



# LANDMARK LEARNING

The Learning Specialists for the Outdoor Industry.

Dear WEMT/EMT Intensive Candidate,

Welcome to Landmark Learning and the Wilderness Medicine Institute of NOLS. We are proud to welcome you into a unique partnership and a learning environment where you will join folks from across the country and around the world with a wide variety of experiences. We hope you make the most of your time here at our base and in the southern Appalachian region.

Landmark Learning is made up of students, staff, and professionals from the Jackson County area, as well as expert advisers and friends from all over the world. We are more than a school; we are a community, and while you are here you will be part of that community. The information in this packet will help explain what is expected of you and what you need to be fully prepared to participate in this experience. There are forms that must be returned in order for us to be prepared for your course, so please take a moment to fill those out and return them now.

Our WEMT experience is unique in that it is run in a "3+1" format. The first three weeks are dedicated to the EMT Intensive program. At the end of the three weeks, we tag on a week-long WUMP that upgrades our new EMT students to WEMT. This "3+1" format allows folks to leave at the course transition with their EMT-B and allows other current EMTs to join us just for the WUMP. It is a dynamic time and enriches the experience for everyone involved.

**Course dates: EMT-Basic Intensive:** July 16 – August 3, 2007

**Tuition:** \$1300 (workbook additional \$40.00)

NREMT Written Exam: August 13, 2007 @ Asheville, NC or at a time and location that suits student

NCEMS Written Exam: August 10, 2007 6:30pm @ Sylva, NC

(Students wishing to take NCEMS Written Exam can be registered for a later test date if desired)

**Course dates: Wilderness Upgrade for Medical Professionals** August 6-10, 2007

**Tuition:** \$550.00

This portion of the course will be held at our base with at least one overnight in the national forest. At course end there will be a practical and written exam for WEMT.

If you plan to lodge at our base, fees include option to camp or stay in bunkhouse, showers, shared refrigerator, cooking area and outdoor clean-up, and access to classroom after hours as a study hall. Please make sure we are aware of your housing plans as you register for the course. In addition, if you would like to have the workbook that accompanies the text, please note that on your registration form.

Thank you for enrolling and we look forward to your arrival.

Best Regards,

Mairi Padgett  
Administrative Director



**LANDMARK LEARNING**  
The Learning Specialists for the Outdoor Industry.

R E G I S T R A T I O N

Course Title: **WMI of NOLS WEMT "3+1" Format  
And WUMP**

Course Dates: **July 16 – August 3, 2007  
August 6 - 10, 2007**

***IMPORTANT:** Please return this completed form along with your Deposit, Health Form and Release at least 30-days prior to your course. This information is confidential and will be used in the event that we need to contact you with questions, course changes or cancellations, and other related information.*

Name \_\_\_\_\_ Cell# \_\_\_\_\_

Mailing Address \_\_\_\_\_ Eve # \_\_\_\_\_

\_\_\_\_\_ Day # \_\_\_\_\_

Email Address \_\_\_\_\_

*July 16-August 3*  
 EMT-Basic, Intensive

Tuition: \$1300.00  
+ Workbook  
(optional): \$40.00  
Lodging: \$200.00

TOTAL: \_\_\_\_\_

*July 16-August 10*  
 WEMT "3+1"  
*Please include registration pg. 2*

Tuition: \$1850.00  
+ Workbook  
(optional): \$40.00  
Lodging: \$200.00

TOTAL: \_\_\_\_\_

*August 6-10*  
 WUMP only  
*Please include registration pg. 2*

Tuition: \$550.00  
Lodging: \$10 x \_\_\_\_\_ nights

TOTAL: \_\_\_\_\_

Lodging preference:  Camping  Bunkhouse  No Thanks

CREDIT CARD INFORMATION: *If you reserved a spot in the course with a credit card over the phone, please fill out the following portion and sign below. Please refer to the Policies for billing, deposit, and refund information.*

Visa AmEx MC Disc Expiration (MM/YY): \_\_\_\_\_/\_\_\_\_\_

# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Billing address (if different from above):  
\_\_\_\_\_

STUDENT AGREEMENT:

I have read, understand, and agree to abide by all Landmark Learning Policies while I am enrolled in any base course.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## HEALTH FORM

### DISCLOSURE

Landmark programs involve a variety of activities including warm-ups, games, group initiative problems, low ropes elements and hands on application of CPR/first aid training. Some programs may also include other rigorous physical adventure activities such as backpacking, climbing, caving, paddling, swiftwater rescue, swimming, or hiking. These activities are designed to be within the limits of a person who is in reasonable good health. The level of participation in all programs and activities is at all times completely up to the individual.

