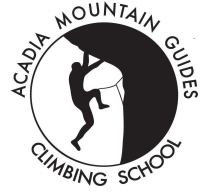




5 Day Wilderness First Responder Course Information



Mount Desert Island, ME • June 17 - 21 • \$675

Thank you for your interest in our Wilderness Medical Associates International Wilderness First Responder course. Please read over the following information and if you have any remaining questions, please contact our office!

Description:

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.



- Develop good assessment and scene leadership skills. Further your risk benefit and decision making skills. Understand real shock. Learn to safely move spine injured patients. Treat ugly wounds and broken bones with greater confidence. Administer 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.
- This is an intensive five-day course covering a wide spectrum of emergency care topics relative to wilderness medicine and caring for injuries and illnesses over prolonged periods of time.
- The course combines discussions, practical stations and real-life simulations. Topics include assessment and management of traumatic injuries such as fractures, burns and wounds; circulatory, nervous, and respiratory system problems; common injuries such as blisters, sprains and strains; medical problems such as anaphylaxis, toxins, altitude, hypothermia, hyperthermia, and infections; and use of improvised materials in remote situations. The course includes information on personal outdoor preparedness, accident management and prevention and introduces you to simple evacuation techniques and rope work.
- Three year certification through Wilderness Medical Associates International will be granted following successful completion of the course.

Who should take the course?

The course may be taken by anyone who would like to gain practical medical first aid skills. No experience required. This program is designed for the person who frequently travels in the backcountry and is seeking a level of competency beyond basic wilderness first aid. It is an introduction to the broad concepts of rendering care in a remote setting. The course includes CPR training. You can expect the course to be intensive and to cover the most important aspects of wilderness medicine. Normally taught over eight days, this fast track course requires approximately 25 hours of pre-course study.

Pre-requisites:

Students must be at least 16 years old to participate in this course. Those under 18 years of age require the written consent of a parent or guardian.



Acadia Mountain Guides Climbing School

92 Main Street • Orono

AcadiaMountainGuides.com

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COVID related pre-requisite:

Participants must review and comply with [Maine CDC](#) guidelines in effect at time of course.

Tuition: \$675.00

To Register: Register online [Wilderness First Responder](#) or call 207 866-7562, 7 days a week, 10:00 am - 6:00 pm. Registration closes 14 days prior to class start.

Payment:

Full tuition is required for registration.

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 14 days in advance you may put the deposit toward a future course or receive 75% refund. Cancellations made within fourteen (14) 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.

Covid Specific Cancellations:

If you are symptomatic or found positive for COVID, or have been exposed to COVID + person(s) in the past 10 days you may request to be rescheduled into a future course.

When & Where to Meet:

When? June 17 – 21st, 2022. Class will begin at 8:30 a.m. and end at 6:30 p.m. 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 / WEMS” 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.

Meals, Lodging & WIFI Information:

Meals: There are many restaurants and food stores in nearby Southwest Harbor and Bar Harbor. Lunch breaks will be provided but we recommend that you bring a lunch.

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 away.

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

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, emergency RN 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.

Inclusions:

- 3 year certification from Wilderness Medical Associates International and Anaphylaxis, and BLS/Healthcare Provider-level CPR certification
- Course Texts; SOAP Notes, Wilderness and Rescue Medicine, and The Wilderness Medical Associates Field Guide, Case Study Workbook, Lecture Notes.

Exclusions:

- Meals and lodging
- Participants should bring old clothes and extra clothes for scenarios
- Transportation to / from local scenario sites
- Instructor 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:

Wilderness and Rescue Medicine: A Guide for Basic & Advanced Practitioners

Wilderness Medicine Workbook

Field Guide of Wilderness & Rescue Medicine

WEMS Class Notes

SOAP Note Book



Permanent Gear Discount Perk:

Any outdoor gear you may want can be purchased ahead of the course from our gear store - [Alpenglow Adventure Sports](#) - 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 online. 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 Topics:

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.

- 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



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.

Assessment

Practical: This will cover all practical skills and group scenarios.

Case study Assignments: In addition to subject reading, case studies may be assigned for evening review.

Grading: Successful completion with certification is based on 100% attendance, satisfactory performance on homework assignments and written quizzes, demonstrated proficiency with practical skills and a grade of 80% or better on final written exam.

Class Engagement:

It is safe to say that this class will be different from many classes you have taken. You are being prepared for entry into a profession and this is the critical time to instill the core values of wilderness leadership and EMS organization: teamwork, professionalism, and integrity. You will often operate independently caring for patients for minutes to days until advanced further help can arrive, For this reason we have to get the absolute most we can out of every second of that training which means keeping the class engaged and active from minute one. You will be involved from minute one, there will be discussions, team activities, oral reports, scenario based learning, video-taped scenario based learning, simulations made as real as possible and an intense level of practice, evaluation and follow up practice. You should expect to be outside regardless of the weather. You will be working on your hands and knees (in the mud and snow) and carrying loaded litters over rough terrain and through brush. For your own personal safety and comfort, please come to class prepared to go outside on a moment's notice. Please bring your notebook along with a way to use it, (yes, even in the rain or snow) for each class.



Wilderness First Responder (WFR) 5 day Intensive Pre-course Requirements:

Unlike the standard 8 day WFR, the 5 day version the WFR course requires approximately 25 hours of pre-course study which includes familiarizing yourself with the information listed below and includes completing a fairly long and intensive Study Guide and a Pre-test.

1. Read the Wilderness and Rescue Medicine: A Guide for the Basic and Advanced Practitioner (WARM) manual. The book is available through Acadia Mountain Guides and provided upon registration.
2. Complete the online study guide.
3. Complete WMA pre-test and receive at least a 80% on that test. Please complete at least one week prior to the course start date. Hint: Pay attention as several questions have multiple answers.

