



SierraRescue.com ~ info@sierrarescue.com ~ 530-902-6122

Hello from Sierra Rescue!

Congratulations and thanks for signing up for the Wilderness First Responder & River Rescue Certification Course. We are going to have a great time learning and playing together. This dynamic curriculum is specifically designed for people who live, work and play in the great outdoors!

MEETING TIME AND PLACE for the RIVER RESCUE CERTIFICATION:

8:30 AM SHARP: We will meet at the Mother Lode River Center in Coloma, CA. We will meet at the picnic tables in the morning for introductions and paperwork and then move to the river. We will be in the water all day; so please be prepared.

When you arrive at the Mother Lode River Center, please keep to the left. Drive through the parking lot and down the hill towards the river. Once you reach the river, you will continue upstream until you see our vehicle. This is called the Upper Kitchen. We will meet at the picnic tables in the morning for introductions and paperwork and then move to the river. We will be in the water all afternoon; so please be prepared to get in the water the first day.

Class times will be: Day 1: 8:30 am to 6:00 pm
 Day 2: 8:30 am to 6:00 pm

When driving from Sacramento:

Go East on Highway 50. Exit at the N. Shingle Springs/Ponderosa Road off ramp. At the top of the off ramp turn left and go over the freeway. Take the first available right turn onto N. Shingle Road. In approximately 4.5 miles this road turns into Lotus Rd. (you will probably not even know it when it happens). Stay on Lotus Rd until it dead ends at Hwy. 49 (approx. 5 miles). Turn left onto Hwy 49 and you will cross over the South Fork of the American River. Mother Lode Camp is located on the left side of Hwy. 49, 2.3 miles from this bridge and opposite County road marker 26.51. Our physical address is 6280 Hwy 49. Approx. driving time is 1 hr from Sacramento.

WHAT TO BRING!

For the water:

- **Drysuit or Full Wetsuit!** (Drysuits are always recommended because we spend so much time getting in and out of the water and the weather is always variable).
Drysuits can be rented from:

The River Store (530-626-3435) in Lotus, CA. This is a 5 minute drive from the training site. If you can pick them up the night before that's great!, otherwise, you can pick them up the morning of class **AFTER** you check-in for the course.

Pacific River Supply (510-223-3675) is another option and they will ship you the drysuit by UPS and you only pay for the days you use it. We **highly recommend this option** as we have NEVER had any problems with PRS drysuits!!

- **PFD:** Type 3 or Type 5 with whistle and knife (knife optional)
- **Helmet:** Lightweight swiftwater or climbing helmet.
- **Footwear:** Hard soled wetsuit booties or good shoes for walking in the river and on the banks with wool socks and/or wetsuit socks
- **Wetsuit gloves** (optional)
- **Food and water:** Lunch, snacks and water for each day!
- **Extra warm clothes**
- **Any personal rescue gear that you currently have: Throw Bag, etc. This is for you to have an opportunity to practice with your own gear.**

FULL IMMERSION!

Please plan on very active days and homework at night. We integrate the classroom materials throughout the course and you will be in the water a lot during the class. We will make the course as much scenario and case study based as possible. We will emphasize self rescue, throw bag rescue, entrapments, thinking through a rescue, simple rope tricks and rescue techniques that have been tested and proven successful in real rescues. Please feel free to let us know what is most important to you as we go through the training and we will make it as relevant as possible to your whitewater interest.

OVERALL BASIC OUTLINE OF THE DAYS:

DAY 1: AM:

Introductions and paperwork

Shallow Water Crossings

Entrapment Rescues: Wading, Swimming, Throw bag techniques, Foot and Body Entrapment, Kayak Entrapment

PM:

Swimming: defensive, aggressive, barrel rolls, accessing eddies

Throw bags: when, where, coils, belay, back-up, vector pull

Contact rescues: defensive, counter panic passengers

Live-Bait jackets; use, release, self-rescue techniques

Knots, Hitches, Anchors

Heads Up DVD: Prevention, Equipment, Organization, Orientation to Swiftwater Rescue

Homework: Group tabletop scenarios

Day 2: AM:

Mechanical Advantage

Wrapped boats: rafts and kayaks: The real scoop on freeing them.

Mechanical Advantage

PM:

Zip Lines

Flip drills in the current or in a rapid; boat and passenger recovery drills

Scenarios

Debrief written homework, test, paperwork completion

Fill in the gaps

The outline will evolve based on the focus of the participants. Our goal is to give you as much as you can handle in a couple days and still keep it fun and supportive. We will integrate many scenarios based on the swiftwater situations you may face as rafters or kayakers.

