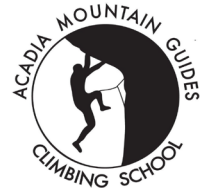




# WAFA, WFR, WEMT Open Recertification



Mount Desert Island, ME • June 12 – 14

**Tired of the same old wilderness medicine recert course? This one promises to be different!**



Do you want to be prepared for a remote accident? Do you want to learn best practices? Are critical thinking and problem solving important to you? If you answered yes to any of the above, then sign up for this scenario based introduction to wilderness medicine.

Refresh good assessment and scene leadership skills. Get feedback your risk benefit and decision making skills. Remind yourself about shock vs ASR. Learn to safely move spine injured patients. Refresh caring ugly wounds and broken bones with greater confidence. Review epinephrine for severe airway constriction. Recognize situations you can manage alone and when you need to scream for help.

Each day is devoted to classroom interaction and outdoor practical skills. You should expect scenarios with made up victims and simulated wounds to occur continuously throughout the course. Certification is through Wilderness Medical Associates International and is valid for three years.



Open to graduates of any wilderness-based first aid training course that was at least 64 hours long and completed within 3 years of the proposed recertification option. WMA WEMS graduates with a current EMS license may also recertify the wilderness portion of their WEMS certification with this course.

**Time:** 8:30 am – 6:00 pm Sat and Sun., 8:30 – 4:00 Mon

**Tuition:** \$325.00. **Register now. Space is limited.**



**Instructor: Jon Tierney.** It Matters who teaches your course! Don't let your instructor be the limiting factor for your learning.

Jon brings a unique blend of education delivery and field experience in outdoor leadership, mountain guiding, backcountry rescue and emergency medicine spanning over three decades. He is an IFMGA internationally licensed mountain guide who also is employed as a Flight Paramedic.

**Acadia Mountain Guides Climbing School**

92 Main Street • Orono

AcadiaMountainGuides.com

climb@acadiamountainguides.com 207-866-7562



# Wafa, WFR, WEMT Open Recertification



## Course Information: June 12 – 14, 2021

Thank you for your interest in our Wilderness Medical Associates International Wilderness First Aid course instructed by Jon Tierney of Acadia Mountain Guides Climbing School. Please read over the following information and if you have any remaining questions, please contact the office!

### Description:

**Tired of the same old wilderness medicine recert course? This one promises to be different!**



Do you want to be prepared for a remote accident? Do you want to learn best practices? Are critical thinking and problem solving important to you? If you answered yes to any of the above, then sign up for this scenario based introduction to wilderness medicine.

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Each day is devoted to classroom interaction and outdoor practical skills. You should expect scenarios with made up victims and simulated wounds to occur continuously throughout the course. Certification is through Wilderness Medical Associates International and is valid for three years.

### Who should take the course?

Open to graduates of any wilderness-based first aid training course that was at least 64 hours long and completed within 3 years of the proposed recertification option. WMA WEMS graduates with a current EMS license may also recertify the wilderness portion of their WEMS certification with this course.



**When?** June 13 – 14th, 2021. Class will begin at 8:30 a.m. and end at 6:00 p.m. and may occasionally run over by 15 – 20 minutes. These days will be long and intense, and you must plan time for evening study. Try to get a good rest and get personal matters out of the way before the course

**Where?** Meet at 5 Hall Quarry Road. Look for “WFR” sign. Great hiking, mountain biking, rock climbing and beautiful sunrises can be had minutes away in beautiful Acadia National Park. This course will be taught completely outside. Please be prepared for what mother nature provides us.

### Pre-requisites:

Open to graduates of any wilderness-based first aid training course that was at least 64 hours long and completed within 3 years of the proposed recertification option. WMA WEMS graduates with a current EMS license may also recertify the wilderness portion of their WEMS certification with this course.

### **COVID related pre-requisite:**

Please refer to Maine State Travel Guidelines [Maine.gov linked here](https://www.maine.gov/travel)

**Tuition:** \$325.00

**To Register:** call 207 866-7562, 7 days a week, Registration closes 14 days prior to class start.



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**Payment:**

A 50% deposit is required for registration. Balance due three weeks (21 days) before the beginning of program.

**Cancellations:**

When you book a course with Acadia Mountain Guides you are agreeing to our cancellation policy. Please realize that if your travel does not go according to plan in any way and for any reason, we are unable to provide credits or refunds outside of what is described below. We strongly recommend that you purchase trip insurance to protect your activity purchase against unforeseeable circumstances which include but are not limited to:

- Anticipation of Inclement Weather
- Flight and Travel Delays and Conditions
- Personal or work schedule changes
- Injury or Illness of self or family member

If you cancel more than 21 days in advance you may put the deposit toward a future course or receive a refund of 50% of your deposit. Cancellations made within twenty-one (21) days of program forfeit full tuition rate. Alternatively, if you find a replacement you will receive a 100% refund. A full refund will be given if Acadia Mountain Guides Climbing School must cancel the course.

