



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

Wilderness Medicine Instructor Course

Thanks for signing up for the Wilderness Medicine Instructor Course! Students signing up for this course should also sign up for the WFA or WFR-recert course depending on their needs. If you do not need the WFR-recert course then you should sign up for the WFA course. If you are wanting to teach the WFA then you need to take the WFA course. This WFA course will be combined with the WFR-recert course. Please contact us if you have any questions or concerns about this.

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. COPIES of all your Instructor Requirements – Please call me and talk to me directly if you have any questions or concerns regarding any of the requirements. It is possible to take the instructor course without all of the pre-requisites but this has to be arranged prior to the first day of class. You will leave the course with these pre-requisites still needing to get completed. They are not waived.

Instructor Requirements: Depends on the course the instructor wants to teach.

- Attend a WFR course x 1
- Attend Course wanting to teach x 1(WFA, WAFA, WFR, etc)
- Attend an Instructor Course Assist in course wanting to teach x1 (minimum)
- Member of Wilderness Medical Society CPR Instructor for either American Red Cross, AHA or AEHS

*Some instructors may be ready to teach on their own after one assist but most have to do 2-3 to get fully signed off to teach on their own, especially for the WFR and WUDFR courses.

**To teach the WFR, WUDFR and WFR-recert courses an instructor must also be a EMT Current

You will also need to bring:

- Notebook, pen, pencil
- Full set 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 camp
- 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 course 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.

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 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.

Abigail Polsby

Abigail has been instructing wilderness skills for the past 13 years. She is 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, skiing in Tahoe, or climbing in British Columbia. Most recently, Abigail Polsby was voted Rescue 3 Instructor of the Year in 2009 and 2013!

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.

CONTACT INFORMATION

Abigail Polsby Owner, Sierra Rescue
Abigail@sierrarescue.com (800) 208-2723/ cell (530) 902-6122

Please feel free to contact us directly if you have any questions that you need answered before the class! We look forward to seeing you soon!

Sincerely,

Abigail Polsby & Julie Munger
Sierra Rescue