

University of Idaho

College of Natural Resources

PO Box 1025 McCall, ID 83638 (888) 634-3918 ph (866) 540-4833 fax www.mossidaho.org

WILDERNESS FIRST RESPONDER COURSE

The McCall Outdoor Science School and NOLS Wilderness Medicine Institute

DATES: September 28 – October 7, 2013

COST: \$665 Tuition only; \$1104.79 Tuition, Room and Board

LOCATION: University of Idaho, McCall Outdoor Science School (MOSS), McCall, Idaho

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 will 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 will 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 will 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 and FBAO certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

REGISTRATION/POLICIES

A deposit of \$300 is required to reserve a space in the course. Tuition balance is due the first day of the course. Payments may be made via checks, *Visa/MasterCard* or cash. The tuition fee covers textbooks, syllabus, equipment and certifications. A full refund will be given if we are forced to cancel the course for any reason.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, sponsor will retain a \$35 administrative fee.
- Within 30 days of the course start date and once the course has begun, deposit, tuition and room/board are non-refundable and non-transferable.

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 is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. Two evening sessions will be scheduled. 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 clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a camp-type chair.



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

CONTINUING EDUCATION COLLEGE CREDIT AND EMT CEUS

The course is pre-approved for three (3) semester hour credits through the University of Utah at an additional cost of \$300.00. If interested, please check with the instructors on the first day of class for the necessary information.

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

The McCall Field Campus is located on the shores of Payette Lake, inside Ponderosa State Park, about 1.5 miles (2.4 km) north of McCall, Idaho. McCall can be reached heading south via State Highway 55 from New Meadows, Idaho, and reached by heading north on Highway 55 from Boise. Turn east on Railroad Ave; turn left at the second stop sign on Davis; go through the stop sign on Lick Creek and drive into the park; go through the kiosk (stop and tell the PSP employee that you are coming here); and you will see our driveway on the left.

LODGING/ RECREATION

On site room and board: \$439.79

On site meals begin with breakfast on Saturday, September 28th and end with sack lunch on Monday, October 7th. On site lodging begins Friday, September 27th and ends Monday morning, October 7th. The lodging facilities are bunkhouse units; space may be shared with up to five other people of the same gender. Bring bedding and linens with you; bottom sheets are provided.

Alternative Lodging Options: InIdaho.com 1-800-84-IDAHO (1-800-844-3246)

Ponderosa State Park, http://www.idahoparks.org/parks/ponderosa.aspx. Located next to MOSS

PETS ARE NOT ALLOWED AT THE COURSE. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

Alcohol and smoking are permitted in designated areas only.

Please contact us with any questions or concerns you may have. Our office hours are Monday - Friday, 8:30 a.m. - 4:30 p.m. Mountain Time.

Phone: 888.634.3918 Email: mccall@uidaho.edu
FAX: 866.540.4833 Web site: http://mossidaho.org







McCall Outdoor Science School

an experience for all learners

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NOLS Wilderness Medicine Institute 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, 29

DAY 2 Morning

Problem of the Day

Review and Practical Session

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, 23

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: 12, 16, 19, 21, 25

DAY 9 Morning

Mock Rescue Debrief

Leadership, Teamwork, Communication

Common Problems Wrap-up Communicable Disease

Poisoning

Lightning

Afternoon Submersion Incidents

Urinary and Reproductive

WFR Text Chapters: 19, 20, 27, 30, 31, 32

NOLS Wilderness Medicine Chapters: 12, 13, 14, 20, 22, 24-26, 28

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: 27

Textbook: The Wilderness First Responder by Buck Tilton or

NOLS Wilderness Medicine by Tod Schimelpfenig