



# LANDMARK LEARNING

The Learning Specialists for the Outdoor Industry.

Dear Wilderness Medicine Student:

Thank you for your interest in participating in a Wilderness Medicine Institute of NOLS course held at our base in Cullowhee, NC. We are pleased to be affiliated with WMI and serve as a resource to you for your training needs.

Title: WMI of NOLS Wilderness Medicine for Professional Practitioners (WMPP)

Dates: September 18-19, 2010

Times: Daily 8:00 a.m. – noon; 1:00 p.m. – 5:00 p.m.

Cost: Tuition =\$225.00

Included in this packet are:

- ✓ Registration Form\*
  - ✓ Health Form\*
  - ✓ Landmark Learning Release\*
  - ✓ WMI Release\* (2 pages)
  - ✓ Course Expectations
  - ✓ Course Outline
  - ✓ Gear List
  - ✓ Directions to Landmark Learning
  - ✓ "Landmark Learning 101" – (please read carefully!)
- (Items marked with \* must be returned to Landmark Learning upon registration)**

To complete your registration send us your Registration Form, Health Form, LL Release, and WMI release along with your non-refundable deposit for 50% of the course tuition. See the deposit/refund policy within the "Landmark Learning 101" section of this packet for explanation. Our office will confirm that this course is running no later than 30 days before the start date – at that time, please feel free to make travel plans or purchase your plane ticket.

Please take the time to go through and read all of this information, and be in touch with questions or concerns that you may have prior to the course.

We look forward to welcoming you to our Base-

Jessica Rohricht  
Student Services Coordinator



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

Course Title: **WMI of NOLS Wilderness Medicine for Professional Practitioners (WMPP)**  
Course Dates: **September 18-19, 2010**

***IMPORTANT:** Please return this completed form along with your Deposit, Health Form and Releases 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 \_\_\_\_\_

Arrival: \_\_\_\_\_ Between 4PM and 9PM night before      Lodging: \_\_\_\_\_ Camping  
\_\_\_\_\_ by 8AM the first day of class      \_\_\_\_\_ Bunkhouse  
\_\_\_\_\_ Other Arrangements - *Please contact our office.*      \_\_\_\_\_ No Thanks

**WMPP Tuition:** \$225.00

Lodging: \$10 x \_\_\_\_\_ nights = \_\_\_\_\_      TOTAL: \_\_\_\_\_

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 "Landmark Learning 101" for billing, deposit, and refund information.*

[ ] Pay in Full Now      Visa    AmEx    MC    Disc  
[ ] Charge 50% Tuition Now (remainder due 08/18/10)      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 101 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

## **STUDENT AGREEMENT**

**(INCLUDING ASSUMPTION OF RISKS AND AGREEMENTS OF RELEASE AND INDEMNITY)**

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 a minor in my state of residence, agree and acknowledge as follows:

### **ACTIVITIES AND RISKS**

I understand that WMI courses teach wilderness first aid, also known as wilderness medicine, and are taught in classroom and outdoor settings. The outdoor portions will occur during the day or at night in various types of environments from grass lawns to rugged wilderness-like terrain and in weather conditions that include heat, cold, wind, snow or rain or other conditions. I acknowledge that the activities of the course have risks, including certain risks which are inherent. Inherent risks are those 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 equipment, accidental injury, illness, or in extreme cases, permanent trauma, disability or death. I understand that WMI 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. They may occur on lands open to the public, and exposed to the acts of persons not associated with WMI. Communication and transportation may be difficult and evacuations and medical care may be significantly delayed.
- WMI activities may be strenuous, physically and emotionally.
- Physical activities include running, hiking, repetitive lifting and carrying. Certain activities will require travel by foot and other means, over unimproved roads, hiking trails and rugged off-trail terrain including downed timber, river crossings, snow, ice, steep slopes, slippery rocks and other features. These travel risks include falling, drowning, becoming lost and others usually associated with such travel, including environmental risks.
- Environmental risks and hazards include flowing, deep and cold water; insects, snakes, animals; falling and rolling rock; lightning, falling timber, and unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, frostbite, sunburn, heatstroke, dehydration, and other mild or serious conditions.
- Students will participate in realistic simulated injury and illness scenarios and will at times act the role of patient, being handled, carried and otherwise treated as patients of a medical emergency in simulated situations. Students will also use and practice with various medical equipment. Training, under close staff supervision, may include the option of injecting, and being injected, by fellow students. Risks associated with this training include being inadvertently stuck by a needle, being dropped or otherwise mishandled while being carried; unwelcome touching while acting the role of patient in a scenario; and emotional distress in response to training scenarios.
- WMI may require students to arrange their own transportation to locations away from the primary classroom from which further activities will be conducted. This 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.
- Equipment may fail or malfunction.
- Decisions made by the instructors, other staff (including volunteers), contractors and students will be based on a variety of perceptions and evaluations which by their nature are imprecise and subject to 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 students, including minors, may have “free” time before, during and after their course. WMI has no responsibility for students during their free time before and after their course. WMI staff may from time to time provide assistance or even accompany students in these free time activities, but in doing so, they are acting as private individuals, and WMI is not responsible for their conduct. Even during the course WMI cannot continually monitor the behavior and activities of students and students must accept responsibility for themselves and others whether or not under the direct supervision of WMI staff.
- 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.
- WMI may from time to time use the services of private contractors for certain tasks, including, for example, transportation and food service. WMI is not responsible for the acts or omissions of such contractors.

