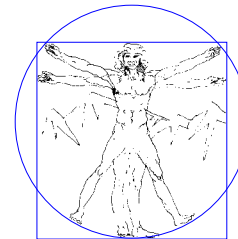


# the Wilderness Medicine Train- Course Registration Form



Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

\_\_\_\_\_ E-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Sponsor: Alzar School

Phone: 208.860.4494

Distance Learning Project (DLP) Wilderness First Aid

Location: Garden Valley, ID

Practical Session Dates: July 8-9, 2010

Cost: \$200

**Recertification Students ONLY**

I am attending this course to recertify my current:  Wafa  WFR  WEMT

My current certification card has been issued by:  WMTC  WMA  WMI  SOLO

AIRE  DMM  WMO  RMI  Sierra Rescue  Other: \_\_\_\_\_

If you selected "Other" please contact the WMTC office to see if your certification is eligible for recertification with WMTC PRIOR to registering for this course.

E-mail office@wildmedcenter.com or phone: 509-996-2502

Visa, MasterCard, and Discover are accepted; make checks payable to Alzar School.

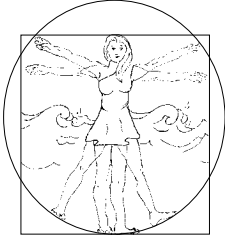
Credit card type \_\_\_\_\_ Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ 3-digit Security Code \_\_\_\_\_

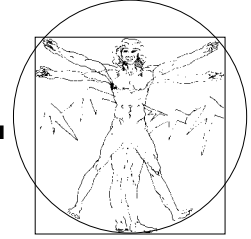
Your Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Course fees are not refundable unless the course is canceled. Please complete the attached release form and return it with your registration & payment to:

Wilderness First Aid Course  
attn: Sean Bierle  
POB 16604  
Boise ID 83702



# the Wilderness Medicine Training Center Inc.



## Agreement of Responsibility

Distance Learning Project courses offered by the Wilderness Medicine Training Center, Inc. are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. You must successfully complete the didactic material and on-line testing prior attending the on-site practical session; if for any reason what-so-ever you are unable to successfully complete the didactic material and on-line testing prior to the start of the practical session, you will not be admitted to the practical session nor will you receive a refund. While every effort has been made to provide the materials required for you to successfully complete the distance learning portion of the course, including testing, the Wilderness Medicine Training Center does not assume responsibility for or guarantee your success.

Class time during the on-site practical session may exceed ten hours per day plus homework. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury and moving safely in the outdoors in rough challenging terrain and environments without supervision. You are expected to bring the functional outdoor clothing that will protect you from the environment while participating in simulations. During simulations, skills practice, and some demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you must wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will NOT be cut. Simulations may take place in water, on rocks, on uneven terrain, on steep slopes, on snow and in rain, snow, wind, or bright sun. The course does NOT require you to put yourself at risk of injury or illness. If you feel at risk at any time and for any reason during the course, STOP your participation in the activity and bring your concerns to the course instructors. Make a plan to address your concerns and resume your participation once you feel safe. Therefore, during your participation in any Wilderness Medicine Training Center, Inc. course, you are responsible for your emotional and physical safety at all times.

The Wilderness Medicine Training Center, Inc. agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society<sup>1</sup>, the National Association of EMS Physicians<sup>2,4,5</sup>, and the spine management guidelines established by Peter Goth, MD<sup>3</sup>. The Wilderness Medicine Training Center, Inc. is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center, Inc. authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

Once you have successfully completed the didactic session, on-line testing, and on-site practical portions of your Distance Learning Project (DLP) course, you will receive a certification card. This card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines at the time of your course. It does not certify that you will be able to continue to perform at that level. It is your responsibility to stay current with both your understanding and practice. Most medical control personnel require certification as a base-line for authorization.

If you have participated in a Wilderness First Aid or a special contract course, you will receive a completion card from the Wilderness Medicine Training Center, Inc. A completion card certifies that you were present and engaged during the entire workshop but does not certify that you are proficient in the skills presented. WMTC completion cards meet the first aid requirements of Labor & Industries, Boy Scouts of America (including Philmont Scout Ranch), American Camping Association, and many other state and federal agencies.