Safety is a high priority in all programs. In addition, each participant must assume the risk that he or she may suffer an emotional or physical injury and disability. Each participant must have health/accident insurance coverage. The information requested on this form is intended to help alert staff to pre-existing medical conditions. This information will be held in confidence. Please complete the form below and bring it with you on the day of your scheduled program.

### GENERAL & MEDICAL INFORMATION

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Do you have health/medical insurance?..... no yes

Name & Address of Company:

Do you have any limiting physical or health disabilities - temporary or permanent - that you or your doctor feel would limit your participation in a Landmark activity?.....no yes

Do you have any chronic or recurring injuries?.....no yes

Are you currently taking any medication?.....no yes

Do you have any allergies or reactions to any medications, plants, or insects?.....no yes

Have you had surgery in the past year for any condition which may limit your participation?.....no yes

Do you have asthma?.....no yes

Do you have diabetes?.....no yes

If yes to any of the above, please explain/describe:

\_\_\_\_\_  
\_\_\_\_\_

Are you pregnant?..... no yes

Do you have or do you have a history of:

- |                           |   |
|---------------------------|---|
| _____ high blood pressure | _____ currently on medication for high blood pressure |
| _____ heart palpitations  | _____ chest pain or pressure                          |
| _____ heart attack        | _____ heart disease                                   |
|                           | _____ stroke  |
|                           | _____ heart murmur                                    |

If yes to any of the above, please explain/describe:

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Please list any other concerns or conditions that may affect your participation:

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*We strongly recommend that you consult your physician or midwife if you are pregnant or have checked off any of the conditions above before participation in Landmark activities.*

### EMERGENCY CONTACT INFORMATION

Person: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Numbers: \_\_\_\_\_ Email: \_\_\_\_\_

LANDMARK LEARNING  
PO Box 1888 - CULLOWHEE, NC 28723  
828.293.5384  
main@landmarklearning.org  
www.landmarklearning.org

## PARTICIPANT AGREEMENT, RELEASE, AND ASSUMPTION OF RISK

In consideration of the services of Landmark Learning, Inc., their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "LL"), I hereby agree to release, indemnify, and discharge LL, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in hiking, camping, backpacking, caving, swimming, trailbuilding and/or individual and group initiatives, problem solving exercises and personal or professional growth and development training, including clinical and field experiences for EMT students, entails known and unanticipated risks that could result in physical or emotional injury or death. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

**The risks may include, among other things:** Strenuous physical activity; slips and falls; sprains, strains, broken bones; inclement weather; other participants and/or my own negligence; and emotional stress.

Furthermore, LL facilitators have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

**CHALLENGE BY CHOICE:** LL programs are composed of activities that may be unfamiliar to participants. To insure participants' control over their own personal safety, we have adopted the philosophy of "Challenge by Choice". At all times, participants in activities are completely in control of their own level of participation. During our programs participants need only to do or attempt to do those things that they choose. I (the "Participant") must:

- i) Listen carefully to all instructions and briefing;
- ii) Set my own goals in relation to the group's goals;
- iii) Make a decision as to my level of participation; and
- iv) Inform others of my choice.

No one will force me to do anything – the choice is clearly my own. During the program, LL facilitators will provide a challenging setting in which I may expand my limits while supporting my personal boundaries.

*\*Note: Because nationally standard certification programs require a baseline involvement and skill competency, choosing not to participate during such programs may affect your end certification status. However, your participation is recognized as voluntary and will be upheld by LL facilitators at all times.*

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless LL from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of LL's equipment or facilities.

4. Should LL or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I understand that LL does not provide health insurance for students of their courses. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

**SIGNATURE (PAGE 1):** \_\_\_\_\_ **DATE:** \_\_\_\_\_

6. In the event that I file a lawsuit against LL, I agree to do so solely in the state of North Carolina, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I further agree that the place of this release, its situs and forum, will be Jackson County, North Carolina, and it is said county and state for all matters whether sounding contract or tort relating to the validity, construction interpretation, and enforcement of this release be determined. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

**By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against LL on the basis of any claim from which I have released them herein. I also acknowledge that I have fully satisfied myself as to the nature of the activity or activities in which I will be participating, the risks associated with each such activity, the concept of "Challenge by Choice", and my responsibility to know my own limits. In the event of illness or injury, consent is hereby given to provide emergency medical care, hospitalization, or other treatment that may become necessary.**

**I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.**

Signature of Participant \_\_\_\_\_ Print Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Date \_\_\_\_\_

**PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION  
(Must be completed for participants under the age of 18)**

In consideration of \_\_\_\_\_ (print minor's name) ("Minor") being permitted by LL to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless LL from any and all Claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

**PHOTO / MEDIA RELEASE**

I grant Landmark Learning, Inc., the right to use, reproduce, assign and/or distribute photographs, films, video tapes, and sound recordings of me for use in materials they may create.

