



WMI WILDERNESS FIRST AID

Sponsored by the Wilderness Medicine Institute of NOLS and Camp Eagle

DATES: August 26th-27th, 2009
COST: \$165.00 Tuition Only
LOCATION: Camp Eagle - Rocksprings, TX

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

If you hold a current Wilderness First Responder certification from WMI, SOLO, or WMA, you will receive a WMI WFR certification upon successful completion of your WFA. 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.

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>

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 (Please keep in mind that your certification is not current during this grace period and will not be viewed as a valid Wilderness First Responder certification once the grace period has begun.)

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), Visa/MasterCard 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.

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, WMI will retain a \$35.00 administrative fee.
 - ❑ Within 30 days of the course start date and once the course has begun, tuition is non-refundable
 - ❑ Lodging and meals at Camp Eagle are only guaranteed upon receiving payment in full. If the lodging or meals are cancelled less than 48 hours in advance, Camp Eagle will retain 80% of the payment.

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/slipper 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

The course will take place at Camp Eagle, located at 6424 Hackberry Rd, Rocksprings, TX 78880. Please see the enclosed map and/or check out our directions listed at www.campeagle.org under the “Eagle Profile” tab. ***Driving directions provided through internet services, such as Google Maps are not recommended for your route of travel.***

LODGING/RECREATION

Due to the fact that Camp Eagle is located 50 minutes from the nearest town with lodging, it is best to stay at Camp Eagle and use the lodging options listed below. However, if you prefer to stay off-site, lodging is available in Rocksprings (50 minutes away) or Kerrville, TX (1 hour 15 minutes away). Since check in is early on the 26th, please make arrangements to arrive on the 25th. Lodging will be provided for those arriving early, if you have chosen a lodging option. All housing varies upon availability. Reservations must be made in advance and are processed in the order that they are received.

Meal Options at Camp Eagle

Fully prepared, hot, delicious meals are served at Camp Eagle for a price of \$7 per meal. Please make reservations for these meals at least two weeks in advance by contacting Jason Knott at 830-683-2635 or jason@campeagle.org.

Lodging Options at Camp Eagle:

Llano Rooms:

Rent a hotel style room with one king sized bed and a bunk bed. The maximum occupancy varies per room. Please call for details. Each room has a private bathroom. Bedding for king bed is provided; please bring all other bedding and towels.

Cost: **\$60.00/night**

Hostel Style Rooms:

Rent-by-the-bed. 12 people (males and females separated) can stay in the room at a time. Room comes with access to a public shower, toilet and sink. Bring your own bedding (twin beds) and towels.

Cost: **\$25.00/bed/night**

Screen Shelter:

Located in the woods and trailside. Shelters are provided with 4 beds each. Centrally located between the cabins is a Bath House that can be used for showering, and bathroom needs. Bring your own bedding (sleeping bag recommended) and towels. A limited amount of cabins have electricity, but all have lights.

Cost: **\$20.00** cabin/night

RV camping:

There are a limited number of water and 30 amp electric hook-ups. There is not a dump station. Tents are not allowed in the RV area. RV campers will have access to a bathhouse, for showering and bathroom needs.

Cost: **\$15.00/night** for electricity and water; **or \$10.00/night** for no electricity and water

Camping:

Pitch a tent in the appropriate areas. Tents are not allowed in the RV area. Campers will have access to a bathhouse for showering and bathroom needs. There are no electricity or water hookups, but water is available nearby.

Cost: **\$10.00/tent/night**

If you would like to make a reservation for lodging at Camp Eagle, please contact Jason Knott, 830-683-2635 or jason@campeagle.org with the following information:

- Name
- Contact phone number
- Which room you'd like to rent
- # of People in the room
- # of Nights desired
- Approximate time of arrival

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

We hope this information is helpful. Please contact us with any questions or concerns you may have. Our office hours are Monday - Friday, 8:00am - 5:00pm Central Time.

Email: jason@campeagle.org

Web site: www.campeagle.org. Click "Non-Summer Programs," "events," and then the "WFA" tab.



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

The Venue

Experience a WMI Course at Camp Eagle! This course will utilize our outdoor setting and beautiful property that will put you in a realistic and backcountry environment. Furthermore, the professionalism and national recognition of WMI will make this course one not to be missed.

