

P.O. Box 1511  
Pahoa, HI 96778  
(808) 965-0613  
greg@hawaiiwilderness.org  
www.hawaiiwilderness.org



## WILDERNESS FIRST RESPONDER COURSE

**Sponsored by Hawaii Wilderness and the Wilderness Medicine Institute of NOLS**

**To Enroll:** We require the information on this form with a non-refundable \$300 deposit. Enrollment can be done through snail mail, email (greg@hawaiiwilderness.org), or over the phone (808-965-0613). We accept credit/debit cards over the phone, or a check may be mailed with this form to:

Hawaii Wilderness Adventure School  
P.O. Box 1511  
Pahoa, HI 96778

We'll contact you within 24 hours of receiving your deposit to answer any questions and welcome you to the course. The balance (\$445) of course fees are due by the first day of the course. The full amount may be paid at any time. Please bring the last two pages (WMI Student Agreement) signed with you the first day of the course.

Please print legibly!

**NAME:** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Cell** \_\_\_\_\_

**Email** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_

<b>COURSE DATES</b>	April 17-26, 2012
<b>COST:</b>	\$745
<b>SUBTOTAL:</b>	\$745
<b>LESS DEPOSIT:</b>	(\$300.00)
<b>BALANCE DUE:</b>	\$445

**THANK YOU!**

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**Sponsored by Hawaii Wilderness and the Wilderness Medicine Institute of NOLS**

**DATES:** April 17-26, 2012

**COST:** \$745

**LOCATION:** Volcano Art Center, Niaulani Campus. 19-4074 Old Volcano Rd. Volcano, HI 96785

### **COURSE DESCRIPTION**

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue. WMI's curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. You'll be taught by dynamic educators who have practiced both wilderness and urban medicine. This 10-day course is ideal for all professionals operating in remote environments. Adult/child CPR and FBAO certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

### **REGISTRATION/POLICIES**

A deposit of \$300.00 is required to reserve a space in the course. Tuition balance is due by the first day of the course. Payments may be made via check, cash, or credit/debit cards. The tuition fee covers textbooks, syllabus, equipment and certifications. WMI is not obligated to allow any student to attend a course until all WMI paperwork has been received, reviewed and approved by WMI. We require a 15 student minimum to run the course. A full refund for course tuition only 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:

The deposit is non-refundable. The balance (tuition minus deposit) will be refunded until the day before the class starts. Once the class begins, there are no tuition refunds.

### **WMI STUDENT AGREEMENT**

(including Assumption of Risks and Agreements of Release and Indemnity)

**Please download this agreement from [http://www.nols.edu/wmi/pdf/wmi\\_agreement.pdf](http://www.nols.edu/wmi/pdf/wmi_agreement.pdf) and read it very carefully as it affects your legal rights. Bring the **two-page** 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 9:00 AM on the first day of the course. Course days run from 9:15am – 6:15pm. Two evening sessions will be scheduled. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role-playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy, or 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.

**You will need:** a large day pack, multiple layers of clothing, water bottle, raincoat/waterproof top and bottoms, sturdy boots, head lamp or flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so please dress accordingly. The class is located at 4,000' elevation and is often chilly and wet. Daytime temperatures may range from the 50's to high 70's. Nighttime temperature can dip into the 40's.

## **CONTINUING EDUCATION COLLEGE CREDIT AND EMT CEUS**

The course is pre-approved for three (3) semester hour credits through the University of Utah at an additional cost of \$300.00. If interested, please check with the instructors on the first day of class for the necessary information.

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

## **COURSE POLICIES**

**PETS ARE NOT ALLOWED AT THE COURSE. 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**

## **LODGING**

There are no meals and lodging packages available for this course. A list of hotel, lodges, bed and breakfast options can be found at [www.volcanovillagehotels.com](http://www.volcanovillagehotels.com). For vacation rentals, visit [www.vrbo.com](http://www.vrbo.com).

**Budget options:** \*Ask about discounts for extended stays!

-Holo Holo Inn/Hostel- \$25 dorms w/ fully equipped kitchen. Walking distance to class. Best bet for budget option without needing a car rental. Book early! [www.volcanohostel.com](http://www.volcanohostel.com)

-Arnotts Lodge- Located near the beach in Hilo, 35 minutes to Volcano. \$25 dorms and \$10 camping. [www.arnottslodge.com](http://www.arnottslodge.com)

-Hilo Bay Hostel– [www.hawaiihostel.net](http://www.hawaiihostel.net)

More hostels can be found in Hilo, a 30-45 minute drive from Volcano.

