

The University of Cincinnati
Mountaineering Club

**Steve Must
Memorial Scholarship
Application**

Annelies A. Koob

May 26, 1999

September 10 through September 19, 1999, the University of Cincinnati Mountaineering Club will host a Wilderness First Responder Course. Due to the increased number of activities offered by the Club, and the increased number of participants in club events, it is necessary to formally train members in the art of wilderness medicine. With a conscious emphasis on personal responsibility and group safety, the Club will continue to offer students the opportunity to experience outdoor adventures with the same flawless safety record we have maintained in throughout the history of the UCMC.

The course outline, contained on the following pages, explains the course and its content, as well as the benefits of its completion.

Wilderness Medical Associates

Emergency Training for Outdoor Professionals

Wilderness First Responder

72 Hours

PREREQUISITE

Students must be at least 16 years of age to participate in this course (16 and 17 year olds must have proof of parental consent).

CERTIFICATIONS AVAILABLE

All students who successfully complete the WFR course will receive a certification card from Wilderness Medical Associates. Certification remains valid for three years. Within three years, graduates may recertify by way of a two day course.

Wilderness Medical Associates' WFR course meets or exceeds all requirements in the National First Responder curriculum. Requirements for certification vary from state to state, so students who successfully complete our course may be eligible for certification in their home state. Contact your state's Emergency Medical Services Office for information. BLS-CPR certification is also included. There are many different levels of CPR; WFR's must maintain a BLS-CPR certification.

CREDENTIALS

Wilderness Medical Associates' WFR course is widely considered the most complete medical training for outdoor professionals. Our courses are preferred by such organizations as Outward Bound, The National Park Service, The Chesapeake Bay Foundation, many colleges and universities, and the FBI. As Canoe Magazine stated, "Wilderness Medical Associates has become the de facto standard in wilderness medical training."

CLASS FORMAT

72 hours, over 8 days.

Days-off may be added.

Mornings are devoted to lectures and exams.

Afternoons are devoted to practical hands-on sessions and video taped simulations.*

Evenings are reserved for study and assignments.

- *Expect two or three emergency rescue simulations with made-up victims and stage blood that will be video-taped for enhanced learning.*

CONTENT

Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, and wilderness rescue.

GRADES

Grades are based on attendance (100% required), and performance on both written and practical final exams. Not everyone passes this course.

Wilderness Medical Associates

Wilderness First Responder

Course Syllabus

Day 1..... 10.5 hours

- 0.5 hours..... A: Registration
- 1.0 hours..... B: Introduction
- 8.0 hours..... C: AHA CPR course
- 1.0 hours..... D: Case Studies

Day 2..... 9.0 hours

- 1.0 hours..... A: Anatomy and Physiology
- 1.5 hours..... B: General concepts
- 3.5 hours..... C: Patient Assessment System
- 2.0 hours..... D: ALS/BLS (part 1)
- 1.0 hours..... E: Case Studies

Day 3..... 9.0 hours

- 2.0 hours..... A: Circulatory System
- 1.0 hours..... B: Respiratory System
- 1.0 hours..... C: Fractures
- 0.5 hours..... D: Stable Injuries
- 1.0 hours..... E: Dislocations
- 2.5 hours..... F: Splints 1 - extremities
- 1.0 hours..... G: Case Studies

Day 4..... 10.0 hours

- 1.0 hours..... A: Nervous System
- 1.0 hours..... B: Wounds
- 0.5 hours..... C: Burns
- 1.5 hours..... D: General Principles of Trauma
- 1.0 hours..... E: Emergency childbirth
- 2.0 hours..... F: Lifting, Moving, and Extrication
- 2.0 hours..... G: Splints 2 - spine
- 1.0 hours..... H: Case Studies

Day 5..... 9.0 hours

- 0.5 hours..... A: Quiz
- 1.5 hours..... B: Toxins, bites and stings
- 1.0 hours..... C: Altitude or Diving
- 1.5 hours..... D: Medical Emergencies
- 0.5 hours..... E: Litter Packaging

- 1.5 hours..... F: Litter Carries
- 0.5 hours..... G: Patient Carries
- 1.0 hours..... H: Small Group Simulations
- 1.0 hours..... I: Case Studies

Day 6.....9.0 hours

- 1.0 hours..... A: Hypothermia
- 0.5 hours..... B: ALS/BLS (part 2)
- 1.0 hours..... C: Hyperthermia and Heat Illness
- 0.5 hours..... D: Near Drowning
- 1.0 hours..... E: Frostbite and Cold Injury
- 2.0 hours..... F: Search and Rescue
- 1.0 hours..... G: Simulation
- 2.0 hours..... H: Case Studies

Day 7.....9.0 hours

- 0.5 hours..... A: Lightning
- 0.5 hours..... B: Sun
- 1.0 hours..... C: Allergy/Anaphylaxis
- 2.0 hours..... D: Backcountry Medicine
- 2.0 hours..... E: Improvised Litters
- 1.0 hours..... F: Simulation
- 2.0 hours..... G: Case Studies

Day 8.....6.5 hours

- 0.5 hours..... A: Medical and Legal Issues
- 1.0 hours..... B: Personal Preparedness
- 1.0 hours..... C: Case Studies (Final)
- 2.0 hours..... D: Simulation (Final)
- 2.0 hours..... E: Final Exam

To contact Wilderness Medical Associates for more information:

Email: office@wildmed.com

Website: www.wildmed.com

24 Hour Phone: 888.WILDMED

COST

The cost of the course is \$450.00 US dollars. A fifty dollar deposit is required to hold a place on the course, with the remainder due shortly before the course.

