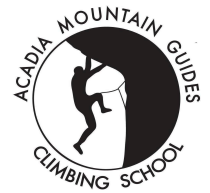




WFR Recertification for WAFA, WFR and WEMS
Mount Desert Island • ME
June 15 – 17th, 2025



Tired of the same old wilderness medicine recertification 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 on 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 those holding a Wilderness First Responder or Wilderness Advanced First Aid certification. 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, Sunday-Tuesday, 15th – 17th.

Tuition: \$375.00. **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 is also a Flight Paramedic and an emergency room RN.



Acadia Mountain Guides Climbing School

AcadiaMountainGuides.com climb@acadiamountainguides.com

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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 refresher 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 on 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.

When? January 15 – 17th, Sunday-Tuesday. 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? Mount Desert Island, Ashmore Way. This course will take place entirely outdoors so dress accordingly to be outdoors in ANY WEATHER CONDITIONS.

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

Tuition: \$375

To Register: Contact Acadia Mountain Guides or register online at acadiamountainguides.com

Meals: Food is not provided for this course. Time will be given to break for lunch and snacks can be taken at your discretion over the course of the class.

Lodging: There is no shortage of lodging available on the island including hotels, motels, and campgrounds. If you are unable to find lodging, then reach out at climb@acadiamountainguides.com to inquire about limited camping spots we might have available.



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 2000 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.

Inclusions:

- 3 year certification from Wilderness Medical Associates International and Anaphylaxis, and BLS/Healthcare Provider-level CPR certification.
- SOAP Notes and Field Guide if you don't have one.
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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 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 a 25% off purchases made within 7 days before or after the course and a **LIFETIME 15% DISCOUNT** off MSRP!!! Purchases may be made in-store or online. Gear purchased in advance of course can often be brought to you on the course.

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 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.

Pre-course Requirements:

1. Register on the WMAI Moodle Learning System at Wildmed.com. See directions below.
2. Complete the required waivers online.
3. Review your Wilderness and Rescue Medicine: A Guide for the Basic and Advanced Practitioner (WARM) manual or similar document from other teaching organizations. The WARM is accessible as an online book as well but can't be downloaded.
4. Work through the recertification guide on Moodle (optional).

WFR_Recert, 35969, scheduled for **6/15/2025** through **6/17/2025** located in **Bar Harbor, ME**

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. Please visit our [Moodle Help page](#) for more assistance.

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=35969>

- **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 **35969**.
- **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 **35969**. **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.

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.

Sample Outline:

Below is a sample curriculum for the 3-day WFR Recertification. 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