



RESCUE DYNAMICS
5109 - 17A Avenue NW
Edmonton, Alberta
T6L 1K5
(780) 461-5040 phone / fax

website: <http://www.rescuedynamics.ca>

WILDERNESS EMERGENCY CARE COURSE
ADVANCED FIRST AID

COURSE OUTLINES
COURSE APPLICATIONS

subject to revision without notice

Copyright 1994, 1996, 1999, 2005

No part of this document may be reproduced in whole or in part by any means whatsoever,
without the expressed written permission of the copyright holder.

Revision WEC INFO/APP 2005 101405



Rescue Dynamics

5109 – 17A Avenue NW, Edmonton, Alberta, Canada T6L 1K5
(780) 461-5040 email: resquedynamicsinfo@telusplanet.net
website: www.RescueDynamics.ca

This letter will serve to introduce you to Wilderness Emergency Care or "WEC" Advanced First Aid courses for 2008 including the Parks Emergency Responder or PER courses run under contract to Portage College. There are seven WEC refreshers, one full WEC course, five PER refreshers and one PER Full Course scheduled so far in 2008.

The September 8 - 12, 15 - 19, 2008 ten day full course has been switched to a PER full course with Parks Canada. Applications can be made through Percy Woods via the public safety warden in your park.

WEC Refreshers are normally five days and are presently scheduled on:

- a. April 21 – 25, 2008 in Canmore, AB (**completed**) or
- b. September 16 – 20, 2008 in Smithers, BC (**Cancelled**) or
- c. September 29 – October 3, 2008 in Canmore, AB (**2 spots available**) or
- d. October 6 – 10, 2008 in Golden, BC (**FULL**) or
- e. October 13 – 17, 2008 in Revelstoke, BC (**FULL**) or
- f. October 27 – 31, 2008 in Jasper, AB (**4 spots available**) or
- g. November 10 – 14, 2008 in Canmore, AB (**FULL**).

Special Note: there is no Marmot Basin refresher in 2008.

Available spots noted are as of September 16, 2008. A second instructor was added to Jasper and Revelstoke courses due to high course enrollment. Once the remaining spots are taken on those courses there will be no further availability on those dates.

Cost of the WEC refresher is \$420 including GST handouts and a new SAM(r) splint. The textbook is not included in the fees for the refresher. Textbooks can now be rented as well as purchased. If your certificate has expired, contact our office for special pricing on attending a full course. Course dates are subject to change without notice. (CMH employees contact Kendra Tippe in the Banff CMH office to book your spot.)

NOTE regarding meeting location and times: All courses begin at 08:00 AM. The WEC courses in Canmore are at the Bill Warren Training Centre (beside the Canmore Nordic Centre). The Golden course is scheduled at a **NEW** venue at the Purcell Heli-ski Lodge, Golden, B.C. The Revelstoke course is **NOT** at the Okanagan University College, and a new venue will be announced soon.

All course locations are subject to change as conditions dictate. For all other courses please contact the office. Visit the website Course Meeting Times and Places page to confirm starting times, dates and venues before any course you are attending.
<http://www.rescuedynamics.ca/meet.htm>

There are five closed PER / Parks Emergency Responder refreshers so far in 2008 and three in 2009. Dates and locations are:

- a. Fort Smith, NWT, April 7 - 11, 2008 **completed** or
- b. Banff, AB, April 28 - May 2, 2008 **completed** or
- c. Sidney, BC, May 5 - 9, 2008 **completed** or
- d. Jasper, AB, November 3 - 7, 2008 or
- e. Kluane / Haines Junction, YT, November 17 - 21, 2008 or
- f. Waterton Lakes, AB, April 20 - 24, 2009 or
- g. Banff, AB, May 4 - 8, 2009 or
- h. Banff, AB, November 2 - 6, 2009.

There are two full PER courses so far this year: Whitehorse, YT February, 2008 (**completed**). The second course is scheduled for September 8 - 12, 15 - 19, 2008 (ten days) in Banff, AB. Applications can be made through Percy Woods via the public safety warden in your park. In 2009 a PER full course may be scheduled for Jasper, AB but that has not yet been determined. If you are a warden and need a PER full course or refresher, contact the public safety supervisor in your park. Please note, PER courses are administered through Portage College NOT Rescue Dynamics but we can arrange a course for you if you wish.