Wilderness First Responder

Thank you for your interest in our Wilderness First Responder Course. This is a very hands-on class and we have a great time learning and playing together. We look forward to spending eight days with you and sharing the excitement of knowing more about wilderness medicine!

We will be spending quite a bit of time outside (possibly rain, hopefully sun, etc.). You will be getting dirty during many of the skills sessions and simulations. Bring clothing appropriate to the weather. It should be tough enough to withstand a beating, get your

hands dirty and keep you warm or cool depending on weather conditions.

MEETING TIME AND PLACE!

8:30 AM SHARP: We will meet at American River Resort. We will meet in the reception area next to the parking lot for introductions and paperwork.

Class Times: 8:30AM-6:00PM unless otherwise noted

When driving from Sacramento:

Driving time approx. 1 hr. 15 min. From Sacramento, take Hwy 50 east, about 30 miles. Exit at the Ponderosa Road,/Shingle Springs off ramp (Exit 37) and turn left over the freeway. Just north of the freeway, make an immediate right turn on North Shingle Road. Continue 11.2 miles on North Shingle/Lotus Road (N. Shingle Rd. turns into Lotus Rd.) until Lotus dead ends at Hwy 49. Turn right on 49 and go approximately 1/4 mile on Hwy 49, passing James Marshall State Park, and go straight onto Coloma Heights Road, (Hwy 49 makes a sharp right hand turn but you'll go straight), and bear left on New River Rd. to American River Resort Campground. Please park and check in at the reception office. The physical address is 6019 New River Road, Coloma, CA 95613. Latitude 38.798467 Longitude -120.8866472

You will need to bring:

- Notebook, pen, pencil
- Watch
- Two full sets of old clothing (two long sleeve shirts, two long pants, two t-shirts) that can be cut up and dirtied with fake blood for scenarios
- Backpack big enough for course materials and other gear as we will be on the move to various different sites around campus
- Water bottle
- Snacks
- Camp chair or crazy creek chair if you have one
- On some days (not the first day) you may be asked to bring gear that you would have when you are out playing to practice splinting and using for other uses. This is totally optional as we will have lots of gear there, but it is nice to know how YOUR gear works as a wilderness medicine tool. Example: trekking poles, paddles, snow shovels, snowshoes, skis, axes, backpacks, chairs, sleeping pads.

Expectations and Certification: PLEASE READ CAREFULLY

Your full attention and participation will be required in the course. This is an 80 hour curriculum and class time can exceed 10 hours a day plus the required homework. The WFR will need your full commitment for the duration of the course. There will be simulations in

which you are required to act as patient and as a rescuer; this requires physical contact where you will touch and be touched. You should also be physically capable of lifting 50 pounds without injury. You will be reading, writing and communicating with other students.

This is a **VERY** interactive course. To protect your personal space you should wear your jog bra, bathing suit, boxers/ and or shorts (these will not be cut) under your simulation clothes for all Patient Assessment Skills labs. You are responsible for your emotional and physical safety at all times.

Sierra Rescue presents skills and techniques according to practice guidelines established by the Wilderness Medical Society as outlined in the Wilderness Medical Society Practice Guidelines. Sierra Rescue is not liable if you do not adhere to those standards in a field situation, nor can we authorize you to use the skills presented. Your authorization will need to come from a licensed medical control.

When you have successfully completed the Wilderness First Responder Course, you will receive a certification card from Sierra Rescue. This card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. It does not certify that you will be able 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 baseline for authorization.

Your certification will be valid for three years. You **MUST** recertify within this three-year period at a course specifically designed as a "Wilderness First Responder Recertification" course. Your Sierra Rescue certification will be recognized world-wide! When you go to Re-Certify, you may Re-Certify with a responsible and recognized provider of Wilderness Medicine Instruction. We recommend that you go to a three-day recertification course. If you fail to recertify within the three year time period, you will have to take the FULL 80 WFR again. Do not ever let your WFR expire!

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.

What the course includes:

The course price includes instruction, patient SOAP notes, case studies and the text/field manual. It includes all lab materials and all supplies; except for personal clothing. Please feel free to contact us with any questions that you may have.

