



Wilderness First Responder Course



This nationally recognized program trains participants to respond to emergencies in remote settings. The 80-hour curriculum includes standards for urban and extended care situations. Special topics include but are not limited to: wound management and infection, realigning fractures and dislocations, improvised splinting techniques, patient monitoring and long term management problems, up-to-date information on all environmental emergencies, plus advice on drug therapies. Half of your time will be spent completing practical skills, case studies and scenarios designed to challenge your decision making abilities. The Heartsaver BLS Adult CPR is included in the course.

Wilderness First Responder (WFR) is recognized as the minimum training an outdoor professional should have. Many providers of outdoor programs now require their lead instructors to have this training. Gone are the days of Advanced First Aid courses, 16 to 24 hours in length, being adequate training for the outdoor professional. For those working or playing in the wilderness context, officially defined by the US Department of Transportation as "two hours or more from definitive care," this course is probably more valuable than an Emergency Medical Technician (EMT) training since EMT is designed for an entirely different context: it assumes availability of rapid patient transport. WFR training stresses the idea that the most important tool in your first aid kit is your brain and emphasizes improvising tools for evacuation, bandaging, splinting, and long term patient care in remote settings.

Location: Cardinal Village Resort. Cardinal Village Resort is located at Aspendell in the North Fork of Bishop Creek, about twenty minutes west of Bishop.

Dates and Prices: Check the latest brochure, call us or go to our web site for dates and rates.

Meals and Lodging: With the full room and board option all meals are included. Lodging is dorm-style in cabins and participants are expected to help clean up after meals and in the cabins.

Prerequisites: none

Instructors: This course is sponsored by Sierra Mountain Center, LLC and provided by The Wilderness Medicine Institute of NOLS. WMI's goal is to provide the highest quality education and information for the recognition, treatment and prevention of wilderness emergencies. WMI's teaching philosophy is to emphasize treatment principles and decision making, not the memorization of lists. Their philosophy centers around the physical and psychological well being of their students and staff. They value the entire experience of a WMI program rather than simply the learning of medicine. Their staff are professional educators who understand the importance of fun and experience as invaluable learning tools. They feel strongly that a student's ability to feel confident about themselves and their ability to make decisions is of greater value than text-book medical skills. They emphasize decision making and employ scenario based teaching as a complement to lecture style instruction. They believe that this is why their students learn so well and feel confident in employing their newly acquired judgment and skills.

Registration: These courses to fill quickly, please let us know as soon as possible if you're interested.

Your spot on the course is secured with a 50% deposit, the balance is due prior to the course. Please see our detailed deposit and cancellation policy below.

This registration packet includes:

- This letter and course outline
- Equipment list
- SMC registration forms (participant medical data, acknowledgment of risk)
- WMI acknowledgment of risk form

Meeting place and time: Class check-in will begin at 7:45 on the first morning of the program. Lodging begins the evening of the 1st but no meals are provided that night unless private arrangements are made. Breakfast is served at 7:00am on the first morning in the Cardinal Resort dining room. Lodging check in is anytime before 6:00pm of the day before but for those arriving past that time need to request a late check in beforehand. If you have done this there will be a note on the door directing you to your home for the course. For really late arrivals please be quiet and leave your unpacking until the next morning. Arrivals past 11:00pm should make arrangements to stay down in Bishop for the first night of the course. Your fellow lodgers thank you.

Class format: Course days run from 8:00am to 5:00pm with two evening sessions and one day off. The Lodge building

is comfortable and to maximize room we remove most of the tables and chairs. You will probably want a Crazy Creek type chair for classroom sessions. Much of the practical lessons take place outside, rain or shine, warm or cold. Please bring a small tarp to spread out on and your own foam pad that you don't mind getting dirty or even cutting up to make splints out of. There could be considerable snow by December (we only hope!) so be prepared to be outside in it.

Staying at Cardinal Village: Ken and Shale Ann at Cardinal Village have hosted the program for a number of years now and over time we have had a few issues and hence there are now some guidelines for participants staying there.

- Pets are not allowed on site so please leave Fifi or Sparky at home.
- No camping in the parking lot at the Village. If you are camping there are many options down the road in the Buttermilks.
- The facilities at the Village are for those staying there, not for those camping.
- No cooking in the Lodge (Yes, we have had people frying bacon on the stove).
- Vegetarian food is available but if you are a true vegan then you will have to figure it out with Shale Ann and bring your own food. Bishop is hard place to get vegan supplies.
- Meals are family style and participants are expected to help clear tables.
- Lodging at Cardinal Village is in cabins and we will separate these into men's and women's for shared accommodations.

