

**WMI WILDERNESS FIRST AID  
AND  
WILDERNESS FIRST RESPONDER RECERTIFICATION**

**Sponsored By Kelly Pyke (WMI Instructor) and the Wilderness Medicine Institute of  
NOLS**

**Course will be taught at Sisters High School**

**NAME:** \_\_\_\_\_

**EMAIL/PHONE:** \_\_\_\_\_

**COURSE DATES/TITLE:** WILDERNESS FIRST AID & WFR RECERT  
Sisters, Oregon  
August 29-30, 2009

**COURSE COST:** \$180 by 7/31 or \$210 after 7/31 (Payment in full upon Registration)

**LODGING/MEALS PKG:** N/A

**SUBTOTAL:**

**BALANCE DUE:**

**Thank-You**

**Please mail check made out to Kelly Pyke to:**

**Kelly Pyke  
315 S. Timber Creek Dr.  
Sisters, OR 97759**

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WILDERNESS FIRST RESPONDER RECERTIFICATION**

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**DATES:** August 29-30, 2009  
**COST:** \$190 by 7/15 or \$210.00 after 7/15 - Tuition Only  
**LOCATION:** Sisters, OR

**COURSE DESCRIPTION**

Fast paced and hands-on, this two- or three-day course covers a wide range of wilderness medicine topics for people who travel in the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" On this course, you'll learn how to prepare for the unexpected. WMI's curriculum is unique and includes many advanced topics that other programs leave out such as dislocation reduction, focused spinal assessment and epinephrine administration. In just two days, you'll have the knowledge, skills and ability to make sound decisions in emergency situations. This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. WMI's course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies. This course does not include CPR.

**WFR RECERTIFICATION REQUIREMENTS**

**Participants using the WFA course to recertify their WFR will be required to pass both a written and a practical test on day 2 of the course.** Check the following web page for information and resources on how to best prepare for your course. <http://www.nols.edu/wmi/about/faq.shtml#prepare>

If you hold a current Wilderness First Responder certification from WMI, SOLO, NOLS, OpEPA, WMA or WPT, you will receive a WMI WFR certification upon successful completion of your WFA or WFR Recert only course. Please bring a copy of your current certification if other than WMI. If you hold a current WFR certification from any other wilderness medicine organization you will receive a letter of course completion in lieu of a WMI WFR certification. 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 their requirements for recertification.

All students are required to submit a photocopy of their WFR certification card on the first day of the course.

There is a one-year grace period for recertification of WMI cards. (Keep in mind that your certification is not current during this grace period and therefore cannot work as a Wilderness First Responder.)

**REGISTRATION/POLICIES**

Tuition payment in full is required to reserve your spot in the course. Tuition is non-transferable. Tuition is payable by check (with driver's license number), or cash. The tuition fee covers textbooks, syllabus, equipment and certification cards. A full refund will be given if we are forced to cancel the course for any reason.

Acknowledgment and Assumption of Risks Release and Indemnity Agreement: Please read the enclosed document very carefully as it affects your legal rights. We ask that you bring this 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 the first day of the course. Course days run from 8:00am – 5:00pm. The format for the WFA/WFR Recert is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) 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/slippers and a crazy creek-type chair. Please come equipped with a light day pack, waterproof top and bottom, light hiking boots, and layers well suited for spending time outside playing the role of patient and rescuer.

### **TRAVEL/DIRECTIONS**

Sisters High School is located at 1700 W McKinney Butte Rd, Sisters. If you are driving from the east on Hwy 126/20, turn left on McKinney Butte Road, just after the Rays Shopping Center after going through town. If you are driving from the west on Hwy 20 (Santiam Hwy), turn right at McKinney Butte Road right after coming into the western end of Sisters and passing McDonalds. Signs will direct you to the classroom inside the front doors.

### **LODGING/RECREATION**

There is not a meal and lodging option for this course. Below are some lodging options.

#### **Lodging**

Best Western Ponderosa Lodge - [www.bestwesternsisters.com](http://www.bestwesternsisters.com) - (541) 549-1234

Sisters Motor Lodge- [www.sistersmotorlodge.com](http://www.sistersmotorlodge.com) - (541) 549-2551

Sisters Inn - (541) 549-7829

#### **Camping:**

The nearest camping is approximately 3 minutes away in the National Forest. Cold Springs Campground is a few miles up the McKenzie Highway road west of SHS.

**PETS ARE NOT ALLOWED AT THE TEACHING SITE. 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.

**NO SMOKING OR ALCOHOL IS ALLOWED ON SITE**

Please contact me with any questions or concerns you may have.

Phone: 541-948-5027

Email: [pyke.kelly@gmail.com](mailto:pyke.kelly@gmail.com)



## Wilderness Medicine Institute of NOLS

### Wilderness First Aid Course Schedule

#### DAY 1

##### Morning

- Introductions
- Patient Assessment System
  - Initial Assessment
  - Patient Exam, Vital Signs, Focused History
  - Documentation

##### Afternoon

- Spinal Cord Injury Management
- Head Injuries
- Shock
- Wilderness Wound Management

#### DAY 2

##### Morning

- Focused Spine Assessment
- Athletic Injuries
- Fractures
- Dislocations
- Heat

##### Afternoon

- Cold Injuries
- Lightning
- Altitude Illness
- Acute Abdomen
- Anaphylaxis
- The Unresponsive Patient
- Wilderness First Aid Kits