



## Pre-course Dossier (v1 9/4/17)

### FOR ALL WMT COURSES AT GLENMORE LODGE MAY 2017

Welcome folks!

This note tells you more about each course and will help you prepare. It does not aim to convey or repeat all the general information available about the Lodge's facilities etc. which can be found on their website <http://www.glenmorelodge.org.uk>. The information below, especially course timings, supersedes any other information you've read or received.

#### What's happening at the Lodge?

Several WMT programmes run over four days with some students departing with a **Far From Help (FFH)** certificate after two days and the rest continuing and others joining for the last two days (**FFH Part 2/Advanced Refresher**) to complete the **Advanced Medicine** syllabus or to refresh their skills having previously attended a WMT Explorer course. It is a busy four days with many interesting people attending with expedition plans to far flung places and as such it is a great networking opportunity, especially as a residential course with a cosy bar!

#### WMT teaching team at Glenmore Lodge

WMT's Medical Director Dr Harvey Pynn will be the course director. He is an emergency medicine consultant, air ambulance medic and an expert in jungle/mountain medicine. He will be supported by a very highly experienced teaching team of four others.

#### Glenmore Lodge – general advice

Travel advice & how to find the Lodge <http://www.glenmorelodge.org.uk/find-us.asp>. The Lodge also has an online travel sharing forum: <http://www.glenmorelodge.org.uk/about-us/how-to-find-glenmore-lodge/travel-forum/>

This **ABOUT US** section of the Lodge website is also useful for general information <http://www.glenmorelodge.org.uk/aboutus.asp>. Towels are provided in your bedrooms.

#### Dress code & kit

Comfortable clothing and sensible shoes are recommended. We normally do some outdoor based teaching on days 3-4 so please bring appropriate outdoor clothes and suitable footwear including a waterproof jacket and pants, hat and gloves. The Lodge "stores" have waterproofs and boots you can borrow for free if you are travelling light. Please ignore the Lodge's generic advice re: outdoor kit – these are not outdoor activity courses.

#### Meals & refreshments

All meals, coffee and tea breaks are provided by the Lodge starting from breakfast on the first day of your course to afternoon tea on the final day. If you booked a non-residential place, you are entitled to lunches and coffee/tea breaks. Lunches are packed lunches that you assemble for yourself in the morning with the ingredients laid out.

### **Timings for checking in/out**

It is not necessary to attend the Lodge's normal daily welcome briefing for new arrivals – please just meet in the WMT course room. Accommodation (shared twin rooms normally) the night before your course is included in the residential course fee but an evening meal is not. The comfortable Lodge bar serves food. See here for service hours <http://www.glenmorelodge.org.uk/bar-restaurant.asp>. If you are arriving the morning your course starts, please allow sufficient travel time given weather/snow and be on time. Better to arrive early and enjoy the extensive brew making facilities! Check in time is after 3pm and check out is 10am on the day of your departure. Shower facilities and luggage storage is available after check out.

### **Course content and start/finish times**

For content, please see the WMT web page for the course you are attending:

**Far From Help** <http://wildernessmedicaltraining.co.uk/explorer-series-courses/explorer-series-far-from-help/>

Starts at 9am and concludes 5.30pm

**Advanced Medicine** <http://wildernessmedicaltraining.co.uk/explorer-series-courses/advanced-medicine-4/>

Starts at 9am and concludes 4pm

**Far From Help Part 2/Advanced Refresher** <http://wildernessmedicaltraining.co.uk/explorer-series-courses/far-from-help-part-2-alumni/>

Starts at 8.30am and concludes 4pm

### **Course materials**

Each student receives a comprehensive A5 size field book of notes for reference. The manual and PowerPoint slides are not available in advance or electronically post-course - sorry.

### **Suitability & pre-course experience**

Prior first aid training is not required to attend. If you have never done a first aid course you must read the latest first aid manual from the Red Cross or St. John's Ambulance to bring yourself up to speed with basic first aid. WMT courses are aimed at highly motivated people with plans to travel overseas/offshore to challenging areas where medical backup is limited, poor, distant or non-existent. FFH2 students must have completed a WMT course within the last 2 years.

### **Examination, certification & UK NGB award first aid requirements, attendance**

All courses have a written end of course exam. The PASS MARK is 70%. Other assessment is informal and ongoing throughout the course. WMT will issue a certificate upon **full attendance**. WMT training is well recognised as the "industry standard" in a wide variety of fields and WMT certification has integrity. WMT training is valid for two years. Explorer courses will satisfy the first aid requirements of UK NGB outdoor awards (although this is a moving target so please check with your NGB and supply them with a copy of this document.) You must be in full attendance to receive a certificate and you must produce your certificate to purchase medicines so scan it and keep it safe please.

### **The name of your course certificate is important**

The name we put on your certificate is important – it's the name that Nomad pharmacy will prescribe drug supplies to. We suggest it should be your passport name (first and last name is sufficient) to avoid any unpleasantness with foreign immigration/customs officials. We will use the name you booked the course in – better to check with us in good time if you wish to change or verify

this so that a correct certificate is prepared for you and available on the day (after which only a scanned re-printed certificate will be emailed to you).

#### **Authorisation to obtain prescription medicines**

For **two years** post-course students can obtain the prescription only medications (POMs) and supplies that are discussed on each course through the pharmacist at Nomad Travel.

[www.nomadtravel.co.uk](http://www.nomadtravel.co.uk)

#### **Contacting other delegates via WMT on FACEBOOK**

This link takes you to the EVENT page for the full 4-day Advanced Medicine course. We suggest you post here if trying to share rides regardless of which course you are on (but mention this). It's worth asking around the train station and taxi ranks if others are going to Glenmore Lodge to share the cost. <https://www.facebook.com/events/1285952301487904/>

#### **Further information**

For answers and information related to ACCREDITATION, WHAT IS EXPEDITION MEDICINE? BS8848, WFR, ADVICE TO TEACHERS, SCHOOLS, MEDICAL STUDENTS and other groups, and to read archived Medical Director's Bulletins, please consult WMT's website KNOWLEDGE pages in the first instance here <http://wildernessmedicaltraining.co.uk/knowledge/>

#### **Your email address**

We will automatically add your email address to our MailChimp database and periodically we will send you Newsletters and Medical Director's Bulletins. HOWEVER – Mailchimp does not accept "role based" addresses such as info@. Please give us an alternate address if you'd like to receive our educational communications.

#### **WMT T-shirts on sale**

A limited quantity of white technical t's with WMT logos front and back will be on sale - £10 cash.

#### **Questions?**

If your question is Glenmore Lodge related about administration, payments, dietary needs, local knowledge etc. – please contact Steve English at Glenmore Lodge [Steve.English@glenmorelodge.org.uk](mailto:Steve.English@glenmorelodge.org.uk) office number 01479 861256.

If your question is about your WMT course and not answered here or on the web pages we have directed you to, please email me at WMT. Please note that I will be out of the office all of April to 3<sup>rd</sup> May so will not pick up office phone messages during that period. Send an email which I'll answer.

We look forward to working with you at Glenmore Lodge.

Barry Roberts

WMT Commercial Director

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[www.wildernessmedicaltraining.co.uk](http://www.wildernessmedicaltraining.co.uk)

