



"The World Leader in Wilderness and Rescue Medicine"

WILDMED

STUDENT HANDBOOK

Everything you'll need to know.



WHAT TO BRING. WHAT TO WEAR. WHAT TO EXPECT.

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In the United States:
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Greetings from the President

Hello and welcome,

Thank you for registering for your upcoming Wilderness Medical Associates® course. WILDMED is the world leader in wilderness emergency medical training. We offer the instruction you need to effectively respond to a wilderness emergency, rescue, SAR, disaster, or mass casualty situation. After training with us, you will remember and *understand* what needs to be done.

Wilderness Medical Associates is known for its experiential approach to training. We simulate actual emergency scenarios complete with artificial blood and moulage for realistic wounds and injuries. Many students believe these simulations induce the stress they would experience in a real emergency. Sessions are videotaped and reviewed later as a teaching tool.

Class days will be long and 100% attendance is mandatory. Our teaching techniques include lectures supported by PowerPoint presentations, reading assignments in the evening, and hands-on training. You will receive your textbooks and related materials either on, or prior to, the first class day from the course sponsor.

Not everyone passes these courses. Successful completion and certification is based on passing both the written exam and practical skills sessions.

Wilderness Medical Associates is committed to making your training experience successful. Your course sponsor will be happy to answer any questions regarding clothing or gear for the local environment and weather. In addition, please read the following pages to ensure that you are prepared with the supplies you will need. If you have any questions or specific needs, please don't hesitate to contact us at 1-888-WILDMED or office@wildmed.com.

With courses across the country and around the world, WILDMED is dedicated to providing the highest quality wilderness medical training to people like you. We serve outdoor enthusiasts, outdoor professionals, and medical professionals who want the best possible preparation. I hope you find your course a positive and empowering experience.

Sincerely,

David E. Johnson, M.D.

David E. Johnson, M.D.
President and Medical Director



What You Can Expect

- **Long days** of classroom and simulation work followed by homework in the evenings. You will have time for little else during your course. Each day will be divided between the classroom and the outdoors.
- **Intense interactions** with your fellow classmates and instructors. These will be psychologically and emotionally demanding days.
- **Physically demanding simulations** which may require patient transport with fellow classmates. These exercises will simulate real rescues and the conditions under which they could occur. For example:
 - Outdoor simulations, rain or shine, unless the weather presents a dangerous situation.
 - Simulations which will stain and damage clothing
 - Simulations which may be held at night.
- **Fellow classmates** with diverse backgrounds and ages.
- **Excellent instructors** and a course which could be one of the best you'll ever experience.

The mission of Wilderness Medical Associates® is to provide the highest quality medical training to people who work or play in remote areas.

Checklist of What You Need to Bring

- A watch**
- A set of clothing** that can be stained or cut during training simulations. Expect to throw these away.
- Footwear** appropriate to weather and rough terrain.
- Outerwear** for weather (expected and unexpected).
- Headlamp** to wear during a night simulation on the WALs® and WEMT courses.
- Notebook**, pen, or pencil.
- Current certification cards.** Students attending a recertification course and the Bridge will need to provide proof of current certification or waiver letters to the lead instructor on the first day of class.
- Day pack** or book bag for storing your stuff during class.
- Books** you may receive prior to the course.
- Something to sit or lie on** outside during simulations.
- Personal gear** as specified by course sponsor.
- Personal medicine** (e.g., asthma inhaler, EpiPen)
- A sense of humor** and a **positive attitude.**

Our practical teaching methods and treatment principles equip students with the skills and confidence needed to act in emergency medical situations.

Course Preparation and Prerequisites

For All Courses:

For EMT + WEMT, WEMT Upgrade and WAL^S® courses, students must be at least 18 years old. For all other courses, students must be at least 16 years old to participate. Students under age 18 must provide written parental permission.

Wilderness Advanced First Aid (WAFA), and Standard Wilderness First Responder (WFR) Courses

There are no pre-requisites or pre-course work required for these courses. For the WAFA and WFR, some sponsors make the textbook available prior to the course for advanced reading assignments.

