



HMI Wilderness Medicine & Avalanche Courses: CONFIRMATION INFORMATION FOR ENROLLED STUDENTS

Questions? After reviewing this document, if you have questions, please call HMI at 719-486-8200 x107 or email creiff@hminet.org. Thank you! We look forward to seeing you soon.

Registration

Course registration typically runs from 7-8am on the first day of your course (unless otherwise noted). **Please arrive NO LATER than 7:45am.**

Typical Daily Schedule

Most courses start at 8am and run until ~ 5pm each day, unless otherwise noted. Some evening sessions may be scheduled. Quizzes, lectures followed by skills practice sessions, role playing, simulations, improvisation drills, tests, and outdoor activities in various weather are all part of the day-to-day activities on HMI courses. You should be available for all scheduled classes and activities. Positive participation is required.

Course Deposits

Your 50% deposit (of tuition) reserves your place on an HMI course. **Deposits are non-refundable/non-transferable.** If for any reason the entire course is cancelled by HMI, a full refund will be given. A lodging deposit is not required to reserve housing on our campus. Tuition and lodging balances are due on the first day of your course or earlier (cash, check, money order or credit cards accepted).

Lodging

Unless specifically included in a program, (see listings) lodging is optional. Lodging is guaranteed only for individuals who have signed up in advance. Optional on-campus lodging is in rustic wood heated cabins. Each cabin has two bunkrooms (4-6 beds) with a central common room. You will need a sleeping bag and pillow, or sheets. Bathroom facilities and showers are available 100-200 yards away in our main building. Unless food service is specifically included, people staying in the cabins are also welcome to utilize our kitchen to cook your own meals or you may eat in town at several different restaurants. Everyone staying on our campus helps with daily cleaning and chores. You are expected to leave your cabin, the kitchen, bathrooms, classrooms and other facilities cleaner than you found them.

Kitchen and Meals – Main building

Depending on the course you're taking there may be a full meal plan available or use of the kitchen if no meal plan is available. If there is a meal plan offered, you will have three healthy meals each day prepared for you. If there is not a meal plan and you are staying on campus, you will be welcome to use the kitchen to cook all of your all meals. If you are not staying on campus, you can bring your lunch and eat in our dining room. You must provide all of your own food. There is a refrigerator, freezer, microwave, stove, oven, instant hot water, and a large supply of pots, pans and cooking & eating utensils. Please label your food and clean up after yourself after every meal. Individuals using the kitchen should design a rotation schedule for mopping and heavy duty cleaning once a day at a minimum. Cleaning supplies are available in the mop closet. Occasionally there will be times when the kitchen is not available for student use while on a course. This will be clearly communicated in your pre-course information.

Leadville Area Lodging Options

For Leadville area lodging at local hotels, youth hostels, bed & breakfasts, or private campgrounds, please contact the Greater Leadville Chamber of Commerce at 719-486-3900. Camping on the San Isabel National Forest is typically available (Spring-Fall), call 1-800-280-CAMP for more information.

Arrival Times

Please plan to arrive the morning of your course between 7am and 8am. If you are lodging on campus for the duration of the course, you are welcome to arrive anytime after 4pm the day before your course. If possible, please call and let us know when to expect you. Anyone arriving after 7pm will find signs directing you to the cabins and bathrooms.

Departure Times

Plan to depart on the final day of your course. If you need to stay the night and have paid for lodging, you are welcome to stay until 9am on the day following your course.

Directions to HMI from Denver:

Take I-70 West
Exit #195 Copper Mountain/Leadville exit
Follow Highway 91 South, approx. 24 miles into Leadville.
*At the 2nd stoplight, go right (west) onto West 6th Street.
In just under 1 mile, 6th Street ends at McWethy Drive.
Go right (north) onto McWethy, also known as County Road 4.
Follow County Road 4 as it bears to the left (west) in ¼ mile.
In 2½ miles, you will cross train tracks, and the Arkansas River.
Approx. ½ mile the road splits into 3 (middle is dirt); go left (south).
Pass the Mt. Massive Golf Course on your right
At the end of the golf course (about ½ mile from the fork)-
Take your 1st right (west) onto County Road 5A (the paved road that follows the power lines).
The HMI driveway is ½ mile down on the right (north) side of the road.
You may park anywhere in the first cul-de-sac you come to on the left.

Directions to HMI from the South (Buena Vista):

You will be on Highway 24, heading north toward Leadville.
Approx. 3 miles before town on the left.
Note signs for the Leadville Fish Hatchery and County Road 300
Go left (west) onto County Road 300, crossing Railroad tracks
½ mile to 1st paved road on right, go right (north)
North for about 1 mile to the first paved road to the left (west)
The paved road that follows the power lines west is County Road 5 A.
(If you pass the golf course, you have missed the turn.)
The HMI driveway is ½ mile down on the right (north) side of the road.
You may park anywhere in the first cul-de-sac you come to on the left.

