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HELLO FROM SIERRA RESCUE!

Thanks for signing up for the WFR Review! The WFR Re-Certification is designed to recertify a wilderness first responder certification. We accept Wilderness First Responder certifications from most organizations as long as the WFR is 72-80 hours and follows the protocols of the Wilderness Medical Society. Students must possess a current WFR card. No exceptions. Our reviews are 60-70% hands on training's. Lectures will focus on general review and bringing students up to date on the most current information. The student must pass the written WFR test and demonstrate good hands on skills to pass the course.

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 and old enough to withstand a beating. Be prepared for FUN. LAUGHS and lots of LEARNING! You will have some homework at night as part of the review. It will be fun!

THIS COURSE INCLUDES:

- CPR certification (good for two years)
- WFR Recertification (good for three years)
- A waterproof pocket size field guide
- Some other small goodies; such as pens and stickers.

WHAT YOU WILL NEED:

1. COPY OF YOUR CURRENT WFR CARD UNLESS YOU TOOK YOUR LAST WFR or WFR RECERT WITH US:

Please call the office with any questions about your certification before the course. Your WFR or WFR review must have been at least 72-80 hours with an approved provider and be no more than three years before the date of the WFR review.

2. COMPLETED PRE-TEST: (TO THE BEST OF YOUR ABILITY)

I have attached a test to take BEFORE the WFR review. This test is to get you to open your books and review! The easiest way to make this fun and useful is

to imagine yourself with a real patient. You have gathered your patient information and are making decisions about what to do next. You obviously have a problem, what you are worried about, what you need to treat and monitor and what you need to do to either evac or have your patient stay. Have fun with it! Here are some helpful hints as far as language goes:

A STABLE musculoskeletal injury generally refers to a strain or sprain and RICE is the general treatment

An UNSTABLE injury is a tear, ligament damage, break, etc.

WHAT TO BRING!

- PERSONAL GEAR: (Remember we will be outside doing scenarios, rain, snow or shine for most of the course)
- Watch
- Camp Chair
- Food and Water
- Pens-Pencils and notebook if you desire
- Extra clothes that can be cut and dirtied (Goodwill run?) PLEASE NOTE: We will use fake blood and mulage! You need some clothes that can be stained and/or cut.
- Warm clothes for outdoor simulations
- Any gear that you want to practice splinting with, or using as part of a scenario (We supply it all, but sometimes it is fun to try things with what you commonly carry)
- Good attitude and smiles, this is an interactive course so ask questions and have fun!

Your full attention and participation will be required in the course. This is an 24 hour curriculum and class time can exceed 8 hours a day plus the required homework. The WFR -recert will need your full commitment for the duration of the course.

WILDERNESS FIRST RESPONDER REVIEW

BASIC OUTLINE

Basic Life Support and Trauma

- Opening paperwork
- Introduction and Overview of Course
- Scene Survey and Patient Assessment System (PAS)
- BLS Lab Skills Review
- General Trauma (major) Review

- Quiz 1
- Realistic Scenario Drills
- CPR testing

Trauma and Environmental

- Cold and Heat Review
- Quiz 2
- Splinting Practice
- Dislocations Review
- Spine Ruling-out Process and Spine Injury Management Review/ Moving Spine Injured Patients, Back boarding, Litters
- Realistic Scenario Drills
- Hand out Take Home Exam

Environmental and Medical

- Review Take Home Exam
- Toxins Review
- Anaphylaxis Review and Injections Lab
- Quiz 3
- Big Group Scenario
- Finish up CPR Testing
- General Debrief and Closing

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.

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.

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.

Your WFR recert will be valid for three years and you will also receive a CPR card that is valid for two years.

Please remember you will need to come to class the first day with your personal gear, the mostly completed pre-test and a copy of your current WFR card (Unless you are currently certified through Sierra Rescue, as we have it on file).

Please feel free to contact us directly if you have any questions that you need answered before the class! Thanks for your interest and commitment to this class!

Julie Munger & Abigail Polsby
Owners, Sierra Rescue