Pre-course Preparation:

Wilderness First Responder Registrants

You must create an account on wildmed.com and then register for the course in the WMAI Moodle learning management system. Directions below.

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: Click on this enrollment link: <https://courses.wildmed.com/login/index.php?enrollkey=32057>

- New users, click 'Create new account' and follow the directions on the New Account page. The 'enrollment key' will be entered automatically. You will be automatically enrolled in your upcoming course when your account is created. If the enrollment key does not populate, enter 32057.
- Existing users, sign in using your WMA Moodle login information. The 'enrollment key' will be entered automatically. When you click 'Log in', you will be automatically enrolled in your upcoming course. If the enrollment key does not populate, enter 32057.

Note: The enrollment link above is for enrollment only. Once enrolled, please use <https://courses.wildmed.com/login/index.php> to log in and access your course via the Dashboard.

Step 2: Complete the Start Here and Course Paperwork Sections. Complete these sections as directed in your course. Please review the Start Here section and complete all items in the Required Pre-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 eight (8) participants are needed to run this program and there is a maximum of twenty one (21). The decision to run the program will be made at 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.

IT IS CRITICAL THAT YOU ARE PREPARED WHEN YOU COME TO CLASS. Do not plan on leaving at exactly the stated end time everyday, some exercises may take us over by 30 – 60 minutes. Plan to be there later and on the days you can leave on time you will be pleasantly surprised. Come to class prepared to work both physically and mentally.

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.

To prepare academically for class you should do the following: read the assigned chapters to be covered in that class in advance, pay special attention to the key points that are mentioned in class. Prepare a list of questions for discussion of points that are not quite clear to you for class. After class re-read the assigned chapters, do the workbook, study any hand-outs, returned assignments or homework.

MOST IMPORTANTLY, BE INVOLVED IN THE CLASS AND ASK QUESTIONS IF SOMETHING DOES NOT MAKE SENSE.

Sample Outline:

Below is a sample curriculum for the 5 day WFR / WEMS Upgrade Class. We strive to make each class slightly different in structure to maintain presentation freshness.

Day 1			
0830-0900	.5 hr	Introductions, Registration and Overview	
0900-1000	1 hr	General Concepts Overview	CH 1 & 2
1015-1100	.5	Scene Leadership / Backcountry ICS	
1100-1200	.75 hr	Patient Assessment, Demo / Practice, SOAPS, Radio Reports	CH 3
1200-1300		Lunch	
1300-1500	1.5 hr	Lifting / Moving / Extrication	FG pg 36-37
1500-1630	2.5 hrs	PAS Drills – Circulatory System Overview	CH 4
1645-1800	1.25	Large Group Scenario	
1800-1830	.5 hr	Debrief & Homework Assignment	Cases 1, 12, 19, 37, 38
Day 2			
Case Studies			
0830-0900	0.5 hr	Quiz / Case Studies	
0900-1045	1.75 hrs	PAS Drills - Nervous System Overview, SOAPS, Radio Reports	CH 6
1000-1215	1.25 hrs	Spinal Assessment	CH 7
1215-1315		Lunch	
1315-1445	1.5 hrs	Spinal Management	FG pg 45-46 & 81-82
1500-1645	1.75 hrs	Respiratory System Overview, SOAPS, Radio Reports	CH 5
1645-1800	1.25	Large Group Scenario	
1800-1830	.5 hr	Debrief & Homework Assignment	Cases 4, 11, 14, 31
Day 3			
0830-0900	0.5 hr	Quiz / Case Studies	
0900-1115	2.25 hrs	BLS Skills – Supplemental O2, Airway Adjuncts, ALS	
1130-1230	1.0 hr	Lifts and Carries, Improvised Litters, Key Knots, Litter Carrying	
1230-1330		Lunch	
1330-1430	1.0 hr	Thermo-regulation (hyperthermia/hypothermia)	CH 16
1430-1545	1.25 hrs	Anaphylaxis and Asthma	CH 9 & 10
1600-1700	1.0 hr	SAR Orientation (basic overview, LZ prep, personal prep)	CH 41,42
1700-1800	1.0 hr	Small Group scenarios	
1800-1830	.5 hr	Debrief & Homework Assignment	Cases 5, 17, 27, 29, 30
Day 4			
0830-0900	0.5 hr	Quiz / Case Studies	
0900-1030	1.5 hrs	Soft Tissue Injury / Wound	CH 15
1045-1230	1.75 hrs	Musculoskeletal Injuries	CH 13
1230-1330		Lunch	
1330-1430	1.0 hrs	Dislocations / Review Musculoskeletal as needed	FG pg 30 CH 14
1445-1645	2.0 hrs	Small Group scenarios	
1645-1800	1.25 hrs	Environmental Injury (frostbite, burns, lightning, near-drowning, altitude)	CH 17,18,20,22
1800-1830	.5 hr	Debrief & Homework Assignment	Cases 16, 20, 24, 40
Day 5			
0830-0915	0.5 hr	Quiz – Case Studies	
0915-1000	.75 hr	Toxins, Bites, Stings	CH 23,24
1015-1115	1.0 hrs	Backcountry Medicine Rodeos – Round One (emphasis use of FG, simple problems: nose bleeds, corneal abrasion, abd pain)	FG pg 66-75 CH 25-40
1115-1215	1.0 hrs	Backcountry Medicine Rodeos (2 – 3 rounds) (GI/GU, dental, infections, altitude, toxin, stable inj., abdominal, Chest pain)	
1215-1230		Wrap Up	
1230-1330		Lunch	
1330-1600	2.5 hrs	Final Scenario	
1600-1630	0.5 hrs	Review Summary	