



ISLANDWOOD™
A SCHOOL IN THE WOODS

WILDERNESS FIRST RESPONDER COURSE
Sponsored by the Wilderness Medicine Institute of NOLS and IslandWood

DATES: *Sunday, Dec 27, 2009 to Tuesday, Jan 5, 2010*
(Overnight guests may check in the evening of Dec 26)

COST: *\$750.00 Tuition and lunch only*
\$1350.00 Tuition with full meals and lodging

LOCATION: *IslandWood, Bainbridge Island, WA*

COURSE DESCRIPTION

This is a nationally recognized program that 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. Emphasis is placed on prevention and decision-making, not the memorization of lists.

This course is designed specifically to provide you with the tools to make critical medical and evacuation decisions in remote locations. Half of your time will be spent completing practical skills, case studies and scenarios designed to challenge your decision making abilities. The WMI Adult & Child CPR is included in this course.

The Wilderness First Responder course is pre-approved for 70 hours of EMT Continuing Education Hours (CEH) by the Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS).

For active members of the Wilderness Medical Society, this course has been approved for up to 59.5 hours of credit (27 core and 32.5 elective) towards a Fellowship of the Academy of Wilderness Medicine (FAWM). There is an additional fee of \$15 for students requesting these credits.

There are no prerequisites for this course. Students must be 16 years or older to take the course. We require that overnight guests be 18 years or older or be accompanied by a parent or guardian.



IslandWood is pleased to offer the 10-day Wilderness First Responder course. The course is taught by staff from the Wilderness Medicine Institute of the National Outdoor Leadership School.

IslandWood is located on Bainbridge Island, just 35 minutes from downtown Seattle. Our beautiful, private campus is set on 255 wooded acres and features leading-edge green building design. IslandWood provides a rich, natural setting for learning, both indoors and outdoors.

Overnight accommodations are in our comfortable lodge guest rooms with private bathrooms. Each lodge boasts a cozy great room with a central stone fireplace. Students will share a lodge room with up to two other individuals.

For your dining pleasure, our culinary team creates delicious meals that showcase regional products and sustainable practices.

Your visit to IslandWood helps sustain our mission of providing exceptional learning experiences and inspiring lifelong environmental and community stewardship.

REGISTRATION/POLICIES

Please complete and return the attached application form with a deposit of \$300.00 to reserve a space in the course. Please sign up early in order to ensure a space (enrollment is limited to 30 participants). After we receive your application and deposit, we will notify you of acceptance. Tuition balance is due 30 days prior to course start date. Payments may be made via checks, with driver's license number, *Visa/MasterCard/ or American Express*. The tuition fee covers textbooks, syllabus, equipment and certifications. A full refund will be given if we are forced to cancel the course for any reason.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date and we can fill your space; we will refund your deposit minus a \$40.00 administrative fee. If we cannot fill your space, the full deposit is nonrefundable.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable.

Acknowledgment and Assumption of Risks Release and Indemnity Agreement: Please read the enclosed document very carefully as it affects your legal rights. Bring the signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document. Failure to provide a signed document will result in you not being able to participate in the course. WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.

CLASS FORMAT/ EQUIPMENT

Check in is at 7:45 AM on Dec 27. Overnight guests may check in on Dec 26 between 5-10pm (No dinner will be served on Dec 26).

Course days run from 8:00am – 5:00pm. Two evening sessions will be scheduled.

Friday, Jan 1 will be a day off. Students will depart after class the afternoon of Jan 5.

The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role-playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for layering on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (mouflage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a crazy creek-type chair.

You will need: a large day pack with multiple layers, water bottle, waterproof tops and bottoms, sturdy boots, head lamp or flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so please dress accordingly.

TRAVEL/DIRECTIONS

The course will take place at **IslandWood, 4450 Blakely Avenue NE, Bainbridge Island, WA 98110**. For directions, please see our website at <http://islandwood.org/about/directions>

PETS ARE NOT ALLOWED AT THE COURSE. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

CAMPING IS NOT PERMITTED ON SITE- Please contact the Chamber of Commerce for alternative lodging and camping options. <http://www.bainbridgechamber.com/>

ISLANDWOOD IS A NON-SMOKING ENVIRONMENT- Smoking is only permitted in designated areas near the parking lot.

