



**RESCUE DYNAMICS**  
**5109 - 17A Avenue NW**  
**Edmonton, Alberta**  
**T6L 1K5**  
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**website: <http://www.rescuedynamics.ca>**

**WILDERNESS EMERGENCY CARE COURSE**  
**ADVANCED FIRST AID**

**COURSE OUTLINES**  
**COURSE APPLICATIONS**

**subject to revision without notice**

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Revision WEC INFO/APP 2005 101405



# Rescue Dynamics

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website: [www.RescueDynamics.ca](http://www.RescueDynamics.ca)

This letter will serve to introduce you to Wilderness Emergency Care or "WEC" Advanced First Aid courses for 2011. There are ten WEC refreshers and one full WEC course scheduled so far in 2011.

The WEC full course is not yet scheduled for autumn 2011 in Canmore, AB. Cost of the course is \$700.00 including textbook, supplies and a first aid kit for each participant. (\$100 value). The course includes CPR, AED, Advanced Wilderness First Aid plus First Responder certifications. These courses often fill rapidly so please contact us as soon as possible to obtain an application form and further details.

WEC Refreshers are normally four and a half days and are presently scheduled on:

- a. February 14 - 18 (Monday to Friday), 2011 in Whitehorse, YT (closed course for Parks Canada) - course completed
- b. April 11 - 15 (Monday to Friday), 2011 in Canmore, AB - course completed
- c. May 3 - 7, 2011 in Fort Smith, NT (closed course for Parks Canada) - course completed
- d. October 17 - 21 (Monday to Friday), 2011 in Canmore, AB
- e. October 24 - 28 (Monday to Friday), 2011 in Golden, BC
- f. November 7 - 11 (Monday to Friday), 2011 in Jasper / Palisades, AB (closed course for Parks Canada staff only)
- g. November 13 - 17 (Sunday to Thursday), 2011 in Jasper, AB
- h. November 21 - 24 (Monday to Friday), 2011 in Canmore, AB
- i. November 28 - December 2, 2011 (Monday to Friday) in Revelstoke, BC
- j. December 4 - 8, 2011 (Sunday to Thursday) in Invermere, BC (tentative only)

Special Note: 90 percent of all of the WEC refreshers in the last three years were booked completely to capacity. Do not book your spot at the last minute or you may risk not getting on the dates that you prefer. Remaining spots listed as available are as of July 1, 2011. There are independent Marmot Basin CPD sessions in 2011.

Cost of the WEC refresher is \$420 including GST, handouts and a new SAM(r) splint. Your textbook is not included in the fees for the refresher. A very limited number of textbooks may now be rented, but only by prior arrangement. 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 Stephanie Wong or Dawn Howard in the Banff CMH office to book your spot.)

NOTE regarding meeting location and times: All courses begin at 08:00 AM. The Canmore courses begin at 08:00 AM at the Bill Warren Training Centre (beside the Canmore Nordic Centre). The Golden course begins at 08:00 AM at the Purcell Heli-ski Lodge in Golden, BC.

The Revelstoke course begins at 08:00 AM tentatively scheduled at the Royal Canadian Legion, 600 W 1st Street, in Revelstoke, BC. The Invermere course and location is still tentative.

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.

Notice to Parks Canada personnel: Portage College has suspended delivery of the Parks Emergency Responder (PER) course. If you are a warden, visitor safety specialist or resource management specialist and need a first aid refresher similar to PER please note that Rescue Dynamics has been delivering several WEC courses to Parks personnel in Western and Northern Canada. Contact the public safety supervisor in your park to see if something special has been arranged in your area. Otherwise we invite you to attend any of the regularly scheduled WEC refreshers instead.

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 CPR, child & infant CPR plus AED 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 2010 guidelines. 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:**

Beginning in 2009 the "Rescue Exam" was integrated into classroom Skill Sheets which must be completed in FULL in order to attain a passing grade. The old practical exam will no longer take

place, thus the emphasis on the skill sheets will be far greater. Missing class time that results in missing skill sheets will constitute a FAIL as all skill sheets MUST be completed properly.

In addition, students may now opt to write their written exam on Thursday evening. Those who complete their written exam on Thursday will not be required to attend exams on Friday and thus the length of the course is one day shorter (only four full days instead of the old five days) for those who write on Thursday !!! For those who need to use Thursday for study, The written exam is Friday morning. The course will be done by noon Friday for everyone. (Note: This does not apply to the custom course for Parks Canada at the Palisades.)

Also new starting in 2009 is a new written exam: At the end of the written exam, students are allowed to look at the answer booklet so that they can learn from the written exam and discover what questions they may have answered incorrectly.

In 2005 we began using a new pre-course homework assignment that is be handed in before your final exams are written. It has been revised twice since that time. You must print the worksheet and complete it before the course begins. It requires Adobe Acrobat 6.0 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 revised version of the worksheet for 2010 and subsequent courses. It includes the 2010 CPR Guidelines which are needed in order to complete all of the questions. The worksheets are PDF files and will download when you click the links.

<http://www.rescuedynamics.ca/pdfs/WECpreCOURSE2011.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(r) splint and your student skill sheets are included in your fees. We now have even more high quality equipment on the courses than ever before including four new vacuum mattresses, all new vacuum splints, new suction units, new scoop stretchers, new oxygen regulators and much, much

more. Every two students on course have a complete kit of equipment to share for all of the skill sheets except spinal motion restriction where we have a maximum of five students per spine board, vacuum mattress or KED.

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](mailto:rescuedynamicsinfo@telusplanet.net).

Sincerely

Cyril Shokoples IFMGA  
Chief Instructor / Mountain Guide

## WILDERNESS EMERGENCY CARE - REFRESHER COURSE OUTLINE 091016

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

☐ Patient Assessment - Practical			1.0
☐ Trauma Review Session 2			2.5
☐ Injuries of the Skull & Brain	(chapter 12)	(chapter 26)	
☐ Chest Injuries	(chapter 14)	(chapter 22)	
☐ Chest Injuries - Practical			
☐ Bleeding & Bandaging - Practical	(chapter 6 & 7)	(chapter 8 & 19)	
☐ Triage	(chapter 22)	(chapter 28 & 29)	
☐ Patient Positioning			
☐ Medical Emergencies Review Session 1			2.5
☐ Unconsciousness		(chapter 12)	
☐ Seizures & Seizure Disorders		(chapter 12)	
☐ Cardiac Emergencies	(chapter 17)	(chapter 11)	
☐ Orthopedic Injuries & Splinting 1 - Practical	(chapter 9, 10, 11 & 21)	(chapter 24)	2.5
☐ Upper Extremity	(chapter 10)	(chapter 25)	
☐ Professional Basic Life Support Part 2 – Practical evening Session for those who require refresher			1.5
☐ CPR (Adult / Pediatric / One & Two person with adjuncts)			
☐ AED (beginning in 2009) - Practical			

### DAY THREE – 10.5 hours including evening session

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

#### **DAY FOUR – 7.5 hours – 10.5 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"/> Eye Injuries	(??)	(??)	0.5
<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 Examination			2.5
<input type="checkbox"/> Examinations			
<input type="checkbox"/> Written Examinations (optional evening written)			3.0

#### **DAY FIVE - EXAMINATIONS– 3 hours**

<input type="checkbox"/> Examinations			
<input type="checkbox"/> Written Examinations (for those who opt out of evening written)			3.0

#### **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)



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## 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 1<sup>st</sup> Aid) and CPR course (or refresher) you attended. Include the date, year, location, certificate granted and certifying body:

1<sup>st</sup> 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	%
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