**Class Meeting:** June 12 - 13, 2021. Class will begin at 8:30 a.m. and end at 6:00 p.m. and may occasionally run over by 15 - 20 minutes. Try to get a good rest and get personal matters out of the way before the course.

**Location:** Meet at 5 Hall Quarry Road. Look for "WFR" sign. Great hiking, mountain biking, rock climbing and beautiful sunrises can be had minutes away in beautiful Acadia National Park.

**Staying Connected:**

Cell service is limited based on your provider. No WIFI is available at course site unless you can get data with your cell.

**Meals:**

Meals are provided if purchased in advanced. Lunch breaks will be provided, and we recommend that you bring a lunch to the course location.

**Lodging:**

There are numerous accommodations in nearby Bar Harbor (20 min) and Southwest Harbor (10 min). Camping at Somes Sound Campground is a 5-minute walk.

**Instructor Profile:** It matters who teaches your course! All of the following courses are led by school owner Jon Tierney. Jon is one of the nation's most experienced wilderness medicine instructors with over 1500 teaching days and tons of real-life mountain rescue experience. He is a practicing flight paramedic and an internationally licensed IFMGA mountain guide. Jon has a highly developed blend of education and experience in outdoor leadership, mountain guiding, backcountry rescue and emergency medicine spanning over three decades.

Jon is often assisted by a number of talented WMAI instructors as well that includes paramedics, ER/Critical Care and Flight nurses, and strong outdoor educators and guides.

If you can't take one of our courses there are several other highly experienced WMAI instructors to choose from. Among the many wilderness medicine providers, we believe that WMAI has the highest standards for both becoming and maintaining instructor status and WMAI is the company we feel most comfortable recommending to clients.

**Inclusions:**

- 3 year certification from Wilderness Medical Associates International and Anaphylaxis, and BLS/Healthcare Provider-level CPR certification



### **Exclusions:**

- Meals (if not purchased ahead of time)
- Lodging
- Participants should bring old clothes and extra clothes for scenarios
- Transportation to / from local scenario sites
- Instructor / Guide Gratuities

**Supplies:** You will need a headlamp, a roll of Duct Tape and old throwaway shirts, socks and pants for simulations.

### **Texts included with course:**

SOAP Notes, WARM Manual or Field Guide if you don't have one

### **Permanent Gear Discount Perk:**

Any outdoor gear you may want can be purchased ahead of the course from our gear store - [Alpenglow Adventure Sports](http://AlpenglowAdventureSports.com) - where you get a 25% off purchases made within 7 days before or after the course and a 15% discount off MSRP for life!!! Purchases may be made in-store or online. Gear purchased in advance of course can often be brought to you on the course.

Again, All of our clients receive a **LIFETIME 15% DISCOUNT** on all outdoor gear and clothing purchases through Alpenglow Adventure Sports in Bar Harbor and Orono, or at our website [AlpenglowGear.com](http://AlpenglowGear.com). No double discounts allowed, if for some reason an order with double discount is submitted we will contact you. Upon registration you will be provided a discount code.

### **Learning Goals:**

- Students will develop improved critical thinking and diagnostic/analytical skills enabling optimum decision-making
- Student will have the skills, knowledge and abilities to provide emergency first aid for a wide array of injuries and conditions in a remote setting
- Students will be able to clearly communicate diagnosis and treatment plan to victims, rescue workers and other expedition members.
- A strong understanding of how to manage the site environment to avoid additional injury to the victim while keeping the site safe for other expedition participants.

### **Course Objectives:**

WMAI courses present nationally recognized curricula. The style of the course is the result of input from outdoor educators, medical experts, search and rescue personnel, EMS field providers and prior students. Certification through Wilderness Medical Associates International will be granted following successful completion of the course. This course reviews the WFR/WEMS curriculum.

- General Concepts in Wilderness and Rescue Medicine
- Patient Assessment System Critical Body Systems: BLS and CPR; Anaphylaxis and Asthma
- Practical Skills: Lifting, Movement and Extrication; Spine Stabilization and Litter Packaging; Improvised Splinting and Litter Construction, Wound Cleaning and Exploration
- Environmental Topics: Exposure Control; Bites and Stings; Altitude Illness; Cold Injuries; Diving Emergencies; Thermoregulation; Lightning; Near Drowning; Avalanche
- Musculoskeletal Systems: Spine Injury Assessment; Musculoskeletal Injuries; Extremity Splinting; Dislocations
- Backcountry Medicine: Routine management and prevention of some common medical problems encountered in the wilderness: sprains and strains, diarrhea, seasickness, minor wounds, urinary infections, dental problems, headaches, etc.
- Other: Medical Legal Issues; Soft Tissue Injury; Toxins; Search and Rescue; Emergency Childbirth; Medical Kits

### **Sample Outline:**

Below is a sample curriculum for the 3-day Open Recert. We strive to make each class slightly different in structure to maintain presentation freshness.

