



# Power Adventures

Outdoor Experiential Adventure Programs Since 1988

Main Office: 325 Edward Street Unit B, Sycamore, IL 60178  
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## Questions?

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[www.poweradventures.org](http://www.poweradventures.org)

## WMI WILDERNESS FIRST AID COURSE

*Sponsored by Power Adventures and the Wilderness Medicine Institute of NOLS*

**DATES:** May 13-15, 2011

**COST:** \$265.00 (Includes tuition, camping, lunches)

**LOCATION:** Kirkland, IL

### COURSE DESCRIPTION

Fast paced and hands-on, this three-day course covers a wide range of wilderness medicine topics for people who travel in the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" On this course, you'll learn how to prepare for the unexpected. WMI's curriculum is unique and includes many advanced topics that other programs leave out such as dislocation reduction, focused spinal assessment and epinephrine administration. In just two days, you'll have the knowledge, skills and ability to make sound decisions in emergency situations. This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. WMI's course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies.

*This course **includes** adult/child CPR and FBAO. The schedule for the 4-hour CPR section of the course and the 16-hour WFA section is as follows: May 13, 6:00pm – 10:00pm; May 14 & 15, 8:00am – 5:00pm)*

If you hold a current Wilderness First Responder certification from WMI, SOLO, or WMA, you will receive a WMI WFR certification upon successful completion of your WFA. Please bring a copy of your current certification if other than WMI. If you hold a current WFR certification from any other wilderness medicine organization you will receive a letter of course completion in lieu of a WMI WFR certification. This letter of completion may allow you to recertify with your original certifying organization. You must contact that organization prior to your WMI course to ensure that our course will meet their requirements for recertification.

### WFR RECERTIFICATION REQUIREMENTS

**Participants using the WFA course to recertify their WFR will be required to pass both a written and a practical test on day 2 of the course.** Check the following web page for information and resources on how to best prepare for your course. <http://www.nols.edu/wmi/about/faq.shtml#prepare>

All students are required to submit a photocopy of their WFR certification card on the first day of the course.

There is a one-year grace period for recertification of WMI cards (Please keep in mind that your certification is not current during this grace period and will not be viewed as a valid Wilderness First Responder certification once the grace period has begun.)

## REGISTRATION/POLICIES

Payment in full is required to reserve your spot in the course. Tuition is non-transferable. Tuition is payable by check (with driver's license number) or cash. The tuition fee covers textbooks, syllabus, equipment and certification cards. Full course cost includes tuition, lunches and two nights of camping. WMI is not obligated to allow any student to attend a course until all WMI paperwork has been received, reviewed and approved by WMI. A full refund will be given if we are forced to cancel the course for any reason.

Please complete the *Power Adventures Registration Form* and make checks payable to **Power Adventures**.

## CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, WMI will retain a \$35.00 admin. fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable.

## WMI STUDENT AGREEMENT

(including Assumption of Risks and Agreements of Release and Indemnity)

**Please download this agreement from [http://www.nols.edu/wmi/pdf/wmi\\_agreement.pdf](http://www.nols.edu/wmi/pdf/wmi_agreement.pdf) and read it** very carefully as it affects your legal rights. (Also attached.) Bring the **two-page** 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.**

Note: Participants are also required to complete the *Power Adventures' Release* (front of *Registration Form*).

## CLASS FORMAT/ EQUIPMENT

Check in is at 5:45 PM on the first day of the course. Friday evening's CPR & FBOA course runs from 6:00pm – 10:00pm. Check in for Saturday/Sunday is at 7:45, and those course days run from 8:00am – 5:00pm.

The format for the WFA/WFR Recert is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for lying 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 camp-type chair. Please come equipped with a light day pack, waterproof top and bottom, light hiking boots, and layers well suited for spending time outside playing the role of patient and rescuer.

## COLLEGE CREDIT

The course is pre-approved for one (1) semester hour credit through the University of Utah at an additional cost of \$95.00. If interested, please check with the instructors on the first day of class for the necessary information.

