



IWLS

International Wilderness Leadership School

Alaska 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 develop an in depth understanding of emergency protocols and first aid treatment in a wilderness setting.

Course Itinerary/Overview:

This is a flexible itinerary for the WFR 10 day course. You should plan on arriving into Haines the evening before the first day of the 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 videotaped for enhanced learning. Evenings are reserved for study and assignments.

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

1-800-766-3396

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Day 1: Class will go from 8:00am to 5:00pm 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.

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 into the wilderness of southeastern Alaska. Night time scenarios, backcountry scenarios, and emergency management.

Day 10: Medical & legal issues; Personal preparedness; Final case studies; Final simulation; Final exam. We will depart for Haines in the afternoon. Students should plan on spending the night in Haines, and travelling the next day.



photo: Rustyn Gooden

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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.

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 the IWLS Wilderness First Responder Handbook, a student handbook, SOAP notes, and reference materials for review.

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.

Included

Transportation within Alaska, professional instruction, camping equipment and food during backcountry portion, course textbook/workbook, 3 year certification upon successful completion.

Not Included

Personal clothing and equipment, transportation to Haines, food and lodging during classroom portion, lodging in Haines before and after course, and tax.



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