

WFR Full Course (Hybrid with Online Pre-Work) at YMCA Camp St. Croix

May 21-25th, 2022 - Registration required through Camp St. Croix Website

This Wilderness First Responder Hybrid course is held at YMCA Camp St. Croix in Hudson, WI, lead by an instructor from Wilderness Medical Associates International.

Summary

Wilderness First Responder (WFR) is the definitive course in medical training for outdoor educators, guides, SAR team members, and others who work or play in remote areas. The curriculum is comprehensive and practical, including all of the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. The 5-day format is for individuals and sponsors with less time available for on-site training and requires 25 hours of pre-course preparation. **Students must register at least 2 weeks before the course date. All students must complete all pre-course work prior to arrival on course. **25 Hours Pre-Course Preparation and 45 Hours On-Site Training.****

Description

Class Format

This course covers the same material and meets the same criteria as our standard Wilderness First Responder. It is designed for students and professionals who have tight schedules and the self-discipline to complete approximately 25 hours of pre-course preparation.

Students will have access to the WFR Study Guide two to four weeks before the course starts. They are required to complete the assigned reading, case studies, study guide, and tests. The on-site instruction that follows reinforces and expands on the knowledge already acquired. Because students arrive familiar with the didactic material, on-site daytime training can focus on wilderness and rescue scenarios and practical skills. Evenings are reserved for study and assignments. Expect rescue scenarios with made-up victims and simulated wounds to prepare you for backcountry emergencies. Sessions may be videotaped for enhanced learning.

The 5-Day WFR course has been through five years of development and testing. Conscientious preparation, studying, and time prior to the course is essential for success. This is not a short-cut version of our standard course. Established WMA International clients and other groups who are interested in this new format are encouraged to contact us about this offering.

Textbooks

The following teaching materials are provided by WMA International at no additional cost:

- Wilderness and Rescue Medicine: A guide for the basic and advanced practitioner
- **Wilderness Medicine Workbook**
- **The Field Guide of Wilderness & Rescue Medicine**
- WFR Class Notes and handouts
- SOAP Notes

Completion and Grades

Successful completion with certification is based on 100% attendance, satisfactory performance on homework assignments and written quizzes, demonstrated proficiency with practical skills and a grade of 80% or better on final written exam. WMA International is committed to making reasonable accommodation to any student with special needs.

Certification

All eligible students who successfully complete the course will receive Wilderness First Responder, Anaphylaxis, and BLS/Healthcare Provider level CPR certifications. The CPR course is based on the 2015 ILCOR/AHA guidelines. All WMA certifications remain valid for three years. The course is registered for 70 hours of continuing education credit through the CAPCE.

Prerequisites

Upon sponsor registration, the sponsor will send students information to access their online pre-course materials via Moodle two to four weeks prior to the first day of their course. Students must be at least 18 years old to participate in the 5-Day WFR course. Certain course sponsors may set a higher minimum age or establish other requirements consistent with their program. No previous medical training is required.

Certifications

All eligible students who successfully complete the course will receive Wilderness First Responder, Anaphylaxis, and Healthcare Provider level CPR certifications. The CPR course is based on the 2015 ILCOR/AHA guidelines. All WMA certifications remain valid for three years. The course is registered for 70 hours of continuing education credit through the CAPCE

Syllabus

- **General Concepts in Wilderness and Rescue Medicine**
- **Patient Assessment System Critical Body Systems:** BLS and CPR; Anaphylaxis and Asthma
- **Practical Skills:** Lifting, Moving and Extrication; Spine Stabilization and Litter Packaging; Wound Cleaning and Exploration
- **Environmental Topics:** Exposure Control; Bites and Stings; Altitude Illness; Cold Injuries; Diving Emergencies; Thermoregulation; Lightning; Near Drowning; Avalanche
- **Musculoskeletal Systems:** Spine Injury Assessment; Musculoskeletal Injuries; Extremity Splinting; Dislocations
- **Other:** Medical Legal Issues; Soft Tissue Injury; Toxins; Search and Rescue; Backcountry Medicine; Emergency Childbirth; Medical Kits

Questions? Email Camp St. Croix Program Director, Gretchen Hoff at Gretchen.Hoff@ymcamn.org