Direction to HMI from West (Vail):

I-70 to Minturn Exit
Follow Highway 24 south (approximately 35 miles)
Go into Leadville to 2nd stoplight
See * "From Denver Direction"

Parking

HMI has limited parking. You may be required to move your car and/or leave keys available for moving it, especially during snow removal season. If you are staying in a cabin, please feel free to drive your belongings down to the cabin area- then move your car back up to the cul-de-sac.

Shuttle Information

Colorado Mountain Express (tel. 970-468-7600 OR 800-334-7433) is a shuttle service that runs between Summit County and Denver International Airport. It does not deliver passengers all the way to Leadville. Colorado Mountain Express will take you to/from the Frisco Transportation Center and the Airport; this discounted service is called "Summit County Point-to-Point." It is cost effective if you book online at the CME Web site, www.coloradomountainexpress.com. If you call to reserve, the cost is slightly more. When you retrieve your luggage, you can find the Resort Express Check-In Counter near the Hertz rental car desk. Be sure you tell them to take you to the Frisco Transportation Center. If you are going to the airport, a well-labeled Colorado Mountain Express van will meet you in the parking lot of the Frisco Transportation Center. You will need a credit card to make the reservations.



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The Dee Hive (tel. 719-486-2339) is a local service that will take you between HMI and the Frisco Transportation Center. Because they cannot fill their van, Dee Hive rides to/from the airport are very expensive. Instead, we recommend using The Dee Hive as a way to get to Frisco, which is a convenient drop-off and pick-up point for people using Colorado Mountain Express to go to/from the airport. Between 8 AM-6PM, the Dee Hive will take you to/from HMI and to/from Frisco. There are discounted rates for more than one person. You will need to make a reservation with them *at least* 24 hours in advance, although more notice is better for them. Once you have a reservation, please let HMI know your travel plans.

Minors Attending Adult Courses

Many HMI adult programs welcome minors (those under the age of 18), and many young people have successfully completed these programs.

Parents: Please note that, during adult courses, there is no supervision of students during non-class time (i.e. in the evenings, on days off). Students are responsible for their own cooking and transportation. If you have any questions, please call Christina Reiff at 719-486-8200 x107.

Daily Chores

Absolutely everyone who attends any HMI program can expect to help sweep & mop floors, clean classrooms & bathrooms, and generally clean-up after themselves.

Dogs

Please do not bring your dog to HMI. If you are stopping in for a short visit, please leave them in your car. (If you need to walk them, then we ask that they be on a leash, under control, and in your presence at all times.) Please pick up after your dog. Dogs are **NOT** permitted on campus for anything longer than a short visit.

What to Bring

At a minimum, all courses require students to have appropriate seasonal clothing to be outside for several hours at a time. A water bottle, waterproof clothing, various insulating layers, hand & head layers, sturdy boots, a headlamp or flashlight, watch, and daypack are all necessary items. Some courses will require additional personal equipment. In those cases, a list will be provided. If you are staying on campus, you will need a sleeping bag, bottom sheet and pillow/pillow case; you may also opt to bring a full set of linens. You will also need to bring a personal towel.

School Store Sales & Equipment Rental

HMI does have various school supplies, logo items, etc... for sale. Please ask if you need something. If you need some gear, please ask if we have it available to rent.

Alcohol

Alcohol is not permitted on the HMI Campus.

Smoking

Smoking is not allowed in any HMI buildings. During a fire ban, you may be required to smoke inside personal vehicles only.

Other Groups

Your course may not be the only group on campus. Please respect the needs of other groups and work out times to share the use of facilities as needed. HMI will make as many arrangements beforehand as possible.

Phones & Messages

There are two phones available for your use- one in the mudroom (ext. 203) and one outside of the mudroom on the porch (ext. 202). You may inform potential callers to try extensions 202 or 203, especially in the evenings. You will need a calling card and 1-800- access to dial long distance. Incoming calls will be routed to students if the timing is appropriate and there is an available phone, otherwise we will take a message for you. Messages are posted on the message board. The HMI phone number is 719-486-8200. Faxes can be sent to 719-486-8201.

Mail

Mail will be pinned to the message board.

Letters should be addressed to:

Your Name c/o
High Mountain Institute
Post Office Box 970
Leadville, CO 80461

Shipping Address

Your Name c/o
High Mountain Institute
531 C.R. 5A
Leadville, CO 80461

Classrooms & Who's Hall – Main & East Buildings

All students are welcome to use these spaces. Please leave each room a little cleaner than you found it. Please do not wear telemark or hiking boots inside the Main or East Buildings.

Mud Room – Main Building

Please use this room to store your belongings during the day. This will really help to keep the clutter down throughout the building. During snow and mud season, we ask that you leave boots and outdoor shoes here and switch to slippers or other clean shoes inside.

Bathrooms

Please sweep and clean up after yourself. If you need additional paper supplies- please ask for them. Cleaning supplies are available in the mop closet in the main building (outside the kitchen in the hallway).

Climbing Wall – East Building

The climbing wall is open for courses longer than 4 days. You must have signed an HMI Risks & Release form to use the wall, and review the posted rules before climbing. In addition, you may not climb alone. You must have a partner spotting you at all times.

