



The
UNIVERSITY
of **VERMONT**®

**Initiative For Rural
Emergency Medical Services**

**Wilderness First Responder
Spring, 2003**

Instructors:

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Course guidelines & policies:

I. Attendance:

The SOLO WFR certification is based on a prescribed course of 80 hours. The AHA CPR course has a similar contact time requirement for certification. To be eligible for certification, students must attend **every class session in its entirety**. In accordance with University guidelines, class may be missed for religious observances if discussed before the absence with the instructors. Additionally, attendance is required at both the weekend field practical exercise (Sat./Sun. April 5/6; 0800-1700) and the night training exercise (Thurs. April 24th; 1600 – finished) in their entirety.

Attendance will be taken at every class and field exercise.

II. Grading:

The final grade will be calculated based on the following criteria:

Ten scheduled quizzes:	40%
Mid-term (Tue 11/5)	25%
Cumulative Final (during exam week)	25%
Class participation & attendance	10%

To be eligible for certification, a middle C (75%) or better average must be maintained. Learning differences & testing needs will be accommodated in accordance with University policy. The bottom line: attend all classes, complete all reading, and maintain a core temperature of 98.6 degrees. This is not rocket science, nor should it be an unreasonable workload.

III. Equipment

An equipment list will be distributed with this syllabus and is available on the web (<http://www.uvm.edu/~irems/>). Students are expected to bring all items with them to all field exercises. Additionally, instructors will ask that students bring various items to some regular weekday class and practical sessions. Students are not expected to *purchase* all equipment, but will be responsible for finding equipment to use during practical and field exercises. Resources include roommates and dorm-mates, and the UVM Outing Club. If any questions or difficulties arise, please bring them to your instructors well before any scheduled exercises.

IV. Field Exercises

The field exercises are a very important part of the curriculum. They allow students to integrate the material learned in class and apply it in conditions that closely mimic those in the real world of wilderness medicine. Since emergencies occur in rain or shine, snow or heat wave, all field exercises will be held regardless of weather conditions. COME PREPARED for all possible weather. Please bring all food and water that you will need for the duration of the exercise. DO NOT BRING PETS.

V. Practical Exercise Decorum

This course includes skills such as assessment that will require students to physically examine one another during scenarios and practice. As part of becoming a competent medical provider, all students will be expected to participate both as patient models and examiners. Students are expected to maintain a professional and respectful attitude at all times during class and skills sessions. Professionalism, preserving patient trust, and maintaining patient modesty are key skills for the WFR. Any inappropriate behavior or actions during the class will not be tolerated and may result in ineligibility for certification and/or disciplinary action. If at any time you as a student feel uncomfortable or if any incidents have taken place, please speak to an instructor immediately.

VI. Mandatory Field/Practical Packing List:

- Large Day Pack (2000-3000 cu.)*
- 2 Liters of Water (large mouth nalgene® recommended)
- Insulated water bottle parkas (when climate dictates)
- Hiking Boots (above the ankle, well broken in, waterproof)
- Headlamp or Flashlight w/ Batteries
- Mountain Clothing (Think warm and dry, remember layering) **NO COTTON!**
 - Base layer of polypro, wool, capilene®, cool max®, bergilene® (top and bottom)
 - Mid layer of fleece or wool (top and bottom)
 - Windproof/water resistant layer gore-tex®, sympatex®, H2O No® (top and bottom)
 - Down Jacket and/or wool/fleece pile jacket
 - 2 Pair of waterproof mittens or gloves
 - 2 Warm hats
 - Wool Socks
 - Synthetic or wool sock liners
- Eye protection (sunglasses and/or ski goggles)
- Food (granola bars, trail mix, powerbars®, cliff bars®, bagels w/peanut butter)
- Positive attitude
- Additional Useful Items:** Crazy Creek Chairs®, Sleeping Pads, Lightweight Sleeping Bags, Trekking/Ski Poles, Nylon Accessory Cord in 4-5ft Sections, Compression Straps, Extra Cloth (for splinting)