



# Rescue Training, Inc.

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**What do I do if a snake bites me? Which spiders are poisonous? What if the ice we're walking on breaks? How do I know if I'm too hot? What is altitude sickness? What if I fall and break my leg and am too far out to get back? How do I know when I'm too hurt to keep going?**

## What do I do if I'm too far away from a hospital?

For every question, there is an answer

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### What:

The **Wilderness First Responder** is a hands-on training that teaches you skills to handle emergency situations in the wilderness, backcountry, or rural areas. This training is intended for situations where emergency medical services and facilities are hours, days, or even weeks away. This 100+hour course promotes proper judgment and decision-making skills for long-term or extended care, as well as evaluating the need for appropriate evacuation.

### When:

Check-in is between **6:00 and 9:00pm on Sunday, September 6<sup>th</sup>, 2009**. Everyone must be checked-in by 9:00pm (unless other arrangements are made). We will we gather for our introduction at 9:00pm. Starting Monday, September 7<sup>th</sup>, class will last until **Friday September 18<sup>th</sup>, 2009**. We will be working a combination of **both days and evenings**, but there will be limited time off for studying, and/or rest, and limited time for recreation. Since the class lasts for an extended period of time, make sure to bring enough supplies, clothes, and food to last the entire time. A break day is scheduled for Saturday, September 12<sup>th</sup>. A more detailed outline of class meetings will be provided upon arrival at the camp.

### Registration:

Please fill out and return the registration and release forms included in this packet to Rescue Training, Inc. If you have any questions, please feel free to contact me at (541) 521-4377 or <mailto:minerj@wwdb.org>.

### Where:

The entire class will be held at Camp Lutherwood, approximately 30 miles outside of Eugene. When coming from downtown Eugene, Travel west on 6<sup>th</sup> Ave, and turn right onto Chambers. When going over the overpass (that would eventually take you to River Road), turn left at Northwest Expressway. When coming from out of town, travel I-5 to the Beltline (exit 195). Travel west on the Beltline until the Northwest Expressway exit.

Drive north on Northwest Expressway until it crosses with Hwy 99. Go across the intersection, and Northwest Expressway will become Hwy 36. Travel on Hwy 36 for approximately 14 miles, and on the left you will see a sign for Camp Lutherwood (right before milepost 37). Turn in and park to the left (in a gravel area). When you walk over the bridge, you will see the lodge where classes will be held. If you need more explicit directions, please contact us and we will help you out.

Students are **required to stay at the camp** during class. Bunk-type cabins are available, and you are welcome to bring your own camp or tent arrangements to stay in if other sleeping arrangements are desired. You must **supply your own food/beverages**. Full kitchen amenities will be available to you (stove, oven, microwave, refrigerator, freezer, sinks, etc.). There are also bathroom facilities (including showers) that students may use. The camp is located on approximately 40 acres of forested land that includes rough terrain, hiking trails, and creeks.

### Rules and Regulations:

Although you will be spending both class time and free time at the camp, **no alcohol or drugs** are allowed. The life and safety of yourself and other students will be in your hands on a daily basis. **Possession or use of intoxicants will be grounds for immediate dismissal and failure of the course**. This rule is strictly enforced.

**Smoking is strongly discouraged**; however there will be designated areas in which smoking is permitted. Students should **refrain from using chewing tobacco** during class and scenarios. Students who smoke or use chewing tobacco will dispose of their waste product appropriately.

Please be respectful of your fellow students, and regulate your use of profanities throughout the class.

This class has intense student-to -student contact, in a rescuer-to-patient setting. **No unprofessional behavior or misconduct will be tolerated**. This course is designed to leave students with as realistic views of their abilities in wilderness prehospital emergency care as is possible. All skills during scenarios are expected to be performed as if the situation were real. This will include exposure of injuries and physical contact during assessments and treatment. Students will practice and employ proper body mechanics and all safety measures will be check and re-checked, as if this were a real situation.

### Topics Covered:

Basic knots, survival/self-rescue, wilderness wound management, wilderness spinal immobilization, long-term/extended patient care, musculoskeletal management and wilderness improvisation of musculoskeletal injuries, athletic injuries, patient assessment in the wilderness, medical emergencies in the wilderness, trauma emergencies in the wilderness, environmental emergencies (including hypothermia, hyperthermia, water-related emergencies, altitude and mountain sickness, lightning, North American bites and stings, etc.), expedition medications, medical equipment and supplies in the wilderness, American Heart Association Heartsaver Adult CPR, CPR in the wilderness, and much more!

### Certifications:

Upon successful completion of the course (including written and practical exams), you will receive certification as a **Wilderness First Responder** and CPR Certified in **American Heart Association Heartsaver Adult CPR**.

## What to Bring:

**Lecture Materials:** Paper/notebook for taking notes, pens and pencils, folder for holding handouts and quizzes. Textbooks are provided.

**Food:** Please do not forget to bring food! Refrigerators, freezers, stoves, ovens, microwaves, and cooking utensils will be provided. There are no stores nearby, so please bring enough food to last the entire class. Please also bring snacks, as classes can be lengthy. Eating is encouraged during lecture times.

**Clothes:** Bring appropriate clothing for ALL weather conditions. Weather can be temperamental at the camp. Although the summer tend to be a little hotter out there than in town, scenarios will happen no matter what the weather conditions are like (come sun, rain, snow, earthquake, tornado, etc.). Cotton clothes are strongly discouraged. Make sure to bring rain gear, hats, and gloves to stay warm. We also recommend a pair of hiking boots, as we will be exploring the area, and holding a mock search and rescue attempt on a mountain. Also, don't forget socks, underwear, shirts, pants, shorts, sweatshirts, fleece attire, etc...

**Bedding:** Bunk beds will be available, with mattresses. Please bring a warm sleeping bag and pillow (or blanket and sheets). Areas for tents or are also available, if you wish to sleep outside (must bring your own tent or camping arrangement).

**Toiletries:** Toilets and showers are available. Please bring normal toiletries (toothbrush, comb, deodorant, etc.) as well as shampoo, soap, and towel. This course requires a lot of contact between students, please keep yourself in good hygiene.

**Food:** Did we mention you should bring food?

### **Outdoor Gear (Required):**

Daypack/backpack

Headlamp (preferred) or flashlight

Cold/wet weather clothing

Sturdy boots for hiking (these WILL get wet)

Water bottle (1 liter size)

Watch with a second hand

At least 1 carabineer

50 feet of parachute cord (available a Army Surplus Stores)

### **Outdoor Gear (Optional):**

Gators

Backpacking stove

Tarp/space blanket

Other outdoor gear (ice axe, trekking poles, snow shovel, webbing, rope, compass, carabineers, parachute cord, etc..)

This course is designed to teach you how to use the resources that you have with you when you are in the backcountry. Therefore, we encourage you to bring the supplies you normally have with you when you are camping, skiing, rock climbing, hiking, backpacking, rafting, etc...

**Good Attitude:** A positive attitude, desire to have fun, and willingness to work hard are all required to successfully complete the course.