

Dear Friends,

Welcome to the Wilderness Emergency Medical Responder Course at Tremont! We are excited that you'll be joining us for a very full and busy week.

Arrival and Departure:

Plan to arrive at Tremont on Sunday between 11:00 am and 12:00 noon. This will give you an opportunity to check in and move into the dorm. (*Please note that food is prohibited in the dorm.*) The program will begin with lunch at 12:00 pm and lecture at 1:00 pm. The program will end the following Sunday around 3:30 pm. Please review the syllabus below.

Weather:

It may help you to know that the average daily high temperature for January is 49 degrees F. and the average daily low is 28 degrees F. here in Walker Valley. *Come prepared for extended outdoor activity.* Bring comfortable hiking boots, lots of warm layers, extra socks, warm headgear and gloves. Rain gear is always necessary here in the Smoky Mountains, so bring it along.

Logistics:

Please refer to [“Your Visit to Tremont”](#) for important packing information. Along with your linens and toiletries, you may want to bring a mattress pad to ease the firm mattress, plus a bedside light or headlamp if you are a late-night reader. Bring two sets of clothing that you don't mind sacrificing when you are a “victim” during a scenario, glasses or goggles for eye protection, and two flashlight sources, one being a headlamp (for nighttime scenario).

Note: though wifi is available in the Activity Center, we invite and encourage you to unplug for the weekend. Learn more about our [food](#) and [facilities](#). Note that food is not allowed in the dorm.

[Read our COVIDSafe guidelines.](#)

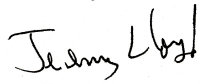
Additional Information:

- Required to bring:
 - 2 sets of clothing that can be destroyed in scenario training
 - safety glasses or goggles for scenario training
 - 2 flashlight sources, one being a headlamp, for the nighttime scenario
- Bring your own towels and bedding (sleeping bag or twin bed linens) for the dorm. You may also want to bring a mattress pad to ease the firm mattress.
- There is information about the textbooks in the letter from Kirk Harris, the instructor for the course, below. *It is important to obtain the books and review them prior to the start of the course.* If this is not possible, there will be a limited number of books available for purchase the first day of the course.
- Bring writing materials (notebook, pens, pencils, paper, etc.).
- Upon completion of the course, you will be eligible for national registry and the Tennessee state testing.

This is a valuable program that we have offered with great success over the past several years. We look forward to your visit.

Be sure to read the welcome letter from lead instructor Kirk Harris below, and if you have questions, please feel free to contact us.

Sincerely,



Jeremy Lloyd
Manager of Field Programs and Collegiate Studies

To: **Wilderness Emergency Medical Responder Participant**
From: **Kirk Harris**, Lead Instructor

Thank you for participating in the upcoming Wilderness Emergency Medical Responder Course. The course will be both intensive and extensive in nature. It is designed to cover the required material in a week and meet both Tennessee State and National standards. Our approach to the course will emphasize interaction with each other and hands on.

All equipment will be provided for the course. Please bring comfortable and warm clothing for much of the practical time will be outside. We will be outside regardless of the weather during scenario training. Please be prepared. We are requesting each student to bring two (2) sets of clothing, pants and shirt, that can be totally destroyed in scenario training. In addition, we highly suggest bringing safety glasses or goggles for eye protection. Below you can find a syllabus of the course. Preparation for the course should include review of your CPR knowledge and start with the reading. The following books are required for the course:

Medicine for the Outdoors
6th Edition
by Paul Auerbach, M.D.
Cost: Approx. \$29
(ISBN: 978-0-323-32168-6)

Emergency Medical Responder: Your First Response in Emergency Care
6th Edition
American Academy of Orthopaedic Surgeons
by David Schottke
Cost: Approx. \$80
(ISBN-10 #1284134180)
(ISBN-13: #978-1284134186)

The books can be obtained by calling 1-865-882-4671. They will be shipped with no shipping charge.

If you have any questions, please feel free to contact me at 865-539-6904. Or my e-mail address is harrisk@roanestate.edu. Again, thank you, and I look forward to seeing you.



Wilderness Emergency Medical Responder

Presented by

Great Smoky Mountains Institute at Tremont

and

Roane State Community College

Sunday 1:00 PM – 8:00 PM

Faculty & Student Intros, the Paperwork Headache
Intro to EMS, Wildmed, & Their Integration
Legal, Ethical Issues of Pre-Hospital Care
First Responder Wellness
A&P Basics, How Do We Work?
The Big 3 Body Systems

Monday 6:00 AM – 8:00 PM

Basic Life Support
Sizing Up the Scene
Initial Patient Assessment
Focused Assessment & Patient History
On-Going Assessment
Handing Off the Patient, SOAP or CHART

Tuesday 6:00 AM – 8:00 PM

Airway Management, Skills Development
Trauma – Bone, Joint, & Soft Tissue Injuries
Burn Injury
Medical Emergencies
Scenarios & Drills

Written Evaluation #1, Take Home

Wednesday 6:00 AM – 8:00 PM

Incident Command, SAR, Disaster Management, Triage
The Immune System & Anaphylaxis
Scorpions, Snakes, Spiders (the Venom Bunch)
Animal Bites, Zoonoses
Common Wilderness Diseases: Lyme, Rabies, Tetanus
Scenarios & Drills

Written Evaluation #2, Take Home

Thursday 6:00 AM – 8:00 PM

The Little People – Childbirth, Infants, Kids in the Wilderness
Heat Problems – Heat Cramps, Heat Exhaustion, Heat Stroke
Cold Problems – Frostnip, Frostbite, Hypothermia
Too Much of a Good Thing – Drowning, CWI
Lightning Injury & Avoidance
Scenarios & Drills

Written Evaluation #3, Take Home

Friday 6:00 AM – 10:00 PM

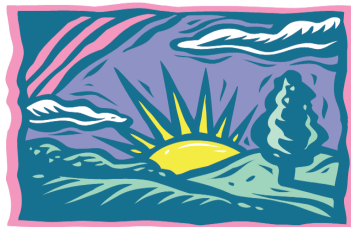
High Altitude Syndromes – AMS, HAPE, HACE
Surviving the Elements
Scenarios & Drills
Night Exercise, the Scenario from Hell

Saturday 6:00 AM – 8:00 PM

Student Improvisation Demonstration
Search & Rescue
Improvisation Scenarios & Drills
Final Scenario
Written Final Evaluation

Sunday 9:00 AM – 3:30 PM

Clean Up
Tom Kessler's Trekkers' Advice
Final Practical
National Registry Exam Review
Course Evaluation



Roane State Community College
Continuing Healthcare Education
<http://www.roanestate.edu/che>

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