Signature: \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_

# Wilderness Medicine Institute

## AN INSTITUTE OF THE NATIONAL OUTDOOR LEADERSHIP SCHOOL

In consideration of the services of The Wilderness Medicine Institute of The National Outdoor Leadership School ("WMI"), I, joined by my parents or guardian if I am under eighteen years of age, agree and acknowledge as follows:

### ACTIVITIES AND RISKS

Although WMI has taken reasonable steps to provide me with appropriate equipment and skilled staff for the course for which I have registered, I acknowledge that the activities of the course have risks, including certain risks, which cannot be eliminated without destroying the unique character of the activities. The same elements that contribute to the unique character of these activities can cause loss or damage to my equipment, accidental injury, illness, or in extreme cases, permanent trauma, disability or death. I understand that WMI does not want to frighten me or reduce my enthusiasm, but considers it important for me to know in advance what to expect and to be informed of the activities' inherent risks. The following describes some, but not all, of those risks.

- WMI courses may occur in remote places, many days from medical facilities. Communication and transportation are difficult and sometimes evacuations and medical care may be significantly delayed.
- Equipment may fail or malfunction, despite reasonable maintenance and use.
- Travel is by vehicle, snowshoe, snowmobile, skis, foot and other means, over rugged unpredictable off-trail terrain and improved and unimproved roads, including boulder fields, downed timber, rivers, rapids, river crossings, high mountain passes, snow and ice, steep slopes, slippery rocks, ocean tides and currents, waves and surf. Attendant risks include collision, falling, drowning and others usually associated with such travel, including environmental risks.
- Environmental risks and hazards include rapidly moving, deep or cold water; insects, snakes, and predators, including large animals; falling and rolling rock; lightning, avalanches, flash floods, falling timber, and unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, frostbite, non-freezing cold injury, high altitude illnesses, sunburn, heatstroke, dehydration, and other mild or serious conditions.
- WMI activities are conducted indoors and outdoors, day and night. Physical activities include running, sustained climbing, hiking and repetitive lifting. They also include realistic simulated medical injury and treatment situations.
- WMI activities may involve travel to locations away from the primary classroom. Travel is not supervised by WMI and includes the use of personal vehicles and/or carpooling in vehicles not owned or controlled in any way by WMI. WMI has no responsibility for any incident arising out of such travel.
- Decisions are made by the instructors and students usually in a wilderness setting, based on a variety of perceptions and evaluations which by their nature are imprecise and subject to reasonable errors in judgment. Misjudgments may pertain to, among other things, a student's capabilities, environment, terrain, water and weather conditions, natural hazards, routes and medical conditions.
- WMI participants, including minors, will have unsupervised free time before, during and after their course. Free time activities are not part of the WMI program and are at the sole risk of the participants. WMI has no responsibility for such activities. WMI staff may from time to time provide assistance or even accompany participants in these free time activities, but in doing so, they are acting as private individuals, and not for WMI, and WMI is not responsible for their conduct.
- WMI programs in foreign countries may be exposed to laws, legal systems, customs and behaviors, animals, diseases and infections not common to the United States; in addition, these courses may be subject to dangerous road travel, political unrest, riots, demonstrations, banditry, terrorism, and other criminal conduct, including drug related activities.

I acknowledge that engaging in this program may require a degree of skill and knowledge not required in other activities, and that I have responsibilities as a student for managing risks to which I and others may be exposed. I acknowledge that WMI activities are instructional in nature and I expect to be challenged to expand my skills and judgment. I acknowledge that the staff of WMI has been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

### ACKNOWLEDGEMENT AND ASSUMPTION OF INHERENT AND OTHER RISKS

I understand that the description above of the risks is not complete and that other unknown or unanticipated risks, inherent or otherwise, may result in property loss, injury, illness or death. I expressly acknowledge and assume the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with knowledge of the inherent risks.