I acknowledge that the staff of WMI has been available to more fully explain to me the nature and physical demands of my WMI course and the inherent risks, hazards, and dangers associated with this course.



# WMPP GEAR LIST

Listed below are items that you will need to bring with you to your course. We try to be outside as much as possible regardless of the weather. Please come prepared so that you are comfortable.

- \*Positive attitude ready to share and take in information
- \*A Watch!!!
- \*One set of clothes (shirt and pants/shorts) to completely destroy with moulage and shears
- \*Rain gear tops and bottoms
- \*Layers of clothing (so you can take a layer off if you are hot/put one on if you are cold, + extra items for your "patient")
- \*Hat - one warm (not made of cotton) and one for the sun
- \*Mittens or gloves if it will be cold out
- \*Footwear for the environment (close-toed shoes for being out doors/inside sandals are o.k.)
- \*Light (flash light or headlamp)
- \*Ground cloth or small tarp (6X4 sheet of plastic is fine)
- \*Sleeping pad (ensolite, ridgerest, thermarest, Crazy Creek Chair)
- \*Bandanas or cordage of any kind
- \*You are welcome to bring your toys to improvise with (pfd's, skis/poles, paddles, harnesses, climb rope)
- \*Water bottles (1qt or 1 liter) for drinking water
- \*Food to snack on to keep your energy up (we'll have big days)
- \*Backpack or knapsack to put all this stuff in



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## WMPP

### Course Expectations

Managing a patient in a wilderness, remote or disaster setting requires you to adapt your existing medical knowledge into a new context. Building on your background in urban emergency care, you will develop competency in the critical wilderness medicine skills needed to take care of a patient in an extended care environment. These skills include: orthopaedic injury management and improvised splinting, focused spine assessment, improvised litter construction, environmental emergency management and leadership and communication skills.

We will provide you the latest information on decision-making principles and practices guiding wilderness treatment and evacuation decisions. This 2-day intensive module takes a hands-on approach toward presenting curriculum utilizing practical scenarios, role play and case studies. Expect to spend plenty of time applying your knowledge.

This 2-day module is pre-approved for 16 hours of Basic EMT continuing education units (CEUs) by the Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS).

For active members up to 16 hours of credit towards a Fellowship of the Academy of Wilderness Medicine (FAWM). There is an additional fee of \$15 for students requesting these credits.

Through joint sponsorship with the Wilderness Medical Society physicians may earn 16 hours of category 1 CME's for participation in the Wilderness Medicine for the Professional Practitioner course. There is an additional fee of \$50 for physicians requesting CME's.

Your rescue gear needs to be packed and ready to go at any moment throughout the course. Please refer to and follow the WUMP Rescue Gear Checklist closely, as you will still need to have a well-stocked rescue pack. Please be in touch if you need further clarification in order to prepare.

Bad things happen outdoors and usually in bad weather! So, be prepared...dress in layers that you can remove indoors or in the sun, and layer up when we go outside. Full rain protection is a necessity, both rain tops and pants. Your comfort and ability to pay attention during this intense course will be helped if you stay well-hydrated and have snacks on hand to munch during class.

