



Mount Baker Ski Resort – Heather Meadow Day Lodge  
Deming, WA  
March 22-25, 2022

## CONFERENCE SCHEDULE

### Tuesday, MARCH 22

- 12:00 pm** Registration/Welcome  
**12:15 pm** Patient Assessment  
**12:45 pm** Wound Management  
**1:45 pm** Break to Outdoors  
**2:00 pm** Hands on Teaching
- Patient Assessment
  - Spine stabilization, moving injured patient
  - Splinting & Dislocations
  - Litters and Carries
- 5:30 pm** End of Day

### Wednesday, MARCH 23

- 12:00 pm** Lightning  
**12:30 pm** Hyperthermia, Hypothermia, Frostbite  
**1:30 pm** Medical Problems-Small Group Discussions  
**2:30 pm** Wilderness Victim Scenarios (Outdoors)  
**5:30 pm** End of Day

### Thursday, MARCH 24

- 12:00 pm** Avalanche  
**12:30 pm** Medical Kits  
**1:00 pm** Animal Bites & Stings  
**2:00 pm** Break  
**2:15 pm** HEENTS  
**3:15 pm** Submersion  
**3:45 pm** Altitude  
**4:15 pm** Infectious Diseases (Small Group Discussions)  
**5:15 pm** End of Day

### Friday, MARCH 25

- 12:00 pm** Water Treatment  
**12:30 pm** Practical Skills Exam  
**4:00 pm** AWLS Written Exam  
**5:00 pm** End of Course



## Onsite Sign-in

There will be onsite sign in for the course on Tuesday at 12:00 pm at the Heather Meadow Day Lodge, Sign-in is required so that we have an accurate record of your attendance for CME credits.

## Course Materials

The textbook is available as a digital download from the curriculum tab on the awls.org website. You will be emailed a registration confirmation with the password to access the download. You will receive a hard copy of the AWLS textbook at the time you sign in for the course. The printed and e reader version of the textbook is also available for purchase from our publisher Amazon.com, if you would like a copy of the text shipped to you in advance of the course.

## Course Description

*“Learn the skills to prevent medical problems; reduce suffering and save lives in non-traditional medical settings*

- Earn your Advanced Wilderness Life Support certification
- Learn the latest practical hands-on wilderness medicine skills for patient assessment, treatment and evacuation protocols
- Practice your skills in live scenarios with our expert instructors
- Obtain up to 20.5 hours of category 1 CME\*
- Receive Wilderness Medical Society Fellowship credits

## Course Objectives

*To provide a practical foundation in Wilderness Medicine for medical professionals*

*To teach patient assessment and treatment guidelines for life support until definitive care or evacuation is available*

*To train the provider in methods for managing medical and trauma emergencies and urgencies in the wilderness when evacuation is unavailable or unnecessary*

## Topics Include:

- |                                      |   |
|--------------------------------------|---|
| ❖ Patient assessment                 | ❖ Wound management                      |
| ❖ Trauma                             | ❖ Water treatment                       |
| ❖ Medical problems                   | ❖ Hyperthermia, hypothermia & frostbite |
| ❖ Infectious disease                 | ❖ Medical kits                          |
| ❖ Head, Ear, Eye, Nose, Throat, Skin | ❖ Lightning                             |
| ❖ Animal & insect Bites              | ❖ HAPE/HACE                             |
| ❖ Musculoskeletal injuries           | ❖ Dive Medicine                         |



## Continuing Education Credits

The Wilderness Medical Society designates this Live activity for a maximum of 20.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**American College of Emergency Physicians:** Approved by the American College of Emergency Physicians for a maximum of 20.50 hour(s) of ACEP Category I credit.

**American Academy of Family Physicians:** Approved by the American Academy of Family Physicians for a maximum of 20.5 hours of AAFP Category 1 credit.

**PHYSICIAN ASSISTANTS:** The American Association of Physician Assistants accepts Category 1 CME approval from organizations accredited by the ACCME.