I represent that I am fully capable of participating in the program, without causing harm to others or myself. Therefore I assume and accept full responsibility for me and for injury, death and loss of personal property and expenses suffered by me and them as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and as a result of my negligence or otherwise wrongful conduct in participating in these activities.

In further consideration of the services of WMI I (joined by my parents or guardian if I am under eighteen years of age,) acknowledge that I have read and understand the Activities and Risks, above, and confirm its representations and agree to all its provisions as though they were fully set forth again here. In addition, except with respect to an injury or loss that occurs on public lands whose rules and regulations prohibit doing so, I acknowledge and expressly assume **all other** risks of the course and any other activity of WMI, whether those risks are known, unknown, inherent or otherwise.





# EMT INTENSIVE/WEMT

## COURSE EXPECTATIONS

### Prerequisites:

Students must:

- Be a minimum of 18 years of age
- Have a High School Diploma or GED
- Have current documentation of vaccination from (MMR) Mumps, Measles and Rubella, (HBV) Hepatitis B (students who have started the HBV series before the course meet the requirement), and (PPD) Tuberculosis screen in last 6 months before the course starts.
- Have no criminal record of felony charges

### 169 course hours –Preparation for:

Written Test Registration for NCEMS (NC EMT-B is a 4 year certification)

Practical Exam for NCEMS

Written Exam and Skills Verification NREMTB (NREMT-B is a 2 year certification)

### Course costs include: (Housing is additional)

- Experienced Instructional Staff, certified as NREMT-B to NREMT-P
- Landmark Learning is an accredited EMS school recognized by the North Carolina Office of Emergency Medical Services
- Small class size, with a maximum of 18 students
- All exam fees
- Course textbook - AAOS, "Emergency Care and Transportation of the Sick and Injured" 8<sup>th</sup> Edition
- American Heart Association Healthcare Provider CPR 2-year certification
- Clinical uniform shirt
- Clinical malpractice insurance
- All course equipment is provided for student use
- Access to all course equipment after class hours for study and practice
- Min of 16 hours of clinical experience on ambulances and emergency rooms
- Daily quizzes for material highlights and retention
- Mid-course performance evaluation with instructor, 1:1
- Learn additional advanced life support assist skills that increase your abilities
- Upon completion- opportunity to participate in Wilderness Medicine Institute of NOLS Wilderness Upgrade for Medical Professionals, an additional 40 hours that upgrades the EMT-B to WEMT.
- Many of our students go on to excel in EMT-I and EMT –Paramedic programs

### Certification and Reciprocity:

States accept certifications from other states and the National Registry on an individual basis.

By successfully passing the exams both for the state of North Carolina and the National Registry, students have doubled their opportunity to be granted direct reciprocity in their home state. Access the web to check your state's reciprocity for the Nat'l Registry at:

[www.nremt.org/EMTServices/emt\\_cand\\_state\\_offices.asp](http://www.nremt.org/EMTServices/emt_cand_state_offices.asp)

Attendance:

100% attendance in all lecture and practical sessions is mandatory. Being on time to class is also expected every day. Repeated tardies or absences are grounds for immediate dismissal. Tardiness or not appearing for a clinical rotation is grounds for dismissal as well.

Notebooks and Texts:

*Emergency Care and Transportation of the Sick and Injured, 8<sup>th</sup> Edition, AAOS*

*Wilderness Upgrade for Medical Professionals, WMI of NOLS*

You should also bring a loose-leaf notebook with dividers for taking notes and organizing your clinical schedule and forms, quizzes, and assessment sheets.

Tests:

In order to evaluate your progress and eventual proficiency, appropriate tests and daily quizzes will be administered.

- American Heart Association Healthcare Provider – 84%
- NC EMT-B Mid-Term Exam – 80%
- NC EMT-B Cumulative Final Exam – 80%
- NC EMT-B State Certification Exam – 70%
- National Registry EMT-B Certification Exam – 70%
- WMI of NOLS WEMT Exam – 70%

If you need accommodations for testing it is available, however *we need to know prior to your arrival* so that we may apply for your accommodations through the state office and also through the National Registry.

## CLINICAL EXPERIENCE

You must be a good EMT in order to be a decent WEMT, so in addition to class time EMT students are required to attend a minimum of 16 hours in 4 shifts observing in a clinical setting. Students are responsible for their own transportation to and from clinical sites. We have healthy relationships with several Ambulance Services and Emergency Rooms where past students have performed in a professional manner under the guidance of Paramedics, Nurses, and Doctors. These clinical sites do not get paid or get additional benefits for allowing you the opportunity to learn there. In fact, some go above and beyond to give every opportunity to the student if he or she works well with their system and expectations.