Your signature below indicates that you understand the above statements, meet the minimum course requirements, and that you are willing to abide by them. That you will not hold the Wilderness Medicine Training Center, Inc., Sponsors, Instructors, etc. responsible or liable for your use of the material taught during your course OR for your emotional or physical safety before, during, or after your course. You also agree to be financially responsible for equipment and supplies damaged beyond normal wear and tear as determined by your instructors. and/or the course sponsor. Finally, you agree that any photos or video taken during your course and in which you appear may be used by the Wilderness Medicine Training Center, Inc for marketing or training purposes. Such use may include but is not limited to WMTC books and publications, posters, Training DVDs, the Wilderness Medicine Training Center, Inc web site, Wilderness Medicine Training Center, Inc social pages, etc. and that no fee will be paid to you by Wilderness Medicine Training Center, Inc for such use.

1. Forgey, W.W.: Wilderness Medical Society Practice Guidelines, Merrillville, ICS Books, c1995, c2001, c2005.
2. Goth, Peter and Garnett, George: Clinical Guidelines for Delayed or Prolonged Transport, Lenexa, National Association of EMS Physicians, c1991-1993
3. Goth, Peter: Spine Injury: Clinical Criteria for Assessment and Management, Augusta, Medical Care Development, Inc., c1994.
4. Hopson, Laura R. et al: Guidelines for Withholding or Termination of Resuscitation in Prehospital Traumatic Cardiopulmonary Arrest, NAEMSP Position Paper, c2002
5. Domeier, Robert M., Indications for Prehospital Spinal Immobilization, NAEMSP Position Paper, c1999

Type of DLP Course (circle one): WEMT    WFR    WAFA    Review    WFA    Contract

Name of Course Sponsor: \_\_\_\_\_

Location of Course: \_\_\_\_\_ Course Dates: \_\_\_\_\_

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Please Print Your Name Clearly

\_\_\_\_\_  
Signature of parent or guardian if under 18

# DLP Wilderness First Aid & Recertification

## Alzar School ~ Garden Valley, ID

### Distance Learning Presentations

Refer to DLP WFA or Recertification DVD for details

### General Presentations

- Course Introduction & Medical/Legal Concepts
- General Concepts in Patient Care
- Body Defenses
- Patient Assessment System (PAS)

### Trauma Presentations

- Introduction to Trauma
- Increased ICP & Concussion
- Bleeding & Volume Shock
- Respiratory Distress & Arrest
- Stable & Unstable Extremity Injuries
- Wounds
- Spine Assessment

### Environmental Presentations

- Dehydration
- Heat Illnesses
- Sun-related Injuries
- Hypothermia
- Cold Injuries
- Near Drowning
- Allergies
- Wilderness Toxins

### Medical Presentations

- Infectious Diseases
- Atherosclerosis, Heart Attack, Angina & Stroke
- Abdominal Emergencies
- Asthma (recertification students only)
- Diabetes (recertification students only)

### On-site Practical Session

**Dates: July 8-9, 2010**

#### Day 1: Thursday July 8th

- Course Introduction
- Patient Assessment System Part 1 Review
- Basic Life Support Skills Lab & Simulation
- Patient Assessment System Part 2 Review
- Simulations

Evening Session: Injection Lab & Allergies/Toxins Review & Quiz

#### Day 2: Friday July 9th

- Case Study Homework Review
- Wound Cleaning Lab
- Basic Extremity Splinting Lab
- Spine Assessment Lab
- Simulations
- Course Debrief & Closing
- Clean-up

### WFA & Recertification Lab Descriptions

- **Basic Life Support Lab (BLS):** This lab includes basic adult CPR training. It assesses all elements of the Scene size-up and Initial Patient Exam.
- **Wounds Lab:** This lab focuses on practical cleaning methods for "high risk" wounds; one of the more common injuries in the outdoors. The texture and anatomy of pig's feet are very close to human skin and musculature....
- **Extremities Splinting Labs:** Various materials are used to teach students how to improvise effective extremity splints with available gear. Bring a pre-cut T-shirt roll (see video).
- **Spine Assessment & Lab:** Teaches students how to assess and rule out possible spine injuries in a wilderness context.
- **Injection Lab:** This lab offers hands-on instruction in injectable epinephrine required for the treatment of systemic allergic reactions. Students will inject themselves with sterile water.
- **Simulations:** Each course has numerous simulations designed to help you practice in a realistic environment. Fake wounds, blood, etc. are used to increase reality. During simulations, labs, and some demonstrations you will be acting as a patient or a rescuer; this requires you to touch and be touched by others during the patient exam and subsequent treatment. **To protect your personal space you MUST wear a bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs and simulations. Cutable long shirts and pants are required for all the PAS & Treatment Labs.**