5-Day WFR

All students are expected to read the text and complete the pre-course booklet and on-line tests. The booklet will be collected on the morning of the first day of class.

Open Recertification Course

This course was designed as a more comprehensive recertification option for our WFR and WEMT graduates as well as graduates of other eligible WFR programs (64-hour minimum). You are expected to complete the Pre-course booklet (no exceptions). WEMT's must have a current EMT-Basic certificate or above. Proof of current certification is required. *Failure to meet these requirements may bar you from the course.*

WAFA-to-WFR Bridge Course

Students taking a WAFA-to-WFR Bridge course must have a current WILDMED Wilderness Advanced First Aid certification completed within two years of starting the

Bridge course (proof of certification required). You must complete the pre-course package (no exceptions). If available, the books and notes from your WAFA course make an excellent study resource.

Two-Day Recertification Course

Students must have a current WILDMED WEMT, WFR, or WAFA certification and additional certification as follows:

You must complete the pre-course package (no exceptions).

Current Certification	Additional Certification
WEMT Upgrade	Current EMT license
WFR and WEMT	Current AHA Healthcare Provider, CPR certification or equivalent certification
WAFA	Current Adult CPR certification

This will be turned in to the instructor at the beginning of the course. Proof of current certification is required. This option is open only to Wilderness Medical Associates® graduates. If available, the books and notes from your first course make an excellent study resource.

WALS® Course

This course is open to healthcare professionals with advanced life support training. This includes practitioners certified or licensed at the EMT-I (with ALS training), Paramedic, RN, NP, PA, MD or DO levels. Other medical practitioners will be considered on a case-by-case basis.

Other Questions?

If you have questions about the facilities or your billing, please contact the course sponsor. If you have questions about course content, please contact the Wilderness Medical Associates® office (1-888-WILDMED; office@wildmed.com). We will be glad to help you.

Continuing Education Credits

Emergency medical professionals with National Registry and/or state registry certification can receive continuing education credits for courses offered by Wilderness Medical Associates. Continuing Education Hours (CEHS) approved by the Continuing Education Coordinating Board for Emergency Medical Services (CBCBEMS) are also available for other WILDMED courses in varying categories as follows:

Wilderness Advanced Life Support™ (WALS®)

Physicians and physician assistants: 36 hours of Category I credit toward the Physician's Recognition Award of the American Medical Association are awarded to successful graduates through the CME office of Central Maine Medical Center. The CME office is an organization accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

Nurses: Registered nurses will receive 36 contact hours awarded through Central Maine Healthcare, an approved provider of continuing nursing education activity by ANA-Maine, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Paramedics and other ALS-certified professionals: 36 CECBEMS-approved CEHs (Advanced) are awarded upon successful completion of the course. Please bring your certification numbers and expiration dates to the course with you and we will file the CEHs with CECBEMS. There is no charge for filing.

FAWM Credits:

The WALs® course is eligible for 28.5 credits toward Fellowship in the Wilderness Medical Society’s Academy of Wilderness Medicine.

Other Offerings:

Twice per year, the WALs® is also offered in conjunction with wilderness medical conferences sponsored by Wilderness Medicine. Similar credit hours will be awarded. Please call our office for details.

Wilderness EMT Upgrade

EMTs, paramedics, and others with EMS certification: 45 CECBEMS-approved CEHs (Advanced) are awarded upon successful completion of the course. Please bring your certification numbers and expiration dates to the course and we will file the CEHs with CECBEMS. There is no charge for filing.

Other WILDMED Courses

CECBEMS has also approved CEHs for the following courses to EMT’s, paramedics, and others with EMS licensure.

CECBEMS Hours	
WILDMED Course	First Responder Level Hours
WFR	70
Wafa-to-WFR Bridge	36
Open Recertification	24
WMA Recertification	16

Web Site Resource

Please visit our website for the latest information on wilderness medicine and related topics. You will also find a blog, live videos of students on course, and a gear store full of affordable WILDMED tested products.

www.wildmed.com

TRAIN LIKE IT'S REAL!

