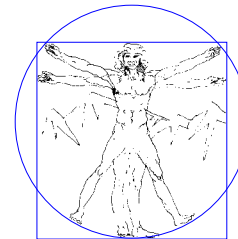


the Wilderness Medicine Training Center

Course Registration Form



Name _____ Home Phone _____

Address _____ Work Phone _____

_____ E-mail _____

City _____ State _____ Zip code _____

Sponsor: University Michigan Adventure Outdoor Program

Wilderness First Aid

Location: University of Michigan Campus ~ Ann Ann Arbor, MI

December 4-6, 2009 ~ \$205 before Oct 30, 2009 ~ \$245 after Oct 30, 2009

April 16-18, 2010 ~ \$205 before March 26, 2010 ~ \$245 after March 26, 2010

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

Discounts apply when the registration and full payment are postmarked prior to or on the cut-off date. Course fees are not refundable unless the course is canceled. Make checks payable to University of Michigan. MasterCard and Visa are accepted.

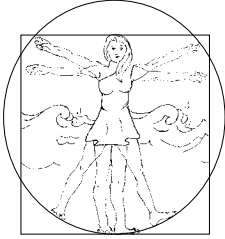
Card Type _____ Card Number _____

Expiration Date _____ Security Code _____

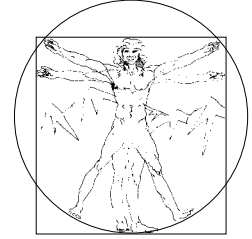
Your Signature _____ Today's Date _____

Please complete the attached release form and return it with your registration & payment to:

Wilderness First Aid
 University of Michigan Outdoor Adventure Program
 336 Hill Street
 Ann Arbor, MI 48104-3219



the Wilderness Medicine Training Cen-



Agreement of Responsibility

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. Class time 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 Society¹, the National Association of EMS Physicians^{2,4,5}, and the spine management guidelines established by Peter Goth, MD³. 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).

If you have successfully completed a certification course (WEMT, WFR, Wafa, or Review) taught by the Wilderness Medicine Training Center, Inc., you will receive a certification card from the Wilderness Medicine Training Center, Inc.. 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 workshop (Wilderness First Aid or a special contract), you will receive a workshop card from the Wilderness Medicine Training Center, Inc. A workshop card states that you were present during the entire workshop. Although the material presented during the workshop will be based on the practice guidelines outlined above, you will not be tested and the card does not certify your ability to perform to those standards. A workshop completion card meets the Labor & Industries, Boy Scouts of America (including Philmont Scout Ranch), American Camping Association, and other state and federal 16-24 hour first aid requirements.

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

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. That you will not hold the Wilderness Medicine Training Center, Inc., Sponsors, Instruc-

Type of Course (circle one): WEMT WFR WAFA Review 2-day WFA 3-day 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 years

University of Michigan ~ Ann Arbor, MI
Standard Wilderness First Aid Workshop
December 4-6, 2009
(24 Hours)

Day 1: Friday December 4

- Opening & Course Paperwork
- Course Introduction
- Medical/Legal
- Body Defenses
- Trauma Assessment & Treatment (Critical Systems)
- Patient Assessment System (PAS), Part 1
- Basic Life Support (BLS) Lab & Simulations
- Demo and assign cut T-shirt rolls

Day 2: Saturday December 5

- Wounds & Lab
- Stable & Unstable Musculoskeletal Injuries
- 1:1 Extremities Splinting Lab
- Patient Assessment System (PAS) Part 2
- Simulations
- Spine Ruling Out Process

Day 3: Sunday December 6

- Sunburn, Heat Exhaustion, Heat Stroke, & Electrolyte Sickness
- Hypothermia
- Near Drowning
- Allergies & Wilderness Toxins
- Injection Lab & Quiz
- Simulations
- Course Debrief & Closing

WFA Lab Descriptions

- Basic Life Support Lab (BLS): This lab includes basic adult CPR instruction and assesses all elements of the Scene size-up and Initial Patient Exam. CPR certification is not part of this course.
 - Simulations: These labs are role plays incorporating patient assessment and documentation. Make-up will be used to increase the scene's reality.
 - Wound Cleaning Lab: Pigs feet are used for training realistic wound cleaning.
 - Extremities Splinting Lab: SAM splints & sleeping pads are used to teach students how to improvise effective extremity splints with available gear.
 - Injection Lab offers hands-on instruction in injectable epinephrine required for the treatment of systemic allergic reactions.
 - Spine Ruling Out Lab: This lab teaches students the process for ruling out suspected spine injuries in a wilderness setting.

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. 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, PAS drills, 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. During your participation in any Wilderness Medicine Training Center course, you are responsible for your emotional and physical safety at all times.

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After your participation in a Wilderness First Aid workshop you will receive a completion card from the Wilderness Medicine Training Center. This card acknowledges that you have attended and participated in the workshop; it does not certify that you can perform the skills presented. You must be present and engaged for the entire workshop in order to receive a completion card. You will be asked to sign an "Agreement of Responsibility" that acknowledges your understanding of the above information on the first day of your course. You may use this course to recertify your current Wilderness Advanced First Aid, Wilderness First Responder, or Wilderness EMT certification if you successfully complete the WMTC Renewal Packet within two months of the end of your 3-day WFA. The Renewal Packet is available from the "News" page on our website as a pdf download. From our home page click on the "News" tab and then again on the download link. Click a final time on "WMTC Renewal Packet". Please e-mail our office with questions: office@wildmedcenter.com

You will be spending quite a bit of time outside and will likely get very dirty during many of the skills sessions 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, backpack, water bottle and two sets of old clothing that may be cut (two pair of long sleeved shirts, two pair of long pants, and two t-shirts). "Cuttable" clothing is required for simulations and practice. Consider bringing colored pencils or pens for note taking. For more details on WMTC courses, please download our Student Booklet; the booklet is available as a pdf file from the "News" page on our Website. The course price includes instruction and the waterproof/tearproof Wilderness Medicine Handbook.

1. Forgey, W.W.: *Wilderness Medical Society Practice Guidelines*, Merrillville, ICS Books, c1995, c2001, 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.

University of Michigan ~ Ann Arbor, MI
Standard Wilderness First Aid Workshop
April 16-18, 2010
(24 Hours)

Day 1: Friday April 16

- Opening & Course Paperwork
- Course Introduction
- Medical/Legal
- Body Defenses
- Trauma Assessment & Treatment (Critical Systems)
- Patient Assessment System (PAS), Part 1
- Basic Life Support (BLS) Lab & Simulations
- Demo and assign cut T-shirt rolls

Day 2: Saturday April 17

- Wounds & Lab
- Stable & Unstable Musculoskeletal Injuries
- 1:1 Extremities Splinting Lab
- Patient Assessment System (PAS) Part 2
- Simulations
- Spine Ruling Out Process

Day 3: Sunday April 18

- Sunburn, Heat Exhaustion, Heat Stroke, & Electrolyte Sickness
- Hypothermia
- Near Drowning
- Allergies & Wilderness Toxins
- Injection Lab & Quiz
- Simulations
- Course Debrief & Closing

WFA Lab Descriptions

- Basic Life Support Lab (BLS): This lab includes basic adult CPR instruction and assesses all elements of the Scene size-up and Initial Patient Exam. CPR certification is not part of this course.
 - Simulations: These labs are role plays incorporating patient assessment and documentation. Make-up will be used to increase the scene's reality.
 - Wound Cleaning Lab: Pigs feet are used for training realistic wound cleaning.
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