Clinicals are a hit-or-miss opportunity; emergencies do not happen when planned, which requires EMS to be a dynamic profession. Some shifts are slow and students do no more than wash ambulances, change bed linens, and study. These are good opportunities to get in extra study time or to capitalize on your exposure to equipment and highly trained professionals who are not involved with immediate patient care. Most healthcare professionals are very open to helping students who take the initiative to ask pertinent questions, or to find out what equipment is what and how to use all of it. Other shifts are very busy with call after call or patient after patient. You may be called into assisting with CPR while Paramedics are getting medications and AEDs ready, or you may get to assess vital signs and lung sounds on sick or injured people. You may be asked to pull manual traction on fractures while doctors apply casts, or to observe in surgery. Everything you see will prepare you for the real picture of EMS and your new role in it.

Clinical opportunities will be offered during the week, after class in the evenings from 6-10pm. There will also be two shifts offered each day over the weekend, from 8am-noon and 1pm-5pm. You will not be required to stay longer than your 4-hour shift, and should not stay longer unless your preceptor directly asks if you would like to. You will need to bring your lab kit and have it on-hand throughout your clinical shift.

It is important to arrive on time and in the right clothing to conform with approved dress codes. When you arrive we will provide you with a uniform top that identifies you with Landmark Learning as an EMT-Basic student. Other acceptable clothing is as follows:

- a white t-shirt to wear under your top if weather is cool
- bring your jacket or raingear if you will be on an ambulance
- dress slacks, or nice dark pants navy or black in color  
(NO jeans, Carharrrts, shorts, or sweats)
- low, dress shoes with decent traction or new cross trainers (NO heels, hiking boots, or sandals)

All clothing needs to be fresh, clean, and free of stains, frays, or tears. Your clinical preceptor will assess your appearance when you walk through their door and if you do not meet these minimum standards you may be asked to leave.

A professional personal appearance is important when you are taking care of other people. In addition to the above dress code, personal hygiene is mandatory. All bodies must be clean and neat, freshly shaved (neat facial hair is acceptable), and free from odors and strong perfumes. Long hair must be pulled back, and body art or tattoos must be concealed. Some sites may require the removal of excess jewelry or non-traditional piercings.

### SAFETY

Even observing, there is always the possibility of contact with body fluids. Appropriate clothing and appearance helps reduce the risk of exposure. The latest infectious disease concerns and precautions will be explained by your instructor. Host sites require you to have completed, or at least begun, a Hepatitis B series before your program. You should also have received all childhood immunizations.

Due to the increase in tuberculosis, all healthcare workers should have PPD (TB) testing on a regular basis. As a requirement for observations, EMT students must provide proof of a PPD test within six months prior to the start of their course. We ask that you have the PPD testing completed and the Hepatitis B series at least begun before your arrival and that you bring proof for each from the attending doctor or clinic.

## Living at Landmark Learning

### Release/Assumption of Risk

All participants will be asked to read and sign a release acknowledging the inherent risks that are involved in outdoor adventure activities. Minors will have a parent or guardian sign on their behalf.

### Safety

It is our primary mission to provide outdoor adventure programming while paying close attention to plans for risk management. The outdoors and outdoor activities are inherently dangerous. We have chosen equipment and program sites carefully. Our instructors are outdoor professionals who hold current certification in Wilderness First Responder, Wilderness EMT, and professional level CPR. In the event of an accident, Landmark staff will aid in medical care of the ill or injured until EMS arrives or evacuation is executed. Any costs of medical care and evacuation beyond the initial medical care given by our staff, is the sole responsibility of the ill or injured.

### Eligibility

Participants must be of sound health and able to walk 6-8 miles a day and/or display adequate swimming skills in water-based courses. Although our trips are designed to travel at a leisurely pace and much of the day is occupied with classroom and practical time, this request serves to mark an appropriate level of physical fitness.

### Money Matters

Any balance of course fees is payable on the first day of your course. You will need spending money for food and entertainment. Please bring traveler's checks and/or an ATM card, as local banks may not cash out-of-town checks. We do not have the cash reserves to accommodate transactions.