Objectives and Outline

GOAL: Our Wilderness First Responder course is designed with the outdoor professional and outdoor enthusiast in mind. It focuses on developing skills for treating problems outside

the “ golden hour” of first response, under extreme conditions or forced to improvise. It is based on the protocols set by the Wilderness Medical Society and instruction encourages the students ability to think through body systems in an effort to determine the best response to traumatic, environmental or medical situations. Classroom sessions are followed with hands on practice to integrate the information in a field setting. 100% attendance is required and there will be a night scenario included. The students will get to see their skills in action as video coverage of intensive scenarios will be reviewed towards the end of the class. A comprehensive written exam is also administered. The course includes AEHS adult, child and infant CPR certification which is OSHA approved.

COURSE OBJECTIVES

Some of the many skills student will be able to do:

- Understand basic Anatomy and Physiology
- Perform solid CPR and BLS skills
- Make an improvised splint
- Clean and manage wounds in the backcountry
- Know how to clear someone who has MOI for spinal injury
- Be able to package patients on both backboards and litters
- Understand allergic reactions and when and how to administer epinephrine
- Recognize serious trauma injuries
- Recognize serious environmental issues
- Recognize serious medical issues
- Make improvised litters and alternative carrying methods
- Triage and know how to handle mass casualty incidents
- Pass final written exam
- Pass final practical exam

WFR OUTLINE - Eight Days (80 hours)

Day 1: Basic Life Support Skills/ Anatomy and Physiology

- Opening and Course Paperwork
- Course Introduction and Expectations
- Student and Instructor Introductions
- Medical Legal Overview
- Evolution of Patient Care System and how WFR's fit in
- Patient Assessment System (PAS) Part 1 How to approach a scene!
- General Review of Anatomy and Physiology (All Systems)
- Specific exploration of Respiratory System
- Hands on practice establishing an airway/airway management
- Specific exploration of the Circulatory System
- Hands on practice for checking for pulse, controlling bleeding, cpr
- Specific exploration of Nervous System
- Evaluating Level of Consciousness and maintaining Spine stability

- Optional Examination of a pig's heart, lungs, kidneys and liver
- Basic Life Support Lab / AED's/ AEHS CPR testing

Day 2: Traumatic Injuries

- Understanding the Inflammatory Response/ Review of cellular physiology
- Autonomic Stress Response/Acute Stress Response
- Nervous System injuries/ Increased ICP, Concussion, Head wounds, Unstable Spine
- Respiratory injuries/ Respiratory distress
- Circulatory Injuries/ Volume Shock
- Stable and Unstable Musculoskeletal Injuries
- Patient Assessment System (PAS) Part 2
- Hands on field exercises/ Two on One Patient Assessment : 3 Rotations

Day 3: More on Trauma

- Quiz 1 -Wounds, Infections, Burns
- Pigs Foot Lab/ Includes wound irrigation, punctured objects and fish hook removal
- Exploration of the Musculoskeletal System/ Anatomy and Physiology
- Stable and Unstable Musculoskeletal Injuries
- 1:1 Splinting Lab -Spine Assessment and Lab/ A conservative process for checking the spine
- Dislocations Lab

Day 4: Environmental Injuries

- Spine ruling-out quiz
- Hypothermia
- Heat Problems (Heat Stroke, Heat Exhaustion, Electrolyte Sickness, Sunburn)
- Cold Injury (Frostbite, Trench Foot, Chilblains)
- Near Drowning
- Spine Management Lab/ Moving spine injured patients, back-boarding, litters

Day 5: More on Environmental

- Quiz 2 -Toxins, Bites and Stings/ Includes BBC video
- Anaphylaxis/Allergies
- Injections Lab
- Altitude
- Lightning -More two on one patient field assessments: 3 rotations

Day 6: Introduction to Medical

- Quiz 3 -Introduction to medical problems
- Infectious diseases -Gastrointestinal System/ Anatomy and Physiology and Problems (diarrhea, constipation, ulcers, hernias, signs and symptoms of serious problems)
- Genitourinary System/ Anatomy and Physiology and Problems (UTI, vaginitis, testicular torsion, pregnancy)

- Diabetes
- Ears, Eyes, Nose and Throat/ Teeth Problems
- Asthma -Heart Attack, Angina BBC Video
- Stroke -Seizures
- Mini-Medical Scenarios
- Improvised Litters and Final Written Exam
- Improvised Litters /Carries and Passes
- Obstacle course with litters constructed
- Triage lecture and drill
- Mass Casualty scenario
- Final Written Test

Day 7: Improvised Litters and Final Written Exam

- Improvised Litters /Carries and Passes
- Obstacle course with litters constructed
- Triage lecture and drill
- Mass Casualty scenario
- Final Written Test
- Video Simulation #1
- Debrief VS #1
- Video Simulation #2
- Debrief VS #2

Day 8: Video Simulation #3 and Course Closure

- Debrief Night Scenario -Video Simulation 3
- Review of Written Exam -Medical Equipment, First Aid kits, Survival kits
- Finish any testing -Course Debrief/ Cleanup and Closing

*Class usually ends around 6 pm on the final day

Additional Information:

Fake blood and make-up is used to create realistic wounds, bruising and bleeding. Students will need at least one or two pairs of clothes that may be cut and stained. All scenarios are created with realistic outdoor scenarios and patients will be in role. Various materials from expedition type gear will be used for splinting, hypo- wraps and insulating patients from the environment.