To confirm a spot on a WEC course, you must prepay a \$100.00 non-transferable, non-refundable deposit and complete the application form. Please note, course fees include textbook price on the full course only and not the refresher. Cheques should be made payable to Rescue Dynamics. We also accept MasterCard(r) and Visa(r). If you wish to pay by credit card and/or fax in your application, you must download the [WEC full course application forms](#) or the [WEC Refresher Course Application Forms](#) **AND** the [booking and cancellation policy and credit card form](#) which contain all of the forms you need to complete your application.

If you have not paid, your spot is NOT booked. The *balance of payment is due eight weeks prior to the course beginning*. (If less than four weeks before a course, email us to ensure availability.) To avoid being disappointed, book immediately upon receiving this letter. If enrollment is inadequate, we reserve the right to cancel a course and refund your course fees in full. See our website for complete cancellation policies and procedures.

There are several prerequisites. You must have obtained a **CPR level C Health Care Providers certificate** including 1 & 2 person & infant CPR within the last 6 months. It **MUST** be the Health Care Providers version and not the public version of the course. It **MUST** have been taught to the new December 2005 guidelines. (If you don't know "30 and 2" then you must renew). If you are attending a WEC refresher and do not have current CPR it is possible that a CPR / AED refresher will be run on Tuesday evening concurrent with your course if more than three people are interested.

For full courses you must have a valid standard first aid certificate or equivalent (EMFA is equivalent). For the refresher, you must have completed a WEC or equivalent advanced first aid course or refresher in the last 36 months. Equivalencies must be approved by Rescue Dynamics before the course begins.

NEW NEW NEW / IMPORTANT:

In 2005 we began using a new pre-course homework assignment that is be handed in before your final exams are written. You must print it and complete it before the course begins. It requires Adobe Acrobat 5.0 or higher to print. If you get an error message the most common reason is that you are using an old copy of Acrobat. If you have problems printing the worksheets we can mail you a printed copy. You can only get to this document directly at this URL. There is a new version of the worksheet for 2006 and subsequent courses. The worksheet requires that you download and review the new CPR Guidelines in order to complete all of the questions. The worksheets are not linked anywhere else on our website:

<http://www.rescuedynamics.ca/pdfs/WECpreCOURSE06.pdf>

The course content is outlined on the course schedule which can be mailed out to you or downloaded from our website. If you have never been on a WEC course, you have never done anything like this before. The course is extremely intense. You average 9 hours a day in theory and practical sessions. This is longer than most people are used to. There will be practical evening sessions on many days. Do NOT schedule any other courses, activities or social engagements during the entire period of the course. On the weekend off during a full course plan to relax, study and practice. Experience shows that students need all their time to commit to the course to study and succeed without physical and psychological strain.

If you miss a class, we consider you to be an adult student and you are responsible to pick up information you missed. Experience also shows that missing an hour or two may not be fatal but missing a day of class almost universally results in failure.

Missing more than one day of class automatically results in failure.

We will provide all of the instructional and first aid equipment. Your handouts, SAM® splint and your student skill sheets are included in your fees. Your textbook is included in the fees for the full course but not the refresher.

On full courses we do outdoor simulations, so please be sure your clothing can handle changes in weather, including heat, cold, wind, rain, snow, sun and insects. Bring a set of clothing that can get wet and dirty. Please bring some outdoor equipment for improvisation sessions and for adding reality to simulations. Your instructors will tell you on which days they will be required.

You are responsible for your own meals, accommodation and transportation for the entire course. Bring your own pencil, pen and notebook / paper for taking notes in class. The meeting time and place for your specific course will be conveyed to you when you pay your course fees. Questions? Call or send us an email at rescuedynamicsinfo@telusplanet.net.

