



1458 Zion Park Blvd.
 P.O. Box 623 Springdale, UT 84767
 435-772-3303
 Fax 435-772-3133
www.zionrockguides.com
www.bikingzion.com

WFR Registration Form

PERSONAL INFORMATION: *(only one registration form for the whole group)*

Full Name _____
 Street/Apt _____ Phone _____
 City _____ State _____ Zip _____
 Email Address _____ Ages _____

COURSE/TRIP: WFR 10 Day w/ CPR

Dates: Jan. 2, 2009 to Jan. 11, 2009 Cost: \$645/person

PAYMENT METHOD:

Check:\$ _____ Money order:\$ _____ Credit Card:\$ _____
 C/C# _____ Expiration Date: ____/____/____
 Billing zip code: _____ V-code _____ Last 3 numbers in signature line) _____
 Cardholder's name: _____
 Cardholder's signature: _____

Please describe previous climbing, canyoneering, biking, and outdoor experience:

Please tell how you heard about us:

DEPOSIT AND CANCELLATION POLICY: IMPORTANT PLEASE READ!

To secure your reservation, a 50% deposit is required and the balance due 14 days prior to the start of program.

Cancellation policy:

- 30 days or more from trip date- Full refund minus \$50 administrative fee.
- 14-29 days from trip date- Full refund minus 50% deposit of full trip price.
- 0-13 days from trip date- No Refunds

Z.R.M.G/Bike Zion or its guides can alter course curriculum, duration or location to deal with safety issues such as adverse weather, water levels, ice conditions, etc. There will be no refunds for course or trip changes due to safety issues.

PLEASE SIGN:

I have read the above deposit and cancellation policy, understand it and accept its terms.

Participant signature: _____ Date _____

Parent/guardian signature: _____ Date _____

PHOTOGRAPHIC MODEL RELEASE: (to use photo images for slide shows, brochures, and other advertising)

Signature: _____ Date _____



Wilderness First Responder

**Sponsored by Zion Rock and Mountain Guides
and the Wilderness Medicine Institute of NOLS**

STATEMENT

NAME: _____

COURSE DATES/TITLE: *WFR*
 January 2-11, 2009
 Zion National Park, Springdale, UT

COST: *\$645.00*

MEALS/LODGING: *N/A*

SUBTOTAL: *\$645.00*

LESS DEPOSIT: *(\$322.50) - Charged upon registration*

BALANCE DUE: *\$322.50 - Due 14 days before course start date*

THE BALANCE OF COURSE FEES ARE DUE FOURTEEN DAYS BEFORE THE COURSE
STARTS . (Balances may be paid with a Check – include driver's license number;
Credit Card; or Cash)

THANK YOU



WILDERNESS FIRST RESPONDER RECERT COURSE

Sponsored by the Wilderness Medicine Institute of NOLS and Zion Rock and Mountain Guides

DATES: *January 2-11, 2009*
COST: *\$645.00 Tuition only*
LOCATION: *Zion National Park, Springdale, UT*

COURSE DESCRIPTION

Essential for anyone who spends significant time in remote places or who has a professional career in the outdoors, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue. WMI's curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days. The intensive 80-hour curriculum is nationally recognized and supported by the Wilderness Medicine Institute's Medical Advisory Panel. You'll be taught by dynamic educators who have practiced both wilderness and urban medicine. This 10-day course is ideal for all professionals operating in remote environments. Adult CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS.

REGISTRATION/POLICIES

A deposit of \$410.00 is required to reserve a space in the course. Tuition balance is due fourteen days before the course. Payments may be made via Checks, with driver's license number, *Credit Card* or Cash. The tuition fee covers textbooks, syllabus, equipment and certifications. A full refund will be given if we are forced to cancel the course for any reason.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

30 days or more from trip date- Full refund minus \$50 administrative fee.

14-29 days from trip date-Full Refund minus deposit.

0-13 days from trip date- No Refunds!!

All course registrations are non-transferable.

~~Acknowledgment and Assumption of Risks Release and Indemnity Agreement:~~ Please read the enclosed document very carefully as it affects your legal rights. Bring the signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document. Failure to provide a signed document will result in you not being able to participate in the course. WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.

CLASS FORMAT/ EQUIPMENT

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. Two evening sessions will be scheduled. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role-playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor



clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a crazy creek-type chair.