### Deposits and Refunds

1. 50% tuition deposit required to hold a spot in a course.
2. Full course payment due 30 days before course start.
3. Registration within 30 days of course start requires full tuition at registration.
4. Credit card transactions will be charged an additional 3.5% fee.
5. If student cancels within 30 days of course start, 50% tuition minus \$35 admin fee is transferable within one calendar year.
6. If course cancels due to low enrollment, entire deposit is transferable or refundable.

### Lodging and Meals

A camping area is provided for students who wish to "rough-it" for the course duration at an additional fee. You will need all of your own camping gear, including tent. If you don't want to camp, we also have bunkhouse space: 4 rooms with 2 bunk beds in each. The housing fee provides you access to our indoor plumbing and showers, and our outdoor cooking and cleanup areas. If you don't want to stay at our base, we can provide you with a listing of local cabins, motels, etc. that have monthly rates. You will need to contact the proprietors for pricing and availability.

In the mornings, coffee will be available but no other meals are provided. We do not provide stoves, but we can provide inside storage for your food (we've got bears!). There is a microwave and a refrigerator available for everyone to share in the classroom. We are roughly 10 minutes from Sylva and grocery stores, restaurants, fast food, and the 24-hour Super Wal-mart.

### Facility

*Please bring an extra pair of "inside" shoes, slippers, or sandals for use in the classroom. We ask folks to remove their "outside" shoes upon entering, in order to cut drastically down on clean-up, and for*

hygiene reasons would like people not to go barefoot. The classroom and grounds will be yours for the duration of your course, including the weekends. It is advisable to keep your vehicle locked at all times, even though we are relatively tucked away from traffic.

### **Community Living**

Much of the instruction will be led as a participatory and hands-on activity, with micro-lectettes for specific topics and workshops. In a Base course, each person is expected to participate fully within the class context, as well as in the living community during non-class times. This includes participating in general chores like classroom power cleans, collecting and maintaining classroom gear and equipment, but also include managing personal living needs within the context of the group, and assisting others with their needs as they become apparent. In a Backcountry Classroom setting, each person will be responsible for helping out as an active part in the group's everyday camping tasks including: cooking, cleaning, equipment set up and break down, water purification, etc. Living with other people in close conditions requires practice in understanding and tolerance. All participants should be prepared to work within the group's dynamics.

### **Schedule**

Classes for the EMT portion run from 8am-5pm, M-F, with an hour off in the middle of the day for lunch. Clinicals are weeknights 6-10pm, and on weekends 8am-noon and 1pm-5pm. The WUMP will be held at our base with at least one overnight in the surrounding forest – come prepared for an overnight camping experience.

### **Transportation**

In courses that continue backcountry, participants are responsible for transportation to the trailhead or river sites. We will arrange carpools to program sites when we are together as a class. At all times we attempt to find suitable parking options; however, Landmark assumes no responsibility for vehicles left unattended.

### **Smoking / Tobacco Use**

Smoking is bad for you. Period. Landmark Learning is a smoke-free environment due to the indisputable facts surrounding tobacco use (did you realize that nicotine is a potent insecticide?). Since we cannot protect every person from themselves, we do provide a smoking corner for those who just can't quit for a month. Please, use tobacco products (chewing tobacco, too) just in this area during free times. Tobacco use in other areas may be grounds for dismissal.

### **Alcohol and Drug Use – “Zero Tolerance” Policy**

Drinking alcoholic beverages, using illegal drugs, or possessing these substances is not permitted anywhere on Landmark property. It is grounds for immediate dismissal. Being impaired by alcohol or drugs while on our property or during any activity is grounds for immediate dismissal. Our liability insurance will not cover any occurrence that is suspect for altered mental status due to substance use, and you will undergo urinary analysis and/or breath screening.

Please, we also ask that for your safety and the safety of others you conduct yourselves appropriately out in the Jackson County community. There is no reason why you can't go out and enjoy a couple of drinks with dinner and friends, but designate a driver. Our sheriff's deputies will arrest you for appearing inebriated in public, and we live in a college town – need we say more?

### **Firearms**

The possession and/or use of firearms is not permitted anywhere on Landmark activities. This is grounds for dismissal.

### Pets

Please leave your animal companions at home. Due to allergies and preferences of other people in your course and neighbor relations, it is inappropriate to bring them. No animal will be tied outside of a vehicle or kept inside of a vehicle during our courses. If you do arrive with an animal we will direct you toward a kennel for the duration of your course. If this is unacceptable, than we will ask that you disenroll in the course. Cancellation policies will be in effect.

### Mail

Please have your name written clearly on any mail you have delivered to Landmark.