**Camping:**

-Namakanipaio Campground– Part of Volcanoes National Park,. \$Free, no reservations needed. Closest camping to the course (5 miles away). Located between the 31 and 32 mile markers on Hwy. 11. Be prepared for chilly nights! (possibly 40 degrees). [www.nps.gov/havo/planyourvisit/camp.htm](http://www.nps.gov/havo/planyourvisit/camp.htm)

\*Camping is limited to 7 days. The rangers may not mind a few extra. Kulanaokuaiki campground, inside the National Park, is a good backup location.

### TRAVEL/DIRECTIONS

The course will take place at the Volcano Art Center, Niaulani Campus, 19-4074 Old Volcano Road, Volcano, HI 96785. Airports are located in Hilo and Kailua-Kona. To avoid car rental, buses are an inexpensive way to travel to Volcano before and after the course. There are accommodations within walking distance (1 mile) of the class in Volcano Village. However, the bus schedule doesn't allow for daily class transportation from outside Volcano. Visit [www.heleonbus.org](http://www.heleonbus.org) for schedules. Otherwise, cars may be rented at the airports.



### CONTACT INFORMATION

We hope this information is helpful. Please contact us with any questions or concerns you may have.

Our office hours are Monday - Friday, 9:00am - 5:00pm Hawaii Time

Phone: 808-965-0613

Email: [greg@hawaiiwilderness.org](mailto:greg@hawaiiwilderness.org)

Web site: [www.hawaiiwilderness.org](http://www.hawaiiwilderness.org)



# Wilderness Medicine Institute of NOLS

## Wilderness First Responder Course Schedule

### DAY 1

#### Morning

Introductions: Wilderness vs. Urban  
Initial Assessment  
Patient Exam  
Vital Signs: LOR, HR, RR, SCTM

#### Afternoon

Vital Signs: BP, Pupils  
Focused History  
Documentation  
Medical Legal Issues

*WFR Text Chapters: 1, 2, 3*

NOLS Wilderness Medicine Chapters: Intro, 1, 27

### DAY 2

#### Morning

Problem of the Day  
Review and Practical Session  
CPR

#### Afternoon

CPR: Remote Environments and Oxygen  
Spinal Cord Injuries  
Lifting and Moving  
Spinal Immobilization Litter Packaging, Carrying,  
Long- Term Patient Management

*WFR Text Chapters: 4, 5, 8, Appendix A, B and C*

NOLS Wilderness Medicine Chapter: 4

### DAY 3

#### Morning

Problem of the Day  
Chest Injuries  
Shock

#### Afternoon

Focused Spinal Assessment  
Head Injuries

*WFR Text Chapters: 7, 8, 9, 10*

NOLS Wilderness Medicine Chapters: 2,3, 4

### DAY 4

#### Morning

Problem of the Day  
Wilderness Wound Management

#### Afternoon

Problem of the Day  
Athletic Injuries  
Fracture Management

#### Evening

Traction Splinting  
Dislocations

*WFR Text Chapters: 6, 12, 13, 14, 15*

NOLS Wilderness Medicine Chapters: 5,6,7,8

### DAY 5

#### Morning

Problem of the Day  
Review and Practical Session  
Hypothermia  
Frostbite and Non-Freezing Cold Injury

#### Afternoon

Heat and Hydration  
Altitude Illness  
Practical Scenario

*WFR Text Chapters: 16, 17, 18*

NOLS Wilderness Medicine Chapters: 9,10,11

### DAY 6 DAY OFF

### DAY 7

#### Morning

Problem of the Day  
Cardiac Emergencies  
Respiratory Emergencies

#### Afternoon

Neurological Emergencies  
Acute Abdomen

*WFR Text Chapters: 11, 23, 24, 25, 29*

NOLS Wilderness Medicine Chapters: 17,18,19

### DAY 8

#### Morning

Problem of the Day  
Mental Health  
Bites and Stings  
Allergies and Anaphylaxis

#### Afternoon

Diabetes  
Search Scenario  
Principles of Search and Rescue/Evacuation

#### Evening

Mock Rescue

*WFR Text Chapters: 21, 26, 28, 34, 35, 36*

NOLS Wilderness Medicine Chapters: 16, 25

### DAY 9

#### Morning

Mock Rescue Debrief  
Leadership, teamwork, Communication  
Common Problems Wrap-up  
Communicable Disease  
Poisoning  
Lightning

#### Afternoon

Submersion Incidents  
Gender Medical Issues

*WFR Text Chapters: 19, 20, 27, 30, 31, 32*

NOLS Wilderness Medicine Chapters: 21,22,23,24, 20, 12, 13,14

### DAY 10

#### Morning

Decision-making  
Wilderness Drug and First Aid Kits  
Written and Practical Exams