**OTHER PROFESSIONALS:** Check with your governing entity to determine usefulness of *AMA PRA Category 1 Credits*<sup>™</sup>.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Wilderness Medical Society and AdventureMed. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

*All AWLS faculty have signed disclosure statements that they have no relevant financial relationships with any course sponsors.*

***YOU WILL RECEIVE YOUR CME CERTIFICATE FROM THE WILDERNESS MEDICAL SOCIETY APPROXIMATELY 4-6 WEEKS AFTER THE COMPLETION OF THE COURSE***



## **Mt. Baker Ski Area – Heather Meadow Day Lodge**

The Heather Meadow Day Lodge is located at the Heather Meadow Base Area of the Mt. Baker Ski Resort. The base area is located at mile marker 55 on WA 542.

This ski resort holds the world record for most snowfall in a season, over 1000 inches during the 98'-99' season. Bring your equipment and prepare for some powder turns. Special prices/ ski packages for half days (9:00AM-12:00) are offered at a discount. Please inquire ([info@backcountrymedicalguides.org](mailto:info@backcountrymedicalguides.org)) to sign up for the group rate. Backcountry skiing and snowshoeing is accessed immediately from the Heather Meadows Parking Lot.

## **Lodging**

There is no lodging directly at the ski area. They do allow free camping in the parking lot and there are a lot of Air BnBs and cabin rentals located about 25 mins down the hill in Glacier and Maple Falls.

Please visit this link for more options: <https://www.mtbaker.us/ski-area-info/travel-info/accommodations>. We would recommend that you book the rentals more than a month in advanced because they do tend to fill up quickly.

## **Transportation**

The nearest airport is located right in Bellingham (BLI), although Seattle International Airport (SEA) is about 1.5 hours to the south. If you do fly into Seattle, hop on I-5 northbound for 90 miles and you've made it to Bellingham. Take exit 255 and turn right onto 542 East. Drive about an hour and you have made it in the Mt. Baker Ski Area. Detailed travel instructions can be found here:

<http://www.mtbaker.us/ski-area-info/travel-info/driving-info>

Please visit our Facebook page if you would like to post info regarding sharing a room or transportation with another student. <https://www.facebook.com/pages/AWLS-Advanced-Wilderness-Life-Support>

## **Clothing and Other Equipment**

The average temperatures for this area March range from 42°F to a low of 27°F. The course will be held rain/snow or shine, so participants should bring rain gear and warmer layers to account for cold or precipitation. Hats and sunscreen are recommended for sun protection. All equipment and supplies for the hands-on teaching sessions will be provided.

## **Nearby Activities**

In March, the main attraction is skiing and snowboarding up on the ski hill. If you do not ski or snowboard, not a problem, there is some great snowshoeing and cross-country skiing that you can do around the ski area. Besides the winter time activities, there are some nice hikes through the rain forest and old growth groves located near Glacier, WA and if dry, some superb downhill Mountain Biking.



## Registration

Register online at [www.awls.org](http://www.awls.org)

For questions, email [info@adventuremed.com](mailto:info@adventuremed.com)

### **COST SUMMARY (Payable at time of registration)**

Doctoral – Physicians	\$695
Non-doctoral – Nurse/PA/EMT/Paramedic:	\$495
Non-doctoral – Resident or Student:	\$495
Other – BWLS/WFA	Call for Info

**Course includes** 20.5 CME credits, course and materials

**Course excludes:** transportation, lodging, meals except light breakfasts

**Cancellation Policy:** No refunds will be given within 30 days of the date of the start of the conference. If you need to cancel within the 30-day period, we will apply your payment to a future AWLS course of your choosing to be used within two years of the date of the cancelled course. All refunds are subject to a 10% processing fee.

For additional questions, information, visit the AWLS FAQs page on our website [www.awls.org](http://www.awls.org) or contact Advanced Wilderness Life Support and AdventureMed by e-mail at [info@adventuremed.com](mailto:info@adventuremed.com)

To contact other registrants regarding sharing lodging, transportation or other, please visit our Facebook page at: <https://www.facebook.com/pages/AWLS-Advanced-Wilderness-Life-Support/>