We hope this information is helpful. Please contact us with any questions or concerns you may have.

Contact Information:

Phone: 206-855-4323
FAX: 206-855-4301
Email: rebeccad@islandwood.org
Website: www.islandwood.org



WILDERNESS FIRST RESPONDER COURSE
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DATES: Sunday, Dec 27, 2009 to Tuesday, Jan 5, 2010 (Overnight guests may check in the evening of Dec 26)

NAME _____
FIRST _____ LAST _____

ADDRESS _____
STREET _____ APT# _____

PHONE _____
CITY _____ STATE _____ ZIP CODE _____

EMAIL _____ DAY _____ AGE _____ EVENING _____
GENDER _____

Please enroll me in:

- _____ Dec 27- Jan 5, 2009 Non-residence (tuition and lunch only) \$750.00
_____ Dec 26- Jan 5, 2009 In-residence \$1350.00 (tuition with full meals and lodging)

- Visa MasterCard American Express
 Check (payable to IslandWood w/ Driver's License number & state)

DEPOSIT DUE: \$300.00 (remaining balance is due 30 days prior to course start date)

AMOUNT YOU ARE PAYING NOW: _____

CARD NO. _____ EXPIRATION _____

NAME AS IT APPEARS ON CARD _____

BILLING ADDRESS _____
(If different from above) STREET _____ APT# _____
CITY _____ STATE _____ ZIP CODE _____

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_____ I have read and understand the attached information

Signature of Participant _____

IslandWood, 4450 Blakely Ave. NE, Bainbridge Island, WA 98110
Phone: 206-855-4323, fax: 206-855-4301, rebeccad@islandwood.org, www.islandwood.org



Wilderness Medicine Institute of NOLS

Wilderness First Responder Course Schedule

DAY 1

Morning

Introductions: Wilderness vs. Urban
Initial Assessment
Patient Exam
Vital Signs: LOC, HR, RR, SCTM

Afternoon

Vital Signs: BP, Pupils
Focused History
Documentation
Medical Legal Issues

WFR Text Chapters: 1, 2, 3

DAY 2

Morning

Problem of the Day
Review and Practical Session
CPR

Afternoon

CPR: Remote Environments and Oxygen
Spinal Cord Injuries
Lifting and Moving
Spinal Immobilization Litter Packaging, Carrying,
Long- Term Patient Management

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

DAY 3

Morning

Problem of the Day
Chest Injuries
Shock

Afternoon

Focused Spinal Assessment
Head Injuries

WFR Text Chapters: 6, 7, 9, 10

DAY 4

Morning

Problem of the Day
Wilderness Wound Management

Afternoon

Problem of the Day
Athletic Injuries
Fracture Management

Evening

Traction Splinting
Dislocations

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

DAY 5

Morning

Problem of the Day
Review and Practical Session
Hypothermia
Frostbite and Non-Freezing Cold Injury

Afternoon

Heat and Hydration
Altitude Illness
Practical Scenario

WFR Text Chapters: 16, 17, 18

DAY 6 DAY OFF

DAY 7

Morning

Problem of the Day
Cardiac Emergencies
Respiratory Emergencies

Afternoon

Neurological Emergencies
Acute Abdomen

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

DAY 8

Morning

Problem of the Day
Bites and Stings
Allergies and Anaphylaxis

Afternoon

Diabetes
Search Scenario
Principles of Search and Rescue/Evacuation

Evening

Mock Rescue

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

DAY 9

Morning

Mock Rescue Debrief
Common Problems Wrap-up
Communicable Disease
Poisoning
Lightning

Afternoon

Submersion Incidents
Gender Medical Issues

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

DAY 10

Morning

Wilderness Drug and First Aid Kits
Written and Practical Exams
Closing Ceremony

WFR Text Chapters: 37

Textbook: *The Wilderness First Responder* by Buck Tilton