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 Isaacs 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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Whitman College
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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
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: 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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WFR Schedule May 2010
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 (___)____________________________

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 __________
