 2013

COST: \$615 Whitman students & staff, \$695 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 242a) 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 10 spaces reserved for the January WFR courses for non-students. If spaces remain available, registration will remain open until filled. 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**, Friday 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 possible total of three people in the space. This room is available starting on the **night of January 3rd**, **2013 until the morning of January 13, 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 Whitman College Outdoor Program Director sheedybr@whitman.edu 509-522-4395 (Work) 509-529-7878 (Home) Sam Norgaard-Stroich Whitman College Outdoor Program Assistant Director Interim Rental Shop Manager norgaas@whitman.edu 509-386-7346 (Cell) 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

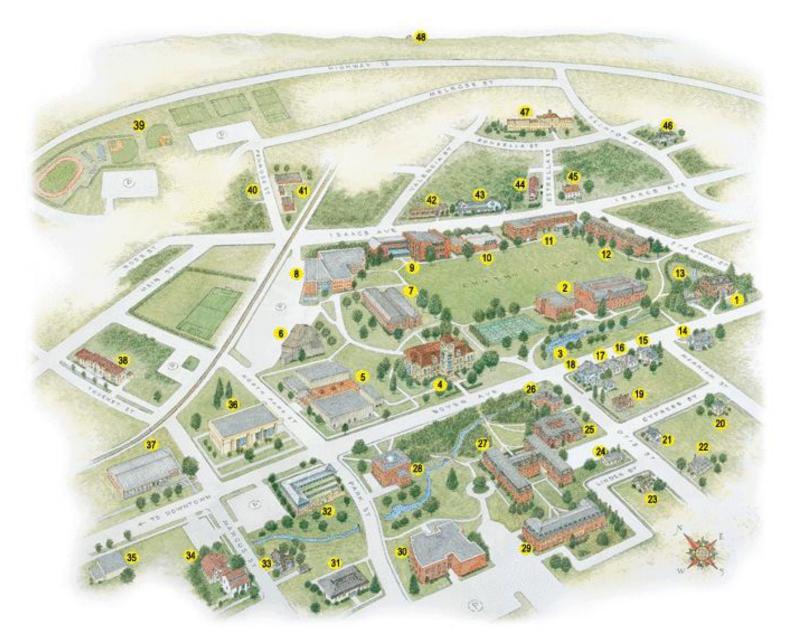
Spokane 3 hours

Boise 4.5 hours

Medford 8 hours

Missoula 6 hours





- 1 Penrose House 2 Maxey Hall
- 3 Lakum Duckum
- 4 Memorial Building
- 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 Française

- 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
- 39 Wnitman Athletic Compl 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

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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

Morning

Problem of the Day

Review and Practical Session

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

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



WHITMAN COLLEGE WFR REGISTRATION FORM FOR NONWHITMAN STUDENTS 2013

The course fee is \$695 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 <i>January 4-13, 20</i>	013
			, Credit card, Credit card
I would like to reserve a spot	•	□ check # _	, Credit card
You must be 16 years of age the Student Agreement.	to take this course. Anyon	e under 18 must h	ave a parent or guardian's signature o
Name:		Address:	
		Agency:	
If paying by credit card plea	ase fill out the following:		
Name on card:		Billing Address and zip code:	
Card #		Exp. Date:	3 digit code on back:
Card Type: VISA		•	Discover

*We cannot accept American Express