

WMI WILDERNESS FIRST AID AND WILDERNESS FIRST RESPONDER RECERTIFICATION

Sponsored by the Wilderness Medicine Institute of NOLS and David Yacubian, W-EMT

DATES: January 30-31, 2010

COST: \$170 prior to December 1, \$185 thereafter

LOCATION: Sausalito, CA

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 hold 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.

If you would like to register for this course please send a check into the address below:

Check should be made out and sent to:

**SF Wilderness Medicine, 1651
Page St, SF, CA 94117**

or you can send via PayPal to DYacubian@Gmail.com

Please include an e-mail address as your confirmation will be sent to you via e-mail.

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, sponsor will retain a \$25.00 administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable unless student replaces their space with someone else.

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, or send it prior to arrival. 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, 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

Fort Cronkhite, Building 1050, Marin Headlands, Sausalito, CA 94965

From the South: Take Highway 101 North over the Golden Gate Bridge, exiting at Alexander Avenue. Veer to the right. Take the first left turn to the Baker-Barry Tunnel. Go through the tunnel and head west on Bunker Road for about 3 miles, following the brown signs which say "Rodeo Beach". Continue on the road as it hugs the lagoon. At the fork in the road, stay to the left. Go past the Fire station, which is on your right, on your left will be a footbridge to the lagoon, building 1050 is about 50 yds past this on the right hand side. Park in the dirt space across from building 1050 or continue 200 yds to the end of the road and park at the beach parking lot.

From the North: Take Highway 101 South. Go through the Waldo Tunnel. Take the last "Sausalito," just before the Golden Gate Bridge. At the stop sign turn right, passing under the freeway. Take the first left turn to the Baker-Barry Tunnel. Go through the tunnel and head west on Bunker Road for about 3 miles, following the brown signs which say "Rodeo Beach". Continue on the road as it hugs the lagoon. At the fork in the road, stay to the left. Go past the Fire station, which is on your right, on your left will be a footbridge to the lagoon, building 1050 is about 50 yds past this on the right hand side. Park in the dirt space across from building 1050 or continue 200 yds to the end of the road and park at the beach parking lot.

LODGING/RECREATION

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

Camping:

There are a few campsites in the Marin Headlands. This link gives information on all of the sites: <http://www.nps.gov/goga/maps/bulletins/sb-camping.pdf>

Youth Hostels:

There is a youth hostel in the park- it is very well kept, has a wonderful kitchen, and is a 15 minute walk to the classroom site. Here is a link: <http://www.norcalhostels.org/marin/>

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. My email and phone are below.

Phone: 415-531-4776 Email: sfwildmed@Gmail.com

WMI Web site: <http://wmi.nols.edu>