



IWLS

International Wilderness Leadership School

Wilderness First Responder Course

Course Location:

The International Wilderness Leadership School is based in Haines, Alaska, a small community located ninety miles north of Juneau, (the state capital) at the top of the Inside Passage. Haines borders Glacier Bay National Park. The Park and the adjacent 27 million acres, including Wrangell-St Elias National Park, comprise the largest protected wilderness area on the planet. It is an extremely jagged, glaciated, mountain landscape that includes the world's largest non-polar ice caps, pristine fjords, and wilderness rivers. The elevation of the peaks in this region ranges up to 20,000 feet. This terrain is amongst the best in North America for learning climbing skills, and the sea kayaking, rafting, trekking, and skiing here are world class.

Our expedition center in Haines is an outstanding gateway for accessing this unrivaled wilderness area.

Course Goals:

- Students will be certified WFR through the International Wilderness Leadership School.
- Students will have an in depth understanding up emergency protocols and treatment in a wilderness setting.

Course Itinerary/Overview:

This is a flexible itinerary for the WFR 10 day course. Mornings are devoted to lectures and exams. Afternoons are devoted to practical hands-on sessions and rescue simulations. Expect two or three rescue simulations with made-up victims and stage blood that will be video taped for enhanced learning. Evenings are reserved for study and assignments.

Prerequisites

Students must be at least 16 years of age to participate in this course. 16 and 17 year olds must have proof of parental consent.

Textbooks

The cost of the course includes a book of lecture handouts, a student handbook, SOAP notes, and a copy of "Wilderness First Responder, 2nd edition", Buck Tilton.

Standards

This WFR course meets or exceeds all requirements of OSHA and Wilderness Medical Society.

Recertification

Within three years, graduates may recertify by way of a 16-hour Recertification course.

Day 1: Class will go from 8:00 am to 5:00 pm daily. Introduction/Registration; Infection control, CPR; Case studies

Day 2: Anatomy & physiology; General concepts; ALS/BLS I; Patient assessment system; Case studies

Day 3: Circulatory, respiratory systems; Fractures, dislocations; Stable injuries; Splints I - extremities; Case studies

Day 4: Nervous system, Spine injuries, Wounds, Burns, Principles of trauma, Splints II - spine, Emergency childbirth; Lifting, moving, extrication; Case studies



Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-985-4957

www.iwls.com

A Division of Alaska Mountain Guides & Climbing School Inc.



IWLS

International Wilderness Leadership School

Day 5: Quiz/Case studies; Toxins, bites & stings; Medical emergencies; Altitude or diving; Litter packaging and carries; Patient carries; Small group simulations

Day 6: Hypothermia, frostbite & cold injury; Hyperthermia & heat illness; ALS/BLS II; Near drowning; Search and rescue; Simulation; Case studies

Day 7: Lightning; Allergies & anaphylaxis; Backcountry medicine; Improvised litters; Simulation; Case studies

Day 8-9: Overnight backpacking trip. Night time scenarios, backcountry scenarios, and emergency management.

Day 10: Medical & legal issues; Personal preparedness; Final case studies; Final simulation; Final exam

Evaluation

Evaluation process is based on written exams, practical exams, and scenario participation/performance. These are based on attendance (100% attendance is required), course participation, performance on both written and practical final exams. To pass, students must have a cumulative average of 80% or better. Not everyone passes this course.

Certification

All students who successfully complete the WFR course will receive a WFR certification card, and a BLS-CPR certification card. These certifications remain valid for three years.

Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-985-4957

www.iwls.com

A Division of Alaska Mountain Guides & Climbing School Inc.