Sincerely

Cyril Shokoples IFMGA
Chief Instructor / Mountain Guide

WILDERNESS EMERGENCY CARE - REFRESHER COURSE OUTLINE 051022

DAY ONE – 8.5 Hours	3rd Edition OEC	4th Edition OEC	
<input type="checkbox"/> Introduction and Orientation			1.0
<input type="checkbox"/> Legal (handout)			0.5
<input type="checkbox"/> Body Substance Isolation	(appendix F & lecture)	(Page 55-60 & lecture)	0.5
<input type="checkbox"/> Trauma Review Session 1			
<input type="checkbox"/> Shock	(chapter 6)	(chapter 9)	1.0
<input type="checkbox"/> Rapid Trauma Survey	(ch. 19 & skill sheets)	(chapter 5 & skill sheets)	1.0
<input type="checkbox"/> Load & Go Practice			2.0
<input type="checkbox"/> Professional Basic Life Support Part 1 - Practical			1.5
<input type="checkbox"/> Oxygen & Resuscitation - Practical	(chapter 5)	(chapter 6)	
<input type="checkbox"/> Suction - Practical	(chapter 5)	(chapter 6)	
<input type="checkbox"/> CPR (One & Two person with adjuncts)			
<input type="checkbox"/> Patient Assessment & Vital Signs - Practical	(ch. 19 & skill sheets)	(chapter 5 & skill sheets)	1.0

DAY TWO – 8.5 hours with optional additional 1.5 hour CPR/AED evening refresher

<input type="checkbox"/> Patient Assessment - Practical			1.0
<input type="checkbox"/> Trauma Review Session 2			2.5
<input type="checkbox"/> Injuries of the Skull & Brain	(chapter 12)	(chapter 26)	
<input type="checkbox"/> Chest Injuries	(chapter 14)	(chapter 22)	
<input type="checkbox"/> Chest Injuries - Practical			
<input type="checkbox"/> Bleeding & Bandaging - Practical	(chapter 6 & 7)	(chapter 8 & 19)	
<input type="checkbox"/> Triage	(chapter 22)	(chapter 28 & 29)	
<input type="checkbox"/> Patient Positioning			
<input type="checkbox"/> Medical Emergencies Review Session 1			2.5
<input type="checkbox"/> Unconsciousness		(chapter 12)	
<input type="checkbox"/> Seizures & Seizure Disorders		(chapter 12)	
<input type="checkbox"/> Cardiac Emergencies	(chapter 17)	(chapter 11)	
<input type="checkbox"/> Orthopedic Injuries & Splinting 1 - Practical	(chapter 9, 10, 11 & 21)	(chapter 24)	2.5
<input type="checkbox"/> Upper Extremity	(chapter 10)	(chapter 25)	
<input type="checkbox"/> Professional Basic Life Support Part 2 – Practical evening Session for those who require refresher			1.5
<input type="checkbox"/> CPR (Adult / Pediatric / One & Two person with adjuncts)			
<input type="checkbox"/> AED (beginning in 2006) - Practical			

DAY THREE – 10.5 hours including evening session

<input type="checkbox"/> Patient Assessment & Splinting Scenario - Practical			1.0
<input type="checkbox"/> Medical Emergencies Review Session			2.5
<input type="checkbox"/> Abdominal Injuries and Complaints	(chapter 15, 16 & 17)	(chapter 13 & 23)	
<input type="checkbox"/> Diabetes	(chapter 17)	(chapter 13)	
<input type="checkbox"/> Pulmonary Emergencies, Asthma & Allergies	(chapter 16)	(chapter 10)	
<input type="checkbox"/> Cerebrovascular Accidents	(chapter 17)	(chapter 12)	
<input type="checkbox"/> Spinal Injuries, Lifting & Moving - Practical	(chapter 13 & 20)	(chapter 26 & 27)	1.0
<input type="checkbox"/> Environmental Injuries Review Session 1			1.5
<input type="checkbox"/> Altitude	(chapter 18)	(chapter 15)	
<input type="checkbox"/> Lightning`	(chapter 18)	(chapter 19)	
<input type="checkbox"/> Heat (Burns & Hyperthermia)	(chapter 7 & 18)	(chapter 15 & 19)	
<input type="checkbox"/> Cold (Frostbite & Hypothermia)	(chapter 18)	(chapter 15)	
<input type="checkbox"/> Orthopedic Injuries & Splinting 2 - Practical			2.5
<input type="checkbox"/> Lower Extremity & Femur	(chapter 11)	(chapter 25)	
<input type="checkbox"/> Evening Skill Stations - Practical			2.0