#### Afternoon

Written and Practical Exams  
Closing Ceremony

*WFR Text Chapters: 37*

NOLS Wilderness Medicine Chapters: appendix,

Textbook: *The Wilderness First Responder* by Buck Tilton or NOLS  
*Wilderness Medicine* by Tod Schimelpfenig

# **Wilderness Medicine Institute**

AN INSTITUTE OF THE NATIONAL OUTDOOR LEADERSHIP SCHOOL

## **STUDENT AGREEMENT**

### **(INCLUDING ASSUMPTION OF RISKS AND AGREEMENTS OF RELEASE AND INDEMNITY)**

In consideration of the services of The Wilderness Medicine Institute of The National Outdoor Leadership School ("WMI"), I, joined by my parents or guardian if I am a minor in my state of residence, agree and acknowledge as follows:

#### **ACTIVITIES AND RISKS**

I understand that WMI courses teach wilderness first aid, also known as wilderness medicine, and are taught in classroom and outdoor settings. The outdoor portions will occur during the day or at night in various types of environments from grass lawns to rugged wilderness-like terrain and in weather conditions that include heat, cold, wind, snow or rain or other conditions. I acknowledge that the activities of the course have risks, including certain risks which are inherent. Inherent risks are those which cannot be eliminated without destroying the unique character of the activities. The same elements that contribute to the unique character of these activities can cause loss or damage to equipment, accidental injury, illness, or in extreme cases, permanent trauma, disability or death. I understand that WMI considers it important for me to know in advance what to expect and to be informed of the activities' inherent risks. The following describes some, but not all, of those risks.

- WMI courses may occur in remote places. They may occur on lands open to the public, and exposed to the acts of persons not associated with WMI. Communication and transportation may be difficult and evacuations and medical care may be significantly delayed.
- WMI activities may be strenuous, physically and emotionally.
- Physical activities include running, hiking, repetitive lifting and carrying. Certain activities will require travel by foot and other means, over unimproved roads, hiking trails and rugged off-trail terrain including downed timber, river crossings, snow, ice, steep slopes, slippery rocks and other features. These travel risks include falling, drowning, becoming lost and others usually associated with such travel, including environmental risks.
- Environmental risks and hazards include flowing, deep and cold water; insects, snakes, animals; falling and rolling rock; lightning, falling timber, and unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, frostbite, sunburn, heatstroke, dehydration, and other mild or serious conditions.
- Students will participate in realistic simulated injury and illness scenarios and will at times act the role of patient, being handled, carried and otherwise treated as patients of a medical emergency in simulated situations. Students will also use and practice with various medical equipment. Training, under close staff supervision, may include the option of injecting, and being injected, by fellow students. Risks associated with this training include being inadvertently stuck by a needle, being dropped or otherwise mishandled while being carried; unwelcome touching while acting the role of patient in a scenario; and emotional distress in response to training scenarios.
- WMI may require students to arrange their own transportation to locations away from the primary classroom from which further activities will be conducted. This travel is not supervised by WMI and includes the use of personal vehicles and/or carpooling in vehicles not owned or controlled in any way by WMI.
- Equipment may fail or malfunction.
- Decisions made by the instructors, other staff (including volunteers), contractors and students will be based on a variety of perceptions and evaluations which by their nature are imprecise and subject to errors in judgment. Misjudgments may pertain to, among other things, a student's capabilities, environment, terrain, water and weather conditions, natural hazards, routes and medical conditions.
- WMI students, including minors, may have "free" time before, during and after their course. WMI has no responsibility or students during their free time before and after their course. WMI staff may from time to time provide assistance or even accompany students in these free time activities, but in doing so, they are acting as private individuals, and WMI is not responsible for their conduct. Even during the course WMI cannot continually monitor the behavior and activities of students and students must accept responsibility for themselves and others whether or not under the direct supervision of WMI staff.
- WMI programs in foreign countries may be exposed to laws, legal systems, customs and behaviors, animals, diseases and infections not common to the United States; in addition, these courses may be subject to dangerous road travel, political unrest, riots, demonstrations, banditry, terrorism, and other criminal conduct, including drug related activities.
- WMI may from time to time use the services of private contractors for certain tasks, including, for example, transportation and food service. WMI is not responsible for the acts or omissions of such contractors.

I acknowledge that the staff of WMI has been available to more fully explain to me the nature and physical demands of my WMI course and the inherent risks, hazards, and dangers associated with this course.

