



WILDERNESS MEDICAL ASSOCIATES®

CHALLENGE™ /RECERTIFICATION (24 HOURS)

COURSE FACT SHEET

WILDERNESS MEDICINE

Differs significantly from conventional EMS courses and other programs that are oriented towards the urban environment. In this course you will learn to deal with medical emergencies when help is miles away and dialing 911 is not an option. We will prepare you for emergency situations that involve prolonged patient care, severe environments, and improvised equipment. **Wilderness First Responder** is the definitive medical training course for all outdoor leaders and enthusiasts.

PREREQUISITES:

A minimum of 64 hours of **continual** training from any wilderness medicine training program (cumulative training hours from different courses are not eligible). Training must have been completed within three years of the Challenge™ Course. Any exceptions to these conditions must be verified **before the Challenge™ Course** by contacting the Wilderness Medical Associates Medical Director at 207.797.6005. **Proof of current certification is required at the start of the Challenge™ Course.** Students without proof of certification, or approval from the WMA office will not be eligible for WFR certification.

Completion of the Recertification Booklet prior to the course. Students must be 16 years of age to participate in this course. 16 and 17 year-old students must provide written proof of parental consent.

CERTIFICATIONS AVAILABLE:

All students who successfully complete the WFR Challenge course will receive a Wilderness Medical Associates' Wilderness First Responder, Anaphylaxis and BLS-level CPR certification cards.

The Challenge™ may be used as a recertification option for those with a current WMA Wilderness First Responder or Wilderness EMT certification. WEMT's must have a current EMT-B or Paramedic certificate. Contact the Wilderness Medical Associates office for more details.

CREDENTIALS:

The Wilderness Medical Associates WFR certification meets or exceeds all requirements of similarly named courses (i.e. DOT First Responder).

Within three years, graduates of this course may recertify by way of a 36 hour Wilderness Advanced First Aid course, a 36 hour WAFA to WFR Bridge course or a 24 hour Challenge™ course.

Wilderness Medical Associates courses are widely considered the most complete medical training for outdoor professionals. Our courses are preferred by such organizations as Outward Bound, the National Park Service, the Chesapeake Bay Foundation, many colleges and universities, and the FBI. As *Canoe Magazine* stated, "Wilderness Medical Associates has become the *de facto* standard in wilderness medical training."

CLASS FORMAT:

24 hours over 3 days. Mornings are devoted to lectures and exams. Afternoons are devoted to practical hands-on sessions and rescue simulations. Expect one or two rescue simulations with made-up victims and stage blood that will be videotaped for enhanced learning. Evenings are reserved for study and assignments.

CONTENT:

Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, wilderness protocols, and wilderness rescue.

TEXTS:

The cost of the course **includes** a book of lecture handouts, our case study workbook, SOAP Notes, *Wilderness and Rescue Medicine*, and *The Wilderness Medical Associates Field Guide*.

BRING:

Bring appropriate clothing for the location and time of year. Remember that, rain or shine, much of our time is spent outside. You will need a pen and a notebook. Also, remember to bring your completed pre-course materials.

GRADES:

Are based on attendance (100% attendance is required), course participation, performance on both written and practical exams. To pass, students must have a cumulative average of 80% or better.

Not everyone passes this course!

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SAMPLE COURSE SYLLABUS

Challenge™ (24 Hours, 3Days)

DAY 1 8.0 hours

AM

Introduction/Registration
Review Pre-course Study Packet
Patient Assessment System
Basic Life Support

PM

Circulatory System
Respiratory System
Nervous System
Lifts, Moves and Extrications
PAS Drills

DAY 2 8.0 hours

AM

Musculoskeletal Injuries
Dislocations
Spine Management
Wounds and Burns
PAS Drills

PM

Splints I - Extremities
Splints II - Spines
Simulation

DAY 3 8.0 hours

AM

Allergy and Anaphylaxis
Environmental Injuries
PAS Drills

PM

Simulation
Final Testing
Conclusion

24 HOURS

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