Day 1	
.5 hr	Introductions, Registration and Overview
.5 hr	General Concepts Overview
.5 hr	Scene Leadership / Backcountry ICS
.75 hr	Patient Assessment
1.5 hr	BLS Skills
1.0 hr	Lifting / Moving / Extrication
2.5 hrs	Critical PAS Drills



Day 2	
1.0 hr	Enviro (hyperthermia/hypothermia, Cold)
1.0 hrs	Anaphylaxis and Asthma
.5 hr	Enviro (Lightning, Drowning, Avalanche)
1.0 hrs	Soft Tissue Injury / Wound
1.0 hrs	Musculoskeletal Injuries
1.5	Backcountry Medicine
1.5	Simulation Exercise
.5	Evaluation

Day 3	
1.5 hrs	Spinal Assessment and management
.75 hr	Dislocations
1.5 hr	Additional scenario / PAS drills
1.0 hr	Student selected topics
1.5 hrs	Final scenario
.5 hr	Evaluation

### **Pre-course Preparation:**

*Wilderness Medical Associates now uses an education platform called Moodle for pre-course paperwork and post-course evaluations and PDF certifications. The following steps will guide you through creating an account and enrolling into your course.*

**Step 1: Create Your Moodle Account.** Click on the following link and create a new Moodle account: <https://courses.wildmed.com/login/index.php> You will need to confirm your new Moodle account via email.

*Note: Please check your spam or junk mail folder if the confirmation email does not show up in your inbox. Sometimes those working for agencies with robust cyber security measurements results in the course confirmation emails being blocked. Please contact [techsupport@wildmed.com](mailto:techsupport@wildmed.com) if you do not receive an email and we will manually confirm your account.*

**Step 2: Enroll Into Your Course.** While logged into your Moodle account, click on the following Enrollment link and then click the Enroll Me button: <https://courses.wildmed.com/enrol/index.php?id=3809&enrollKey=31279>

*Note: In order for the Enrollment Key to auto-fill, you must be logged into Moodle before clicking on the link in Step 2. If the self-enrollment key does not auto-populate enter the 5 digit number at the end of the link in the self-enroll box located at the bottom of the page.*

**Step 3: Complete the Start Here and Course Paperwork Sections.** Complete these sections as directed in your course. At a minimum you will need to complete 3 activities in the General Course Information section and fill out 3 forms in the Course Paperwork section to unlock additional pre-course work, if applicable.

**After Your Course: Course Evaluation & WMA Certification Card.** Once you have completed your course, you can 1) complete a course evaluation and 2) generate a PDF copy of your WMA certification. Both are located in the Course Evaluation and Electronic Certification section.

### Minimum Registration Requirements

A minimum of ten (10) participants are needed to run this program and there is a maximum of twenty eight (28) for the WFA / Recert in combination. The decision to run the program will be made three weeks prior to the start date. In the case of low registration, you will have the options of joining another program, receiving a refund or possibly paying an additional amount to allow the program to run with lower numbers.

### Have a group?

Are you part of a college organization, ski club, summer camp, etc.? We are happy to schedule a customized course for organizations, small groups, and individuals. We offer courses in backcountry skiing, avalanche safety, rock and ice climbing, high altitude mountaineering trips, wilderness medicine and slope access / technical rescue. We can travel to you or you can come to us. Of course, if you would like to schedule a course or trip in Iceland, Colorado, or Japan, etc. we would be very pleased to work with you.

## Important Classroom Details



**Risk and Rescue:** Enjoying the outdoors necessitates a certain degree of risk-taking and so does taking a wilderness medicine course. You are participating in this course at your own risk. You will be asked to lift other people, you will have make-up applied to your skin, you will be training in an outdoor environment that may be cold, hot, rocky, slippery, or wet. You will be participating in training exercises in outdoor areas that are remote and, as in all outdoor activities, are inherently dangerous and are often physically and emotionally demanding. You will be participating in emergency medical training scenarios with other students under circumstances where accidents, mistakes or other circumstances may result in injury to me. Please be sure that you are fully aware of such risks. .If you have a pre-existing condition that may impact your participation, it is your responsibility to notify the instructor so that accommodation can be made. It is our goal to interpret the environmental, situational and group variables and to make educated decisions to minimize dangers to you while at the same time providing an enjoyable and memorable experience.

### IT IS CRITICAL THAT YOU ARE PREPARED WHEN YOU COME TO CLASS.

Make sure you have had adequate sleep and it would be best not to work all night the night before class. Hangovers are another bad idea. Be prepared to be outside in all weather; **let me stress, be prepared to be outside in all weather.**

We will be practicing our skill scenarios in real conditions that may mean outside in the pouring rain, the snow, the mud or other unpleasant conditions. Dress warmly in layers and bring a change of clothes for scenarios is a good idea.

**BRING OLD CLOTHES TO CLASS TO WEAR FOR SCENARIOS.** At times you will be playing a patient. Some of the make up we use stains clothing and some scenarios will force you to lay in snow, slush and mud. Clothing may get cut up.

If you have any physical limitations that keep you from performing this type of scenario let your instructor know in advance.