Other notes: The Village is at high elevation (8500 feet) and those of you coming from the low lands you need to be prepared to deal with this elevation. We highly suggest getting to the area beforehand and acclimatizing slowly especially if you have had prior problems with altitude. We cannot be responsible if you rush to this elevation and have problems with acclimatizing. Make sure your vehicle is prepared for winter conditions: carry chains and a snow shovel.

Course Materials: We are often asked if the course materials can be sent ahead of time but this is impossible for us to arrange. There is a formal book that is provided with the course but there are also numerous handouts and the like that are not finalized until very near the course. Usually WMI does not send course materials to us until just before the program.

Getting to the Bishop Area: If flying to the area and renting a car: your best bets for airports are: Reno, Nevada (cheap car rentals, four hours drive from Bishop), Ontario, California (five hours from Bishop), Las Vegas, Nevada (Cheapest air tickets generally and cheap car rentals, five hours drive from Bishop), and finally, Los Angeles (five hours drive from Bishop). This course takes place in early winter so snow storms are a strong possibility. If this is the case Reno Airport can get closed on occasion while it generally will take a major disaster to close the Las Vegas Airport. So factor this into your planning and when perusing flights.

Getting to Cardinal Village: Find your way to Highway 395, the main north/south highway in Eastern California. This road heads to Bishop. In Bishop 395 becomes Main Street, take this to Line Street (the first stop light in town if approaching from the south, if coming from the north, Line Street is the next light south of the electric time/temperature bank sign and the movie theater. Turn west on Line Street. Follow this road seemingly out of civilization climbing up out of the Owens Valley into the mountains. Go past the turn offs to the Buttermilks, Starlight Estates and finally the South Lake road. You will enter the small town of Aspendell and turn right following the signs to Cardinal Village. The enclosed maps should also be helpful. The resort is 18 miles west of Bishop and 4,500' higher so plan on just under half an hour, depending on your vehicle.

Notes on WFR card recertification and expiration: Upon successful completion of your WMI course, you will receive a WMI of NOLS Wilderness Medicine certification card that is current for two years. You have a one year grace period after the expiration of your wilderness certification. During this grace year you are eligible to participate in a recertification program, however your certification is not current. If you exceed your grace year, you must retake the entire course.

If you hold a WFR certification from WMI (must be current or in grace year), OpEPA (must be current or in grace year), WMA (must be current) or SOLO (must be current), you will receive a WMI of NOLS WFR certification upon successful completion of your recertification course.

If you hold a current WFR certification from any other wilderness medicine training organization you will receive a letter of course completion after a Wilderness First Responder Recertification course, Wilderness First Aid course or Wilderness Advanced First Aid course. This letter of completion may allow you to recertify with your original certifying organization. You must contact that organization prior to your WMI course to ensure that our course will meet the requirements for recertification.

You are required to submit a photocopy of your WFR certification card on the first day of the course.

If you have questions regarding the card please talk to the card's issuing organization or WMI. SMC is not able to give you any decision regarding your cards validity.

Equipment list for Wilderness First Responder Course

"City" clothing for in town and classroom times.
Clothing for scenarios that you don't mind trashing, getting wet, cutting, etc.
Approach shoes or some other sturdy footwear.
Slippers or booties for the indoors.
Snow boots such as Sorrels.
Another pair of shoes to get wet/dirty.
Tarp for spreading out on during outdoor scenarios.
Crazy Creek chair or the like.
Foam pad (Ridgerest or ensolite type).
Extra clothing for cold weather. During the evening session scenario it will probably be in the teens.
Rain top and bottom.
Gloves.
Warm hat.
Sun hat.
Water bottles.
Sun screen.
Day pack for extended outdoor sessions.
Few snack bar type things.
Coffee mug for hot drinks during the day.
Sleeping bag.
Headlamp or flashlight.
Watch with second hand/timer.
Pen/pencil/notebook.
Toys for the rest day (world class bouldering, climbing, biking, and skiing all within a few minutes of the Resort).

Important! Please read our Cancellation and Deposit Policy

Your reservation is secured with a 50% deposit and the balance is due thirty days prior to the start of the program. A 25% deposit will secure your dates if you are booking more than three months days prior to the program start. We accept checks, Visa, or Mastercard.

