

**Pacific Lutheran University Outdoor Recreation  
ASPLU  
Tacoma, WA 98447**

**WMI WILDERNESS FIRST AID  
AND  
WILDERNESS FIRST RESPONDER RE-CERTIFICATION**

**Sponsored by the Wilderness Medicine Institute of NOLS and *Pacific Lutheran University***

**DATES:** *September 1-3rd, 2009*  
**COST:** *\$180.00 Tuition Only*  
**LOCATION:** *Ashford, Washington*

**COURSE DESCRIPTION**

Fast paced and hands-on, this two and a half 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 includes adult/child CPR. The schedule for the 16-hour WFA section and the 4-hour CPR section of the course is as follows: September 1 & 2, 8:00am – 5:00pm; September 3 8:00am-12:00pm

**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 seven days of the course start date and once the course has begun, tuition is non-refundable as per the following:

- WFA, WFR-R, WMPP loss of full tuition.
- WFR, WAFA, WUMP loss of course deposit.

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**

*Follow Highway 7 towards Mt. Rainier National Park. The road turns into W-706. The Nisqually Lodge is located on the left hand side of the road a mile or so before you come to the park entrance.*

*Nisqually Lodge  
31609 Wa-706 E  
Ashford, WA*

### **LODGING/RECREATION**

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

*Nisqually Lodge (360) 569-8804  
31609 Wa-706 E  
Ashford, WA*

### **Camping:**

*Cougar Rock Campground in Mt. Rainier National Park*

*Alder Lake Park  
(360) 569-2778  
50324 School Rd  
Eatonville, WA*

**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 us with any questions or concerns you may have.

Synneva Hagen-Lillevik or Matt Schmitz (secondary)  
Phone: 253-592-8692 (Synneva), 406-690-4724 (Matt)

Email: [outdoor@plu.edu](mailto:outdoor@plu.edu)