## TRAVEL/DIRECTIONS

**Location:** MacQueen Forest Preserve, 3640 Scout Road, Kirkland, IL.

### **From Chicago:**

Take I-90W/I-94W (towards Wisconsin). Take the IL-47 exit toward Woodstock. Turn left at IL-47S. Drive 3.4 miles south and turn right at IL-72. Drive west (20.2 miles) and turn right at Pearl Street (just before village of Kirkland). Drive 1.4 miles and turn left at Scout Road. Scout Road merges with Kirkland Road – continue straight until Scout Road veers left. Turn **LEFT** at Scout Road. MacQueen Forest Preserve will be on your left. 3640 Scout Road.

### **From Rockford:**

Take I-39 S/US-51 S (toward Bloomington Normal). Take exit 111 for IL-72 (toward Byron/Genoa). Turn left at IL-72 E (E Chicago Ave). Drive 6.4 miles and turn left at Irene Road. Take the first right onto Scout Road. At about 1.2 miles, MacQueen Forest Preserve will be on your right. 3640 Scout Road.

### **From DeKalb:**

Drive north on N Annie Glidden Road. Continue onto Glidden Road. Turn left at IL-72W. Drive 3 miles and turn right at Pearl Street (just before village of Kirkland). Drive 1.4 miles and turn left at Scout Road. Scout Road merges with Kirkland Road – continue straight until Scout Road veers left. Turn **LEFT** at Scout Road. MacQueen Forest Preserve will be on your left. 3640 Scout Road, Kirkland, IL.

## LODGING

This course cost *includes* two (2) nights of camping at MacQueen Forest Preserve. For an additional fee of \$40, Power Adventures offers a gear rental package: 3-person tent, sleeping bag, sleeping pad, and headlamp.

Additional lodging options are available in Sycamore, IL, about a 35-minute drive from course site:

*Country Inn and Suites – 1450 Peace Road, Sycamore, IL – (815) 895-8686 – [www.countryinns.com](http://www.countryinns.com)*

*Stratford Inn – 355 West State St., Sycamore - (815) 895-6789 – [www.stratfordinnhotel.com](http://www.stratfordinnhotel.com)*

## FOOD

This course *includes* lunch on Saturday & Sunday. Please indicate any dietary restrictions (vegetarian, etc) on the **Power Adventures Registration Form**.

A full-meal plan can be purchased for an additional \$40, which includes breakfast/lunch/dinner on Saturday and breakfast/lunch on Sunday. Meals will be communal in nature and cooked over the fire and/or camp stoves at the site.

## COURSE POLICIES

- **PETS ARE NOT ALLOWED AT THE TEACHING SITE. 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**

## CONTACT INFORMATION

Please contact us with any questions or concerns you may have.

*Power Adventures – 815-991-5684 – [info@poweradventures.org](mailto:info@poweradventures.org) – [www.poweradventures.org](http://www.poweradventures.org)*

*Wilderness Medicine Institute – 866-831-9001 – [wmi@nols.edu](mailto:wmi@nols.edu) – [www.nols.edu/wmi](http://www.nols.edu/wmi)*

*Wilderness Medicine Institute of NOLS*  
**WILDERNESS FIRST AID COURSE SCHEDULE**

**Day 1 – Friday, May 13 – 6:00PM to 10:00PM**

WMI Adult/Child CPR

Foreign Body Airway Obstruction (FBOA)

*Note: this 4-hr curriculum surpasses that of the American Heart Association (AHA) Adult Heartsaver curriculum.*

**Day 2 – Saturday, May 14 – 8:00AM to 5:00PM**

***Morning***

Introductions

Patient Assessment System

Initial Assessment

Patient Exam, Vital Signs, Focused History

Documentation

***Afternoon***

Spine Injury Management

Head Injuries

Shock

Wilderness Wound Management

**Day 3 – Sunday, May 15 – 8:00AM to 5:00PM**

***Morning***

Focused Spine Assessment

Athletic Injuries

Fractures

Dislocations

Heat

***Afternoon***

Cold Injuries

Lightning

Altitude Illness

The Unresponsive Patient

Acute Abdomen

Anaphylaxis

Wilderness First Aid Kits