US Postal Service:	c/o Landmark Learning PO Box 1888 Cullowhee, NC 28723	UPS, FedEx, etc.:	c/o Landmark Learning 1333 Cane Creek Rd. Sylva, NC 28779
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### Phones/Computers

Landmark courses are designed with outdoor recreationists and professionals in mind. **There is no phone or computer available for personal use.** A phone is available in the office should you need to call 911 in an emergency, or for incoming emergency calls. 828-293-5384 is the office phone number located in a separate building, and is staffed M-F from 8:30am-4pm. During non-office hours and when lines are busy, calls are forwarded to the voice mail system which is monitored regularly for messages.

We do request that cell phones be turned off during class hours. Cell phones get mixed results with signals at our base, but are usually very usable in town just ten minutes away. Western Carolina University is three miles away, and has pay phones available. Please come prepared to be out of contact for your course duration.

### Internet/Email

Western Carolina University's Hunter Library is three miles away and has a computer lab for public access. Library hours will be posted for the summer terms.

Faxes can be sent or received for a per page charge. The fax number is 828-293-8600.

### Harassment

Absolutely no harassment of any kind will be tolerated by students, staff, or administrators during courses and after course hours on Landmark property. It is your responsibility to report any misconduct to the administration of Landmark. If you are suspected of harassing others you will be asked to leave, and your tuition will not be refunded.

### Down Time

Landmark is 3 miles from Western Carolina University, which allows computer access in the library. Landmark is also just ten minutes from downtown Sylva and a variety of grocery stores, restaurants, and fast food places. Sylva boasts a movie theater, bowling, and Appalachian cultural opportunities. Landmark is located near some of the toughest trail running and mountain biking areas around. We are minutes from the Tuckaseigee River, the "Slab", Devil's Dip, and the Nantahala River. Come prepared to be active during your after-class time. All recreational opportunities are at your own risk and Challenge by Choice!



# LANDMARK LEARNING

The Learning Specialists for the Outdoor Industry.

## WEMT / EMT INTENSIVE PRE-COURSE CHECKLIST

- \_\_\_\_\_ Registration, Health Form, and Release/s mailed along with Deposit
- \_\_\_\_\_ Eligibility requirements met; photocopies of originals sent:
  - \_\_\_\_\_ Proof of age: license, passport, or official picture ID with birth date
  - \_\_\_\_\_ Education: HS Diploma or equivalent
  - \_\_\_\_\_ Health: Vaccination record, Hepatitis B series, PPD test done and read
- \_\_\_\_\_ Travel arrangements made (please notify our office if you need transport from airport or bus stations, as soon as you book your ticket.)
- \_\_\_\_\_ Student address and emergency phone numbers given to friends and family.
- \_\_\_\_\_ ATM / Phone cards
- \_\_\_\_\_ Outdoor recreation equipment: Whitewater canoes and kayaks, Rock climbing equipment, Hiking and backpacking equipment

For students attending the WUMP

- \_\_\_\_\_ WUMP Gear list

Contact our office with questions!

## WEMT CLASS GEAR LISTS

### **Base Camp:**

#### *If you are camping*

- Tent, tarp, or sleeping system
- Personal sleeping and living gear
- \* And the following items

#### *If you are staying in the bunkhouse*

- Sleeping bag, pillow
- Sheet to cover mattress (twin fitted or loose sheet to tuck in)
- \* And the following items

\* Stove, fuel, cooking gear

\* Food storage crate/s

\* Outdoor shoes (shoes are mandatory at all times!)

\* Head lamp for night travel on trails

\* Towel and shower shoes

\* Cash for laundry, groceries, etc.

\* Sunscreen

### **Classroom:**

- Notebook, pens, 2 #2 pencils (for testing)
- Pocket notebook (for scenarios and clinicals)
- Lab Kit (you will receive this on the first day of class)
- Crazy Creek chair if you don't want to sit at a table
- Indoor shoes (shoes are mandatory at all times!)
- 2-3 sets of old, beater clothing that can be completely destroyed with shears and moulage (stage blood and makeup)

### **Clinical Visits:**

- Closed-toed shoes (NEW running shoes, cross trainers, EMS boots, or dress shoes / **no heels, sandals, hiking boots, or old athletic shoes**)
- White T-shirt to wear under clinical top
- Clinical Top (you will receive this on the first day of class)
- Clean navy or black dress pants or chinos, **no rips or stains (no jeans, Carhartt's, or similar)**

### **WUMP:**

See enclosed WUMP gear checklist

### **Free Time:**

Mt. Bike, running shoes, day hike gear, climbing / bouldering gear, paddling gear, binoculars, games, cards, video tapes, etc.



