



Wafa, WFR, WEMT Recertification



Course Information: October 4 - 5, 2024

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:

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.

Receive Feedback on your risk benefit and decision-making skills. learn 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.

When? October 4 – 5, 2024. Class will begin at 8:30 a.m. and end at 6:00 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 **Alpenglow Adventure Sports**, 753 Stillwater Ave, Bangor, ME 04401.

Pre-requisites:

Open anyone looking to become certified in wilderness first aid training. Necessary for many professionals working in wilderness areas.



Acadia Mountain Guides Climbing School

753 Stillwater Ave• Bangor
AcadiaMountainGuides.com

climb@acadiamountainguides.com 207-866-7562



Tuition: \$280.00

To Register: Register online at Acadiamountainguides.com or call 207 866-7562, 10:00 AM - 6:00 PM, Mon - Sat.

Payment:

Full tuition is required for registration.

Cancellations:

When you book a course with Acadia Mountain Guides you agree to our cancellation policy. Please realize that if your travel does not go according to plan in any way and for any reason, we will be 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 75% of your deposit. Cancellations made within twenty-one (21) days of the 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.

Staying Connected:

You can use our Wi-Fi during the course. Simply ask our staff and they will be happy to help get you connected.

Meals:

Lunch breaks will be provided, and we recommend that you bring lunch to the course location.

Lodging:

There are numerous accommodations in Bangor.

Instructor Profile: It matters who teaches your course! All 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 several 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.
- SOAP Notes, WARM Manual or Field Guide if you don't have one.

Exclusions:

- Meals
- 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.

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 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 the 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 Bangor, or at our website AlpenglowGear.com. No double discounts allowed, if for some reason an order with a double discount is submitted, we will contact you. Upon registration you will be provided with 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'



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 must 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 litter 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.

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 in your course.

Step 1 (NEW): Click on this enrollment link or copy it and paste it into a web browser:

<https://courses.wildmed.com/login/index.php?enrollkey=35043>

- 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 35043.
- 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 35043. 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 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 option 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.

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 THE 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 off.

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

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 (Recert only)

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