DAY FOUR – 8.5 hours

<input type="checkbox"/> Environmental Injuries Review Session 2			3.0
<input type="checkbox"/> Submersion Injuries	(chapter 25)	(chapter 15)	
<input type="checkbox"/> Poisons	(chapter 23)	(chapter 13)	
<input type="checkbox"/> Stings / Bites	(chapter 24)	(chapter 13)	
<input type="checkbox"/> Extended Care Review Session - Prolonged Care	(appendix C)	(appendix D)	1.0
<input type="checkbox"/> Childbirth		(chapter 17)	0.5
<input type="checkbox"/> Emergency Simulations - Practical			4.0

DAY FIVE - EXAMINATIONS– 8 hours

<input type="checkbox"/> Examinations			
<input type="checkbox"/> Written Examinations	3.0		
<input type="checkbox"/> Practical Examinations	5.0	8.0	

INFORMATION TO STUDENTS ATTENDING A WEC REFRESHER

Although the Course outline lists specific topic areas which will be covered during the refresher course, the student is responsible to study materials beyond those covered in classroom lectures. You will receive a copy of the objectives for the full Wilderness Emergency Care Program as offered by Rescue Dynamics. The course examinations for both the refresher and full courses are developed directly from these objectives.

For maximum benefit, the Pre- Course Assignments should be completed before the course commences. They are to be handed in before the final examinations begin.

In order to study for the course examinations you may choose to use the objectives as a direct aid for what you should know. If a topic is not mentioned in the objectives, it is highly unlikely that an examination question will deal with that subject matter. Above all, stress the understanding of the basics. This means be aware of the basic signs and symptoms, the basics of treatment, the basics of the physiology involved.

Do not concern yourself with the hospital or paramedical treatment protocols. We test your knowledge regarding care and treatment in the field. If specific topic areas are of particular concern to you, be sure to inform your instructor. If you can speak to him/her at the end of a class day, they may well prepare a short lecture on that topic for the next day during the general review session.

It is important to remember not to be afraid of asking questions during the review sessions.

(Note: Pediatrics, Diving and Psychological Support are no longer covered in the refresher but childbirth has now been added)



Rescue Dynamics

5109 - 17A Avenue NW, Edmonton, Alberta, Canada T6L 1K5
phone / fax (780) 461 - 5040
email: RescueDynamicsInfo@telusplanet.net
website: <http://rescuedynamics.ca>

Wilderness Emergency Care Program – Refresher Application

Name: _____ Date: _____

Mailing Address: _____

City: _____

Province (State / Country): _____ Postal Code _____

Phone - Home: _____ Work: _____

Fax: _____ Cellular: _____

Email: _____

Highest Grade Attained: 10 11 12 13 GED or College / University: _____

AGE: <18 (specify:____) 18 - 25 25 – 35 35 – 45 45 – 55 55 – 65 >65

Date of WEC refresher you wish to attend: _____

If the course is full, would you like to be placed on a waiting list ? YES NO

List the last WEC (or approved equivalent advanced 1st Aid) and CPR course (or refresher) you attended. Include the date, year, location, certificate granted and certifying body:

1st Aid: _____

CPR: _____

I HAVE PROVIDED PROOF OF COMPLETION OF THE FOLLOWING PREREQUISITES:

- Photocopy of CURRENT CPR Certificate including adult, infant, child, 1 & 2 person CPR
- Photocopy of WEC or higher certificate or proof of successful program completion

ACMG Certification Level : MG SG AG RG AAG ASG ARG BG HG CGI

I hereby authorize Rescue Dynamics to disclose my marks or course status to the following persons:

- employer ACMG / ACSKG for purposes of exam eligibility verification
- Thompson Rivers University Parks Canada for business licence eligibility verification
- _____

signature _____

NOTE: If paying by MasterCard® or VISA® be sure to complete and attach the credit card payment form.

For Office Use Only:	Written	%	Rescue	%
----------------------	---------	---	--------	---