Entire Upstairs & Downstairs Offices – Main Building

Students may not come upstairs unless specifically invited. The workspaces upstairs are for Rocky Mountain Semester faculty and HMI staff. The downstairs office is for administrative use only.

Camping

Please do not camp on HMI property. There are ample public campgrounds around Turquoise Lake and other nearby areas.

Recycling

Outside on the east end of the Main Building is the HMI recycling area. Please read and follow the directions carefully. We store recyclables for extended periods of time- please carefully and completely clean out and correctly sort all containers! (Dirty and/or incorrectly sorted recyclables are thrown out). Thanks for your help.

Cabins

If you are staying on campus, you will be staying in one of our cabins. Each cabin has two bunkrooms with 4-6 beds and a central common room. You will need a sleeping bag (or linens) and pillow. The cabins have wood heat only and no running water. You can use the nearby porta-potty late at night or the Main Building bathrooms. If you burn wood, you should plan to split some for the next folks.

Campfires

Please check with the HMI Programs Manager before using the fire circle or starting a campfire.

Other HMI Programming and Facility Use Options

HMI is always looking for strong partnerships to develop additional programming that meets the needs of our alumni, educators, outdoor industry professionals, other non-profits, schools and businesses. We can

HIGH MOUNTAIN INSTITUTE

Post Office Box 970, Leadville, CO 80461 TEL 719-486-8200 FAX 719-486-8201 EMAIL hmi@hminet.org



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offer a variety of custom programs, based on need. The HMI staff and campus stand ready to provide simple lodging or comprehensive training programs for groups or individuals as desired. Please feel free to contact Christina Reiff at (719) 486-8200 x107 or creiff@hminet.org for more information.

HMI Mission Statement

The High Mountain Institute is dedicated to nurturing personal and community growth through interaction with the natural world and to the idea of "simple in means, rich in ends." Learning by experience, academic excellence, and education that inspires intellectual growth are fundamental principles of all our programs. The High Mountain Institute promotes these

tenets to local and national students through its own curricula and by supporting other events and organizations that further these goals.

HMI Non-Discriminatory Statement

The High Mountain Institute admits students and employs faculty and staff of any gender, race, color, religion, sexual preference, national and ethnic origin, to all the rights, privileges, programs, and activities generally accorded or made available to students, faculty and staff of the school. It does not discriminate on the basis of gender, race, color, religion, sexual orientation, national and ethnic origin in administration of its educational policies, scholarship and loan programs, athletics, and other school administered programs.

Information for WMI of NOLS WFR Students Only

COURSE DESCRIPTION

The WMI of NOLS Wilderness First Responder training program is a nationally recognized program that trains participants to respond to emergencies in remote settings. The 80-hour curriculum includes standards for urban and extended care situations. Special topics include but are not limited to: wound management and infection, realigning fractures and dislocations, improvised splinting techniques, patient monitoring and long term management problems, up-to-date information on all environmental emergencies, plus advice on drug therapies. Emphasis is placed on prevention and decision-making, **not** the memorization of lists. Upon successful completion of practical and written exams you will receive a two-year WMI of NOLS Wilderness First Responder certification and a two year Adult and Child CPR certification.

Acknowledgment and Assumption of Risks Release and Indemnity Agreement: Please read the enclosed document very carefully as it affects your legal rights. Bring the signed document to the first day of the course. If you are a minor, the document must be signed by a parent or guardian. Failure to provide a signed document will result in you not being able to participate in the course. WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.

CLASS FORMAT/ EQUIPMENT

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00am – 5:00pm. Two evening sessions will be scheduled. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role-playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slippers and a crazy creek-type chair.

You will need: a large day pack with multiple layers, water bottle, waterproof tops and bottoms, sturdy boots, head lamp or flashlight and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so please dress accordingly.

CONTINUING EDUCATION COLLEGE CREDIT AND EMT CEUS

The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost of \$200.00. If interested, please check with the instructors on the first day of class for the necessary information.

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

PETS ARE NOT ALLOWED AT THE COURSE. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS.

Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

WILDERNESS FIRST RESPONDER RECERTIFICATION - RECERTIFICATION REQUIREMENTS

If you hold a current Wilderness First Responder certification from WMI, SOLO, NOLS, OpEPA, WMA or WPT, you will receive a WMI WFR certification upon successful completion of your WFA or WFR Recert only course. If you hold a current WFR certification from any other wilderness medicine organization you will receive a letter of course completion in lieu of a WMI WFR certification. This letter of completion may allow you to recertify with your original certifying organization. You must contact that organization prior to your WMI course to ensure that our course will meet their requirements for recertification.

All students are required to submit a photocopy of their WFR certification card on the first day of the course.

There is a one-year grace period for recertification of WMI cards. (Keep in mind that your certification is not current during this grace period and therefore you cannot work as a WFR.

Please note that in order to recertify your WFR you will need to pass both a written and practical test.

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