



WILDERNESS FIRST RESPONDER COURSE

Adventures Cross Country WFR: Taught by Sierra Rescue

DATES: June 1 – June 10, 2016
COST: \$675.00 Tuition and Accommodation only
LOCATION: Petaluma KOA, Petaluma, CA

COURSE DESCRIPTION

This 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.

SCHEDULE

The basic WFR course schedule is as follows:
June 1-6: WFR Class (Daily 8:30 AM – 5 PM)* Petaluma KOA
June 7: Day Off
June 8-10: WFR Class (Daily 8:30 AM – 5 PM)* Petaluma KOA

- *Additional Evening session June 5s
- See WFR Syllabus for further details

ENROLLMENT/PAYMENT – ACTION REQUIRED

The cost of the WFR course is \$675 - you must enroll for the course and pay online [here](#). You will receive an email confirmation of the transaction.

CLASS EXPECTATIONS and FORMAT

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 an responsible and recognized provider of Wilderness Medicine Instruction. We recommend that you go to a three day recert. 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.

INSTRUCTORS

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 groups' 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.

Abigail Polsby-Lead Instructor

Abigail has been instructing wilderness skills for the past 17 years. She is a certified American Canoe Association (ACA) Swiftwater Rescue Instructor as well as an Instructor Trainer for Rescue 3 International. Abigail has a strong mountaineering, First Aid and teaching background. She was a lead instructor for Hurricane Island and Colorado Outward Bound Schools and works well with all ages and abilities. Abigail is a patient and dedicated instructor. She has worked professionally and volunteered for Search and Rescue and was previously the owner/ operator of Olympic Mountain Outdoors, a guide service offering backpacking, snowshoeing and backcountry skiing trips around Washington State. She has also worked as a rafting and kayaking guide for Mountain Travel Sobek. In 1998 she founded Arctic River Journeys, an Alaska whitewater rafting outfitter. When not river guiding or teaching rescue, Abigail can be found surfing in Mexico or skiing in Tahoe. Most recently, Abigail Polsby was voted Rescue 3 Swiftwater Rescue Instructor of the year 2009.

EQUIPMENT NEEDED FOR 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.

You will also need to bring:

- *Notebook, pen, pencil
- *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
- *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/working 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.

LODGING/ FOOD

Camping is provided as part of this course (tent camping), all students are responsible for their own meals (ARCC will provide breakfast and lunch on the first day of the course as well as some basic staples for the course – peanut butter, jelly, pasta, rice, snack mix, etc.) Due to the heavy daily classroom schedule it is recommended that you arrive to class with a pre-prepared lunch meal and snack each day. Often leaders organize themselves into cook groups and combine resources and prepare meals together. There are several grocery stores and restaurants nearby.

The lodging provided for this course is at the KOA campground of Petaluma which is the same location as the course. The KOA provides a number of amenities including showers, wi-fi, a snack bar and more. Students are responsible for providing their own sleeping bag, mat, bedding materials etc. ARCC will provide stoves, cookware and other necessary gear. We do have a limited amount of tents available to be shared with other leaders. Therefore it is recommended that leaders, who would prefer privacy, bring their own tent. Please contact us ahead of time if you would like to use an ARCC tent.

Please know that you MUST adhere to all rules of the KOA, including quiet hours. Disruptive behavior has the potential to jeopardize our use of the facility (and your employment with Adventures Cross-Country) and will not be tolerated.

GETTING TO THE WFR COURSE

Adventures Cross-Country has vans for the group to use during the WFR course. We will cover gas expenses for the ARCC provided vans incurred during the course (for travel to/from the campsite to the ARCC office, grocery store, etc.)

The WFR course starts at 8:30 AM on June 1st – we have camping available for those who are flying in on May 31st and will have shuttles available from the ARCC office to the KOA on May 31st at 4 and 7pm.

Please see the Staff Training Prep Packet (emailed to you) and for more details about transportation to the WFR course.

More information will be sent to you regarding transportation and how to get the ARCC office.

Driving directions to the San Francisco North/ Petaluma KOA...

From Hwy 101 North take exit 476 for Old Redwood Hwy toward Penngrove.

Turn Left onto Old Redwood Hwy N

Turn Right onto Stony Point Rd

Take First Left onto Rainsville Rd

KOA on the Left at **20 Rainsville RD**

CONTACTS

Adventures Cross-Country Program Director: Ellery Fink at (415) 332-5075 ext. 232

Adventures Cross-Country WFR Coordinator: Bridget Murphy at (415) 332-5075

Sierra Rescue Instructor: (530) 902-6122

KOA Office Manager: Danny Ortega at (707) 763-1492



WILDERNESS FIRST RESPONDER SYLLABUS

Adventures Cross Country WFR: Taught by Sierra Rescue

DATE: June 1 – 10, 2016

TIMES: Class runs from 8:30 AM-5 PM unless otherwise noted (80 Hours)

COST: \$675.00 Tuition and Accommodation only

LOCATION: Petaluma KOA, Petaluma, CA

COURSE OBJECTIVES

Upon completion of this course, students will be able to:

- 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 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

COURSE OUTLINE

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

PLEASE NOTE--8:30 am-4pm and 9pm-11pm

Day 6: Introduction to Medical/Improvised Litters and NIGHT SCENARIO

- 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 /Carries and Passes
- Obstacle course with litters constructed

Night Scenario from 9pm-11pm

Day 6: DAY OFF!!!!

Day 7: Final Written Exam and Final Sim #1

- Debrief Night Scenario
- Final Written Test
- Final Video Simulation #1
- Debrief VS #1

Day 8: Video Simulation 2 and Video Simulation 3

- Review of Written Exam
- Video Simulation #2
- Debrief VS #2
- Video Simulation #3

Day 9: Video Simulation #3 and Course Closure

- Debrief Video Simulation 3
- Triage lecture and drill
- Mass Casualty scenario
- Medical Equipment, First Aid kits, Survival kits
- Finish any testing
- Course Debrief/ Cleanup and Closing

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.