The video simulations will allow students to work through their simulations and be able to review immediately afterward. The pressure of being filmed will add an element of anxiety, which would be there in a real incident.

YOUR INSTRUCTORS

Sierra Rescue is committed to providing quality rescue instruction based on integrating information into practical skills while developing the ability to think through complicated wilderness and rescue problems. We integrate knowledge into practical field exercises that

work on developing judgment as well as providing hands on training.

OUR EXPERTISE

Sierra Rescue was founded in order to offer quality professional courses for a multitude of individuals. We specialize in designing the best rescue course for each group's specific needs. We are flexible with our curriculums and love the challenge of creating a course that is perfect for the environment and activities that you do. Sierra Rescue offers you the skills and the certification that you and your organization need. We also travel to your site or pick a site near you that would be appropriate. We have over 28 years of experience as front country and wilderness EMTs, wild-land and structure fire fighters, river guides, climbing and mountaineering guides, instructors in outdoor leadership, members of search and rescue teams. With our diverse background and our 15 years of teaching experience we strive to offer you the best and most fun course for your time and money. We are very passionate about what we do! Please feel free to contact us at any time with any questions about the course or curriculum.

WHERE TO STAY!

For CAMPING:

There are many campground options in the Coloma Valley. Here are a couple we recommend:

American River Resort Campground is available at a discounted rate of \$10/person. Please tell them you are with Sierra Rescue and you will receive this special rate. For a complete listing of lodging accommodations at the training site, please visit

American River Resort: americanriverresort.com (530) 622-6700

If you make your reservation early, you can camp right above Trouble Maker rapid! A great spot!

Camp Lotus: camplotus.com (530)622-8672

Great folks, great camping!

PLEASE NOTE: For past students who remember camping at Mother Lode River Trips. This is no longer an available option!

For HOTELS:

You have some choices for accommodations. There are some B&B's right in the Coloma area, and The American River Resort americanriverresort.com also has cabins right on the river. The other hotels and eating options are either in Auburn, CA or Placerville, CA. Placerville is about a 20-minute drive and Auburn is about 25 minutes. Auburn has more options than Placerville does.

In and around Coloma:

American River Resort - American River Resort offers premier riverside lodging in Coloma, CA. River Rafting, Camping, Cabins, RV Hookups, 530-622-6700.

Coloma Resort - Campground located on the South Fork of the American River, with RV and tent camping sites on one mile of river-front spaces. 1-800-238-2298

Café Mahjaic & Lotus Inn - The Lotus Inn & Café Mahjaic are ideally located on the American River just 5 minutes from Malode. Built in 1857, the Lotus Inn offers six rooms of varying size and accommodation.

Coloma Country Inn - Nestled in the Sierra Nevada foothills between Lake Tahoe and Sacramento, The Coloma Country Inn bed and breakfast provides the perfect setting for an exciting family adventure or a romantic getaway for two.

In and around Auburn:

Auburn Holiday Inn - Located on I-80. 30 minutes from Mother Lode River Center

Best Western Golden Key - Located on I-80, 30 minutes from Mother Lode Center.

Comfort Inn - Located on I-80; 30 minutes from Mother Lode River Center.

In and around Placerville:

Best Western Placerville Inn - www.bwplacervilleinn.com

6850 Green Leaf Dr, Placerville - (530) 622-9100

Gold Country Inn - Located on Broadway Street near downtown Placerville, this motel offers clean, comfortable, affordable rooms.

Holiday Inn Express - Located on Hwy 50 in El Dorado Hills, 30 minutes from our campground.

Historic Cary House Hotel - Nestled in the heart of the California gold country, the Cary House is "The Jewel of Placerville."

Please feel free to contact us directly if you have any questions that you need answered before the class!

THANK YOU SO MUCH FOR YOUR INTEREST IN THIS CLASS!

We look forward to seeing you soon!

Sincerely,

Abigail Polsby & Julie Munger
Sierra Rescue