## General Course Information

Courses taught by the Wilderness Medicine Training Center are rigorous and require your full attendance and participation. You may find them mentally, physically, and emotionally demanding. Class time during your practical session may exceed ten hours per day plus homework. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury. During simulations, labs, and some demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space you must wear your bathing suit (jog bra) and/or shorts under your simulation clothing for all PAS Labs; they will NOT be cut. You are responsible for your emotional and physical safety at all times during the course.

The Wilderness Medicine Training Center agrees to present skills and techniques according to the practice guidelines established by the Wilderness Medical Society<sup>1</sup>, the National Association of WMS Physicians<sup>2</sup>, and the spine management guidelines established by Peter Goth, MD<sup>3</sup>. The Wilderness Medicine Training Center is not liable if you do not adhere to those standards in a field situation. Nor does the Wilderness Medicine Training Center authorize you to use the skills presented. Your authorization will need to come from a licensed medical control (usually a physician advisor).

When you have successfully completed the didactic material, on-line testing, and the on-site practical session of your Wilderness First Aid course, you will receive a certification card from the Wilderness Medicine Training Center valid for three years. This card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines<sup>1,2,3</sup>. It does not certify that you will be able to continue to perform at that level. It is your responsibility to stay current with both your understanding and practice. Most medical control personnel require certification as a base-line for authorization. You must recertify before your certification expires; there is not grace period (see the WMTC web site for details).

If you wish to use this course to recertify an existing WFA, WFR, or WEMT certification, you MUST ensure that your certification is current or in your grace period, you have registered for the Recertification part of the course, received the Recertification DVD and access to the Recertification tests; the DVD and tests are different than those given to WFA students. Upon successful completion of the Recertification didactic material, on-line testing, and on-site practical session you will be issued a WMTC certification commensurate with your original certification. To remain certified, you must take and pass an approved Review course before your new certification expires (see the WMTC web site for details). **BRING A COPY OF YOUR CURRENT CERTIFICATION WITH YOU TO YOUR PRACTICAL SESSION;** your current certification MUST be validated by the instructor of your practical session before we can issue you a new certification

During your practical session you will be spending quite a bit of time outside (snow, rain, hopefully sun, etc.). You will likely get very dirty during many of the labs and simulations. Bring clothing appropriate to the weather. It should be tough and old enough to withstand a beating. You will also need to bring a notebook, pen, pencil, watch, daypack, water bottle, and two sets of old clothing that may be cut during simulations (two long sleeved shirts, two pair of long pants, and 2 t-shirts). "Cutable" clothing is required for the video simulations and practice. To maintain your personal space bring shorts or a bathing suit (jog bra for women) to wear under your clothes during practice sessions and simulations. They will NOT be cut. Many students find that they benefit from bring multi-colored pencils or pens for note taking.

You must sign the attached "Agreement of Responsibility" as it acknowledges your understanding of the above information; if you choose not to sign the agreement, you will not be able to participate in the course.

Course tuition includes instruction, the DLP WFA or Recertification DVD and the Wilderness Medicine Handbook. Class begins at 8 AM each morning, breaks for lunch from between 12-1, and ends most days about 6 PM. The evening session begins after dinner; exact times will be announced at the start the practical session by your instructor.

1. Forgey, W.W.: Wilderness Medical Society Practice Guidelines, Merrillville, ICS Books, c1995, 2000. 2005.

2. Goth, Peter and Garnett, George: Clinical Guidelines for Delayed or Prolonged Transport, Lenexa, National Association of EMS Physicians, c1991-1993

3. Goth, Peter: Spine Injury: Clinical Criteria for Assessment and Management, Augusta, Medical Care Development, Inc., c1994.

4 WMTC Wilderness CPR & AED certification is based on guidelines from the American Heart Association, the Wilderness Medical Association, and the National Association of EMS Physicians