If a participant cancels or withdraws from a program;

- **Greater than or equal to 21 days prior to the program starting date; SMC will retain a 15% administrative fee from monies collected and refund the balance. Rescheduling is possible, but subject to availability. We will only reschedule for the same calendar year. Any and all costs incurred in rescheduling, such as USFS trail fees, will be paid for by the participant.**
- **Within 21 days of the program start date and/or once the program has begun; program fees are non-refundable and non-transferable to another trip.**
- If conditions, weather or circumstances preclude running a scheduled program we reserve the right to make the decision as to whether the program will be rescheduled or an alternative provided. In the rare circumstance where we need to cancel a program due to weather you can reschedule without a penalty, but no refund. Credits arising from such situations will be honored for 18 months.
- We are not responsible for cancellation fees or costs arising from your changed or cancelled flights, lodging, or other arrangements.
- **We strongly recommend obtaining trip cancellation insurance from your travel agent.**
- We do not provide rescue insurance. Membership in the American Alpine Club includes rescue insurance and is recommended. See www.americanalpineclub.org

Wilderness First Responder Course Outline

DAY 1

8-9am	Introductions: Wilderness vs. Urban
9-10am	Initial Assessment
10-11am	Patient Exam
11am-12pm	Vital Signs: LOC, HR, RR, SCTM
1-2pm	Vital Signs: BP, Pupils
2-3pm	Focused History
3-4pm	Documentation
4-5pm	Medical Legal Issues

WFR Text Chapters: 1, 2, 3

DAY 2

8-815am	Problem of the Day
815-9am	Review and Practical Session
9am-12pm	CPR: Airway Obstruction Respiratory Arrest Cardiopulmonary Resuscitation
1-2pm	CPR: Remote Environments and Oxygen
200-230pm	Spinal Cord Injuries
230-4pm	Lifting and Moving
4-5pm	Spinal Immobilization Litter Packaging, Carrying, Long- Term Patient Management

WFR Text Chapters: 4, 5, 8, Appendix B and C

DAY 3

8-815am	Problem of the Day
815-9am	Practical Scenario
9-1030am	Chest Injuries
1030-11am	Scenario
11am-12pm	Shock
1-130pm	Scenario
130-230pm	Focused Spinal Assessment
230-330pm	Scenario
330-430pm	Head Injuries
430-5pm	Scenario

WFR Text Chapters: 6, 7, 9, 10

DAY 4

8-815am	Problem of the Day
815-9am	Practical Scenario
9am-12pm	Wilderness Wound Management
1-130pm	Communicable Disease
130-3pm	Athletic Injuries
3-5pm	Fracture Management
6-730pm	Traction Splinting
730-830pm	Dislocations
830-10pm	Practical Scenario

WFR Text Chapters: 12, 13, 14, 15, 30

DAY 5

8-815am	Problem of the Day
815-9am	Review and Practical Session
9-1030am	Hypothermia Scenario
1030-1130am	Frostbite and Immersion Foot
1130am-12pm	Heat and Hydration
1-2pm	Scenario
2-230pm	Altitude Illness
230-330pm	Practical Scenario
330-5pm	

WFR Text Chapters: 16, 17, 18

DAY 6

DAY OFF

DAY 7

8-815am	Problem of the Day
815-9am	Scenario
9-10am	Cardiac Emergencies
10-1030am	Scenario
1030am-12pm	Respiratory Emergencies
1-130pm	Scenarios
130-2pm	Neurological Emergencies
2-230pm	Scenario
230-330pm	Acute Abdomen
330-5pm	Scenarios

WFR Text Chapters: 11, 23, 24, 25, 29

DAY 8

8-815am	Problem of the Day
815-9am	Practical Scenario
9am-11am	Bites and Stings
11am-12pm	Allergies and Anaphylaxis
1-2pm	Diabetes
2-3pm	Scenario
3-430pm	Search Scenario
430-5pm	Principles of Search and Rescue/Evacuation
6-10pm	Mock Rescue

WFR Text Chapters: 21, 26, 28, 35, 36

DAY 9

8-9am	Mock Rescue Debrief
9-10am	Common Simple Problems Wrap-up
10-1030am	Scenario
1030-11am	Poisoning
11-1130am	Scenario
1130-12pm	Lightning
1-130pm	Submersion Incidents
130-230	Scenario
230-4pm	Gender Medical Issues
4-5pm	Scenario

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

DAY 10

8-9am	Wilderness Drug and First Aid Kits
9-4am	Written and Practical Exams
4-5pm	Closing Ceremony

WFR Text Chapters: 37

Textbook: *The Wilderness First Responder* by Buck Tilton