Camp Eagle is "Texas' Best Adventure Destination" - A Non-Profit Christian Camp, Retreat Center and premier adventure venue in the Texas Hill Country. Our 1400 acre property boasts: a beautiful and dynamic landscape, rolling hills, a crystal clear spring-fed river with waterfront, many facilities and accommodations, meeting rooms, scenic vistas and outdoor meeting areas, endless wildlife, cliffs, ridgelines, many activity sites, fun things to do, and a rich and wild history.

The history of Camp Eagle includes many exciting events and transformations that have made it the equipped and attractive place that it is today. As a Chiefs of Staff Resort, this place housed some of the nation's most prominent leaders as they came to rest and relax in their resort setting. A host of other arrangements have transformed this place into many things that have served as a destination for adventure, relaxation, and fun.

We are looking forward to this experience and serving you well. Feel free to contact us with any questions or concerns that you may have regarding the course or your stay here. Please also visit our websites for course and venue information at www.campeagle.org. Click on "Non-Summer Programs," "events," and then the "WFA" tab.

Frequently Asked Questions/Terms and Conditions for ALL land use.

Please Note: We reserve the right to change anything at anytime for any reason.

GENERAL:

1. We are a family and youth oriented camp. Please keep this in mind in all that you do. Be respectful in your language and actions.
2. Any person directly or indirectly responsible for disruptive, destructive, or violent conduct which endangers the property, or the physical/emotional health, safety, or lives of persons or animals will be removed from Camp Eagle.

Do you have trash disposal or gray water discharge?

We do **not** offer trash disposal or sewer or gray water dumping facilities. When using our RV, camping, or screen shelter sites, we ask that you please carry out all of your trash. All other guests please place trash in proper receptacles.

Can I use the river or the pool?

All guests are allowed to use the river, but must sign a Camp Eagle waiver before doing so. Guests under 18 must wear the available life jackets. You are welcome to swim and kayak in the river at your own risk. Children 15 and under must be accompanied by an adult at all times anywhere in the river or pool (when open). The main camp waterfront (blob, iceberg, trampoline, etc.) is **not open to the public**. The swimming pool, when available, is only open under Camp Eagle supervision and during daylight hours.

Can I use other Main Camp features such as the game room, coffee shop, etc?

Other than the bathhouse, all main camp features and buildings are generally not open to the public. Feel free to enjoy the rest of our 1400 beautiful acres. On selected events or race weekends, these features may be available to the guests.

Can I bring my pet?

No, we do not allow visitors to bring their own pets to camp.

Can I build a fire?

Yes, but fires are limited to pre-existing fire rings only, which are few in number, otherwise use stoves and grills. Please do not start an unauthorized ground fire due to possible burn ban conditions.

Can I fish/hunt?

There is no hunting at Camp Eagle. Violators will be prosecuted. You may fish with a valid TPWD license. Fishing is *catch and release only*. Fishing is allowed in all parts of the river, except for the main camp waterfront.

Can I drive around the property? Can I off-road?

No, other than your arrival and departure, camp roads are for camp vehicles only. Please stay off our 4X4 roads. Also, do not dirt bike on any of our trails.

Phones:

There are phones available, but must be used with a calling card or by calling collect. There is **no** cell phone reception at camp. Be aware.

Bike:

Please take advantage of our many miles of trails. Maps are available at the info center. **When riding, everyone MUST WEAR A HELMET.** ANY time you are on your bike, not only when you are riding the trails, you must wear a helmet. **No exceptions.**

Rock Climbing:

Our rock climbing is available for people who have prior experience leading sport climbs, or setting up top rope, in an outdoor environment. Download the guide off our website for more information. If you are interested in rock climbing, but do not have the necessary equipment or experience, please contact Camp Eagle for possible opportunities. In general, Camp Eagle groups have priority on all climbs at any time; you must bring your own equipment; and helmets must be worn at all times when climbing, belaying, sitting on the wooden deck, or on the rock surface next to the deck.

What else should we know?

Do not bring ATV's, motor-bikes, firearms, bb/paintball/airsoft guns, fireworks, drugs, knives/weapons, etc. If you bring these things you can expect to leave as soon as you arrive. Also, do not collect rocks, antlers, arrowheads, etc.

**Want more information? Please contact Jason Knott at 830-683-2635
jason@campeagle.org
www.campeagle.org**