# WUMPRESCUE GEAR CHECKLIST

We will try to be outdoors as much as possible, regardless of the weather. Please dress appropriately for the weather, and to be comfortable both in and outdoors at any time during your course.

Required: *(These items should be packed and ready to go for mock rescues throughout class times, and at any moment.)*

Day pack or similar size pack, lined and waterproof, filled with:

- A watch, preferably with a sweeping second hand, but digital is adequate.
- 2 water bottles
- Backcountry clothing – appropriate to season and climate, (think layers and staying dry)
- 1 set of clothing (shirt and pants) that can be completely destroyed with stage makeup and shears.
- 1 warm hat/toboggan
- Gloves
- Rain gear, including rain pants
- Synthetic tops and bottoms – long underwear
- Hiking boots / hiking socks
- Synthetic jacket/top (Polartec or comparable, wool OK)
- Head lamp/flashlight
- Notebook/writing utensils
- Camp chair, ensolite pad, thermarest, or similar
- Bandanas, p-cord, ties, straps, or anything else that can be used for attachment (the more the better)

In addition: If you participate in gear intensive activities (paddling, climbing, etc.) feel free to bring your gear / what you would normally have with you. The more you practice with what you would actually have on hand, the better your patient care in an actual emergency.

Optional: *(Consider acquiring these items over time.)*

Bivy kit - Stuff sack containing:

- Warm hat, additional
- 2 garbage bags
- Whistle
- Plumber's candles / candle lantern
- Lighters/waterproof matches
- Metal water cup
- 60' p-cord/nylon cordage
- 10'x10' plastic sheeting
- Compass
- Extra wool socks

## PLACES TO STAY:

### Camping:

Fort Tatham Campsites  
175 Tathams Creek Rd., Sylva, NC 28779  
828-586-6662

Moonshine Creek Campground  
Balsam Mountain, Sylva, NC 28779  
828-586-6666

### Cabins:

Kay Boueres  
Laurel Creek Cabin  
Almond, NC  
828-488-0938

Carol's Cabins  
Mockingbird Lane, Sylva, NC 28779  
828-586-2624

Gus and Michelle McMahon  
Mountain Brook  
208 Mountain Brook Rd., Sylva, NC 28779  
828-586-4329

### Motels:

Applegate Inn  
Hemlock St., Sylva, NC 28779  
828-586-2397

Azalea Motel and Cottages  
29 Skyland Dr., Sylva, NC 28779  
828-586-2051

Blue Ridge Inn  
W. Main St., Sylva, NC 28779  
828-586-2123

Comfort Inn  
Hwy 23/74, Sylva, NC 28779  
828-586-3315

Economy Inn  
Main St., Sylva, NC 28779  
828-586-2419

University Inn Hotel  
Cullowhee, NC 28723  
828-293-5442

Woodland Motel  
2444 Hwy 441/23S, Sylva, NC 28779  
828-586-4331

\*Contact the proprietor for current costs, availabilities, and reservations.

On the Web: Check out the Jackson County Chamber of Commerce @ [www.nc-mountains.com](http://www.nc-mountains.com) for further housing resources.

## DIRECTIONS TO LANDMARK LEARNING

### From the North/West/East:

Take I-40 to Exit 27 (the Great Smokey Mt. Parkway), west of Asheville, and follow 74/23 South past Waynesville to Sylva.

Take Exit 85 into Sylva. The road T's into 107. Turn left, following it South, out of Sylva. \*

### From the South:

Take 441 North (out of Atlanta) through Franklin up and over Cowee Mountain and down into Dillsboro (you will have crossed over the Tuckasegee River and come to the only light). Do not continue through the light and up the hill. Turn right through Dillsboro. This main street will put you through Sylva and onto 107 South. Follow 107 South through Sylva. \*

\*When you pass the Burger King light, leaving town, look for Old Cullowhee Highway on your left (If you went over Catamount Gap and are at the University, you went too far). Take Old Cullowhee @ 1.5 miles to Cane Creek Rd. Turn left onto Cane Creek and follow it a mile to the end of the pavement. Pass a passive solar house (the Kalmia Center) and the next drive on the left is Landmark's parking lot. Follow the trail up to the classroom and be welcome!

Call: 828-293-5384 (or 877-293-5384 from a payphone) if you need additional help on your way!

### Western North Carolina