You will need: a large day pack with multiple layers, water bottle, waterproof tops and bottoms, sturdy boots, head lamp or flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so please dress accordingly.

CONTINUING EDUCATION COLLEGE CREDIT AND EMT CEUS

The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost of \$200.00. If interested, please check with the instructors on the first day of class for the necessary information.

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

TRAVEL/DIRECTIONS

Zion Lodge is located inside Zion National Park on the Main Canyon Drive. Enter the park via the south entrance on State Rte. 9. Zion Rock and Mountain Guides is located at 1458 Zion Park Blvd, next to Bike Zion. We appreciate it if you come early the first day of the course or call us so that we can collect paperwork and settle payments.

LODGING/ RECREATION

There are no meals and lodging package available for this course. Here is a list of lodging options to assist you in making your own arrangements:

Camping:

The nearest camping is in Zion National Park. Cost \$14.00/night.

There is also free camping located at mile marker 24 southwest of Springdale on State Rte. 9. This is BLM land with no facilities, and is approximately a 10 minute drive away.

Hotels:

www.zionpark.com is the town of Springdale's Visitor Bureau website. It has a great list of lodging options with contact numbers.

Students in the past have had good luck at the Pioneer Lodge.

PETS ARE NOT ALLOWED AT THE COURSE. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

NO SMOKING OR ALCOHOL IS ALLOWED ON SITE

We hope this information is helpful. Please contact us with any questions or concerns you may have. *Our office hours are Sunday - Saturday, 9:00am - 5:00pm Mountain Time.*

Phone: 435-772-3303

FAX: 435-772-3133

email: info@zionrockguides.com

web site: www.zionrockguides.com



Wilderness Medicine Institute of NOLS

Wilderness First Responder Course Schedule

DAY 1

Morning

Introductions: Wilderness vs. Urban
Initial Assessment
Patient Exam
Vital Signs: LOC, HR, RR, SCTM

Afternoon

Vital Signs: BP, Pupils
Focused History
Documentation
Medical Legal Issues

WFR Text Chapters: 1, 2, 3

DAY 2

Morning

Problem of the Day
Review and Practical Session
CPR

Afternoon

CPR: Remote Environments and Oxygen
Spinal Cord Injuries
Lifting and Moving
Spinal Immobilization Litter Packaging, Carrying,
Long-Term Patient Management

WFR Text Chapters: 4, 5, 8, Appendix B and C

DAY 3

Morning

Problem of the Day
Chest Injuries
Shock

Afternoon

Focused Spinal Assessment
Head Injuries

WFR Text Chapters: 6, 7, 9, 10

DAY 4

Morning

Problem of the Day
Wilderness Wound Management

Afternoon

Problem of the Day
Athletic Injuries
Fracture Management

Evening

Traction Splinting
Dislocations

WFR Text Chapters: 12, 13, 14, 15, 30

DAY 5

Morning

Problem of the Day
Review and Practical Session
Hypothermia
Frostbite and Non-Freezing Cold Injury

Afternoon

Heat and Hydration
Altitude Illness
Practical Scenario

WFR Text Chapters: 16, 17, 18

DAY 6 DAY OFF

DAY 7

Morning

Problem of the Day
Cardiac Emergencies
Respiratory Emergencies

Afternoon

Neurological Emergencies
Acute Abdomen

WFR Text Chapters: 11, 23, 24, 25, 29

DAY 8

Morning

Problem of the Day
Bites and Stings
Allergies and Anaphylaxis

Afternoon

Diabetes
Search Scenario
Principles of Search and Rescue/Evacuation

Evening

Mock Rescue

WFR Text Chapters: 21, 26, 28, 35, 36

DAY 9

Morning

Mock Rescue Debrief
Common Problems Wrap-up
Communicable Disease
Poisoning
Lightning

Afternoon

Submersion Incidents
Gender Medical Issues

WFR Text Chapters: 19, 20, 27, 31, 32

DAY 10

Morning

Wilderness Drug and First Aid Kits
Written and Practical Exams
Closing Ceremony

WFR Text Chapters: 37

Textbook: *The Wilderness First Responder* by Buck Tilton

Wilderness Medicine Institute

AN INSTITUTE OF THE NATIONAL OUTDOOR LEADERSHIP SCHOOL

In consideration of the services of The Wilderness Medicine Institute of The National Outdoor Leadership School ("WMI"), I, joined by my parents or guardian if I am under eighteen years of age, agree and acknowledge as follows:

ACTIVITIES AND RISKS

Although WMI has taken reasonable steps to provide me with appropriate equipment and skilled staff for the course for which I have registered, I acknowledge that the activities of the course have risks, including certain risks, which cannot be eliminated without destroying the unique character of the activities. The same elements that contribute to the unique character of these activities can cause loss or damage to my equipment, accidental injury, illness, or in extreme cases, permanent trauma, disability or death. I understand that WMI does not want to frighten me or reduce my enthusiasm, but considers it important for me to know in advance what to expect and to be informed of the activities' inherent risks. The following describes some, but not all, of those risks.

- WMI courses may occur in remote places, many days from medical facilities. Communication and transportation are difficult and sometimes evacuations and medical care may be significantly delayed.
- Equipment may fail or malfunction, despite reasonable maintenance and use.
- Travel is by vehicle, snowshoe, snowmobile, skis, foot and other means, over rugged unpredictable off-trail terrain and improved and unimproved roads, including boulder fields, downed timber, rivers, rapids, river crossings, high mountain passes, snow and ice, steep slopes, slippery rocks, ocean tides and currents, waves and surf. Attendant risks include collision, falling, drowning and others usually associated with such travel, including environmental risks.
- Environmental risks and hazards include rapidly moving, deep or cold water; insects, snakes, and predators, including large animals; falling and rolling rock; lightning, avalanches, flash floods, falling timber, and unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, frostbite, non-freezing cold injury, high altitude illnesses, sunburn, heatstroke, dehydration, and other mild or serious conditions.
- WMI activities are conducted indoors and outdoors, day and night. Physical activities include running, sustained climbing, hiking and repetitive lifting. They also include realistic simulated medical injury and treatment situations.
- WMI activities may involve travel to locations away from the primary classroom. Travel is not supervised by WMI and includes the use of personal vehicles and/or carpooling in vehicles not owned or controlled in any way by WMI. WMI has no responsibility for any incident arising out of such travel.
- Decisions are made by the instructors and students usually in a wilderness setting, based on a variety of perceptions and evaluations which by their nature are imprecise and subject to reasonable errors in judgment. Misjudgments may pertain to, among other things, a student's capabilities, environment, terrain, water and weather conditions, natural hazards, routes and medical conditions.
- WMI participants, including minors, will have unsupervised free time before, during and after their course. Free time activities are not part of the WMI program and are at the sole risk of the participants. WMI has no responsibility for such activities. WMI staff may from time to time provide assistance or even accompany participants in these free time activities, but in doing so, they are acting as private individuals, and not for WMI, and WMI is not responsible for their conduct.
- WMI programs in foreign countries may be exposed to laws, legal systems, customs and behaviors, animals, diseases and infections not common to the United States; in addition, these courses may be subject to dangerous road travel, political unrest, riots, demonstrations, banditry, terrorism, and other criminal conduct, including drug related activities.

I acknowledge that engaging in this program may require a degree of skill and knowledge not required in other activities, and that I have responsibilities as a student for managing risks to which I and others may be exposed. I acknowledge that WMI activities are instructional in nature and I expect to be challenged to expand my skills and judgment. I acknowledge that the staff of WMI has been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

ACKNOWLEDGEMENT AND ASSUMPTION OF INHERENT AND OTHER RISKS

I understand that the description above of the risks is not complete and that other unknown or unanticipated risks, inherent or otherwise, may result in property loss, injury, illness or death. I expressly acknowledge and assume the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with knowledge of the inherent risks.

I represent that I am fully capable of participating in the program, without causing harm to others or myself. Therefore I assume and accept full responsibility for me and for injury, death and loss of personal property and expenses suffered by me and them as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and as a result of my negligence or otherwise wrongful conduct in participating in these activities.

In further consideration of the services of WMI I (joined by my parents or guardian if I am under eighteen years of age,) acknowledge that I have read and understand the Activities and Risks, above, and confirm its representations and agree to all its provisions as though they were fully set forth again here. In addition, except with respect to an injury or loss that occurs on public lands whose rules and regulations prohibit doing so, I acknowledge and expressly assume **all other** risks of the course and any other activity of WMI, whether those risks are known, unknown, inherent or otherwise.

