



Catlin Gabel

forming bold learners

WMI Wilderness First Aid

Sponsored by the Wilderness Medicine Institute of NOLS
& Catlin Gabel School

DATES: September 26-27, 2009
LOCATION: Catlin Gabel School, Portland, OR
COST: \$100 Current High School Students
\$160 Catlin faculty & staff
\$200 General Public

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.

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 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.

WFR RECERTIFICATION REQUIREMENTS

Participants using the WFA course to recertify their Wilderness First Responder (WFR) must submit a photocopy of their WFR certification card on the first day of the course. If you hold a current WFR certification from WMI, SOLO, or WMA, you will receive a WMI WFR certification upon successful completion of your WFA. 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.

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>

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.

OTHER POLICIES

- **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.
- **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, alcohol or firearms are allowed on site.**

TRAVEL/DIRECTIONS

Catlin Gabel School is located in SW Portland at 8825 SW Barnes Road, just east of St. Vincents Medical Center. It is near the junction of Hwy 26 and Hwy 217, and can easily be reached by TriMet bus line 20 and the MAX light rail train. The Sunset Transit Center is a short walk away. Please see attached directions. For more information on the school visit <http://www.catlin.edu/>

LODGING/RECREATION

There is not a meal and lodging option for this course. Students should bring their own sack lunch.

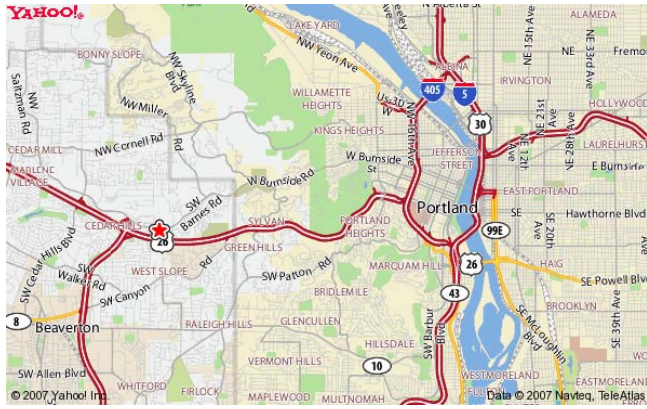
- **Meals:** Several restaurants and grocery stores are within 2 miles of the school. Nearby St. Vincent's Hospital has a cafeteria and several snack/coffee stands.
- **Hostels:** Portland has two hostels, one in NW Portland (<http://www.nwportlandhostel.com/>) and one in SE (<http://www.portlandhostel.org/>).
- **Motels & Hotels:** There are dozens of hotels and motels in the Portland area. The Lamplighter Motel and Shilo Inn Beaverton Hotel are both within 2 miles of the school.
- **Camping:** The nearest camping is approximately 45 minutes outside Portland.
- **Homestay:** You may be able to arrange to stay at the home of another student by making a request on the first day of class.

QUESTIONS

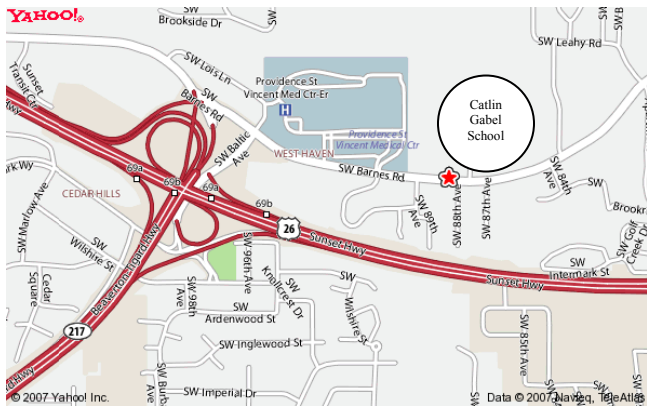
Please contact WMI with any questions or concerns you may have. Our office hours in Lander, WY are Monday - Friday, 9:00am - 5:00pm Mountain Time.

Phone: 866-831-9001
FAX: 307-335-2355

Email: wmi@nols.edu
Web site: <http://wmi.nols.edu>



Catlin Gabel School is located west of downtown Portland, near the junction of Hwy 26 and Hwy 217. It can be reached by taking the “Barnes Road” exit off of either of these highways.



One can also take Burnside Street west from downtown over the West Hills. Burnside becomes Barnes Road.

TriMet Bus #20 runs along Burnside/Barnes Road and stops in front of the school.

The school is on the north side of Barnes Road, just east of St. Vincent Medical Center.



Catlin Gabel School
8825 SW Barnes Rd.
Portland, OR 97225

As you enter campus, stay right. Please park in the Main Parking Lot.

Walk past the flagpole to the circle at the center of campus. Look for signs directing you to the “WFA Course.” We will meet in the Warren Middle School.

Please check in at
7:45 am on
Saturday,
September 26.



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