No other scholarships are available for this course.

ELIGIBILITY

I will be a student of UC through June of 2000. A minimum of 186 credit hours are required to graduate from the College of Arts and Sciences, of which I have completed 149.5. My Current Cumulative GPA is 2.969 while my Philosophy Concentration GPA is 3.134.

Please see the last page of this application for verification.

PROOF OF INSURANCE

As required by the University of Cincinnati, all students must have insurance equal or greater to the coverage offered by the Student Health Insurance Plan.

Klais and Company

1867 West Market Street

Akron, OH 44313

Policy Number: 565370428

Group Number: SH403

Coverage Verification

513.556.6868

Proposal to Share Knowledge with the UC Mountaineering Club

Upon completion of the course, I plan to organize First Aid refresher programs offered approximately every other month after a meeting. A CPR refresher course offered within six months of the course will help reinforce what WFR graduates have learned regarding CPR, while also informing and teaching the members that have formerly chosen not to participate.

I would like to establish an outline and possible protocol of safety management for trip coordinators in the event of an emergency. There is currently no such outline or protocol in effect.

The club has maintained its safety record in part through its emphasis that we do not “guide” people and we do not profess to be certified or formal instructors on trips, beginner oriented or otherwise. A simple established procedure of responsibility in the event of an emergency may ensure prompt and efficient handling of emergency situations in the backcountry, while encouraging personal responsibility for actions and decisions both by coordinators and, in particular, participants.

I will continue to coordinate trips and programs, while also emphasizing safe and responsible procedures involved in both.

I will submit an article for the Goosedown Gazette regarding the course and my experiences with it. Should I find the course to fully meet all my expectations, of which I am confident it will, I shall encourage the participation of other students and members in future courses.

Commitment, Participation, and Leadership in the UC Mountaineering Club

- Active member since the summer of 1996.
- Filled in as VP when Amy Kindell left for winter co-op during 96-97.
- Elected Vice President for 97-98.
- Elected President 98-99.
- Elected Vice President of Club Sports Board 98-99.
- Five time Editor for the Goosedown Gazette.
- Represent UCMC at Student Life Center Committee Planning Meetings.
- Coordinate Women's Trips, Backpacking Trips, and Skydiving Trips.
- Assist instruction and coordination of three Beginner Climbing Courses.
- Consistently held an average of at least ten office hours a week for six out of seven quarters 97-99.
- Changed TUC display case weekly during 97-98 term.
- Successfully coordinated 3 Open Houses.
- Updated UCMC Phone List 97-99.
- Developed the first official Gear Auction.
- Procure rooms for meetings and programs.
- Assist with preparation of two annual UCMC budgets.
- Present programs on layering, sleeping bags, and tent care 97-99.
- Participated in both Wilderness First Aid courses hosted by UCMC.
- Send all repairs back to manufacturer for UCMC, saving the UCMC all shipping cost, while ensuring best outcome of all gear for UCMC.
- Assist in selection and procurement of club gear according to current needs.
- Represent UCMC during various University events 97-99.

And last but not by any means least:

- Found the original five founding members of the UC Mountaineering Club!!!

To conclude this application, let me express my sincere enthusiasm for the outdoors, and especially for the art of Wilderness Medicine.

For thirty-one days in August, I will be participating in the National Outdoor Leadership School's Course for Educators. I chose this particular course to learn not only technical mountaineering and climbing skills, but to develop and refine outdoor teaching skills and philosophies, which this course will emphasize. It is the "art of being a successful leader" which I plan learn on this course, and utilize within the Mountaineering Club.

I have also successfully completed my certification as a nationally registered Emergency Medical Technician. The skills I learned with this training will be enhanced and refined with the completion of the Wilderness First Responder Course.

Though we can only hope never to need such training, I believe my continued education in Outdoor Leadership and Wilderness Medicine will give me the opportunity and the responsibility to provide an enhanced level of service to the UC Mountaineering Club.

Thank you for your time and energy in reviewing this request.

Sincerely,

A handwritten signature in black ink that reads "Annelies A. Koob". The signature is written in a cursive, flowing style.

Annelies A. Koob

In addition, the applicant provided the Selection Committee
with her ***Degree Program Audit***
which showed her course work and GPA