

# **Basic Wilderness Life Support: WFR**

## **November 16 - 21, 2020**

### **Springdale, UT**

Thank you for signing up for the BWLS: Wilderness First Responder course in Springdale, UT. This document includes essential information about the course for those getting their first certification in wilderness medicine.

**Dates:** November 16 - 21, 2020

**Daily Start Time:** 8:00 AM

**Instruction Location:**

Holiday Inn Express  
1215 Zion Park Blvd.  
Springdale, UT 84767

**Schedule:**

A detailed schedule is at the bottom of this document. Please note that there will be days when the class will go on small hikes or to a nearby park for practical scenarios. This schedule is subject to change based on weather and other factors, but we will give you ample warning prior to any changes.

**Certification Cards:**

After completing the course and practical/written exams, you will receive your certification cards electronically (please allow 2-4 weeks).

**What to bring:**

You'll want to bring your day-pack with your hiking first aid kit along with any materials that you often have with you when in the wilderness (trekking poles, rain jacket, water bottle, etc). We will be going for some small hikes as part of the practical training and you will also want these materials so you can learn how to improvise treatments and evacuation strategies using your own equipment. It will be helpful to have a headlamp or flashlight. As it is a good general practice, we encourage everybody to have sunglasses, sunscreen, extra clothing, and lots of snacks. You will need a notebook, pen, pencil, backpack, water bottle, hiking socks, and a set of old clothing that may be cut in a traumatic simulation/practice session.

**Simulations:**

Students will be spending a lot of time outside and will likely get dirty during many of the skills sessions and simulations. Bring clothing appropriate for the weather that you would feel

comfortable with getting dirty in a scenario. Students will be required to wear swimsuits/athletic wear underneath simulation clothing. This base layer will NEVER be removed or tampered with, but worked around. It is important that everyone remains comfortable and rescue simulations are carried out in a professional manner, however, based on the nature of the training it is important that we are able to expose and assess certain areas. If a lack of professionalism is witnessed or brought to the attention of the AdventureMed staff, we reserve the right to immediately dismiss you from the course without a refund and you will be black listed from AdventureMed courses in the future.

We look forward to having an excellent course with you!

If you have any questions, comments, or concerns, please feel free to reach out!

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| <b>Day 1</b> |   |
|--------------|---|
| Morning      | Intro to BWLS   |
|              | Patient Assessment (Workshop)                                       |
| Afternoon    | Bleeding and Shock  |
|              | Wound Management  |
|              | Practical Skills  |
| Homework     | Documentation (Written SOAP Note, Vital Signs - 5 sets)             |
| <b>Day 2</b> |   |
| Morning      | Day 1/Homework Recap/Quiz   |
|              | Head and Spine Lecture (Roll Clinic, Moving an Injured Patient)     |
|              | Litters and Carries   |
| Afternoon    | Fractures and Dislocations Lecture                                  |
|              | Fractures and Dislocations (Workshop)                               |
|              | Practical Skills  |
| Evening      | CPR   |
| Homework     | Read: Psychological Consequences of Wilderness Travel               |
| <b>Day 3</b> |   |
| Morning      | Group Discussion on Psychological Consequences of Wilderness Travel |
|              | Heat Related Illness/Injuries                                       |
|              | Cold Related Illness/Injuries                                       |
|              | Near Drowning   |
| Afternoon    | Lightning   |
|              | Practical Skills  |
|              | Group Projects (Eyes, Dentistry, Water Treatment, Skin/Poisoning)   |
| Homework     | Read: Dive Medicine   |
| <b>Day 4</b> |   |

|              |                                       |
|--------------|---------------------------------------|
| Morning      | Thoracic Trauma                       |
|              | Abdominal Trauma                      |
|              | Practical Skills                      |
| Afternoon    | Group Projects (Prep time)            |
|              | Practical Skills Scenarios            |
|              | Avalanche                             |
|              | Altitude                              |
| Homework     | Read: Obstetrical Emergencies         |
|              | Read: Gender Specific                 |
|              | Read: Bites and Stings                |
| <b>Day 5</b> |                                       |
| Morning      | Quiz on Homework                      |
|              | Discussion on Quiz/Homework           |
|              | Anaphylaxis and Allergies             |
|              | Heart, Lung, Diabetes, Abdominal Pain |
|              | Neuro                                 |
| Afternoon    | Practical Skills                      |
|              | Search and Rescue Evacuations         |
| Evening      | Group Project Presentations           |
| <b>Day 6</b> |                                       |
| Morning      | Law in the Wilderness                 |
|              | Evacuation Guidelines                 |
|              | Medical Kits                          |
|              | Survival Activity                     |
|              | Review                                |
| Afternoon    | Written Exam/Practical Skills Exam    |