#### Additional Resources:

If you would like to read ahead, you can visit the NOLS bookstore on-line at [www.nols.edu/wmi](http://www.nols.edu/wmi). You will find some great resources there, particularly Todd Schimelpfenig's NOLS - Wilderness Medicine. Other resources will be provided during your course, so it is not necessary to purchase any ahead of time.

# **Wilderness Medicine Institute of NOLS**

## **Wilderness Medicine for the Professional Practitioner**

Wilderness Medicine for the Professional Practitioner

### Day 1

Introductions: Wilderness v. Urban Medicine  
Shock and Chest Injury  
Spinal Assessment and Management  
Head Injury

Lunch

Focused Spine Assessment  
Improvised Litter Construction and Packaging  
Wilderness Wounds, Burn and Infection Management  
Wilderness Fracture Management

### Day 2

Wilderness Dislocations and Usable Musculoskeletal  
Injuries  
Wilderness Scenario  
Small Group Leadership, Teamwork and  
Communication  
Hypothermia, Frostbite and Non-Freezing Cold Injury  
Heat and Hydration

Lunch

Altitude Illness  
The Medical Patient in the Wilderness  
Wilderness Medical Legal Issues and Closure

# LANDMARK LEARNING 101

## **Release/Assumption of Risk**

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

## **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.

## **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. If student cancels:
  - More than 30 days prior to course start, funds paid minus \$35 admin fee is refundable or transferable.
  - Within 30 days prior to course start, 50% of tuition is transferable, the remainder is forfeited.
5. If course cancels due to low enrollment, funds paid are transferable or 100% refundable.
6. Transfers must be made to courses (at the base, ONLY) within one calendar year of original course enrollment, or funds will be forfeited. Funds may not be transferred to an outside, sponsored course.

## **Community Living**

Much of the instruction will be led as a participatory and hands-on activity, with micro-lecturettes 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.

## **Drugs and Alcohol - This is a ZERO TOLERANCE policy.**

No controlled substances or alcoholic beverages are permitted on Landmark property or during courses. *Violation of this policy will result in immediate expulsion from the program with no fee or tuition reimbursement.*

All participants under the influence of a prescription medication must inform the administration on their health forms, and the course instructors will also have access to that information. Medications and health issues should not disqualify you from a program; instructors need to know how to help you in the event that you need it. We encourage participants to bring all medications needed during trip/course hours. Your instructor will help make travel accommodations for needed items. (Ex. Bee sting kits, inhalers, etc.).

## **Travel To and From Landmark's Base**

Please do not modify the directions or try to MapQuest to our base. The "direct route" that is GPS-oriented is no longer passable, due to hurricanes and erosion.

If you plan to fly or take a bus instead of driving your own vehicle, make your plans with the following in mind: *Do not make airline reservations before thirty days from the course, when we commit to or cancel a course based on the enrollment.* We provide shuttle transport from the Asheville airport or the Asheville Greyhound station for a one way fee of \$50, or from the Waynesville Greyhound station for a one way fee of \$35. If you plan to fly into a different airport or to take a bus to a different station, please be aware that you are responsible for arranging your own transport to our base. If you require transport from the airport or bus station, notify the office at least 2 weeks prior to the course start, so that we may arrange a shuttle. Please call

for more information.

We frequently have people attend our courses from all over the country and internationally, and they often come without a personal vehicle. Although Western NC is not a pedestrian community (no sidewalks, miles from town), it's easy to share a ride and expenses with other classmates to grocery stores, clinical sites, trailheads, or river areas, all of which are within easy access of our base in Cullowhee.

### **Parking at Landmark**

Landmark's base campus is squeezed up into an Appalachian "holler"...there is very limited flat space and so parking is extremely limited. If you are coming with a friend or small group, please try to carpool to limit the number of vehicles. In the main parking lot, please pull in close to the next vehicle, facing either the mountain or the creek (not the lawn and classroom). When the main parking lot is full, there is overflow space further up Cane Creek Rd on the right, next to the creek – small vehicles fit better than trucks in this space. If that fills, you may also pull up to the grassy spot on the right, next to the creek, in front of the classroom building. Beyond that is staff parking and then a turn-around area that needs to remain clear. If you have to back out of any of the parking areas and need to turn around to head away from the facility, please drive up to the turnaround area...it'll save our banks and drives from very tight 3-point (5-point?) turns.

### **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.

Lodging is available for a nominal per night charge, which provides access to indoor plumbing and hot showers, an outdoor cooking, eating, and clean-up area, compost and trash/recyclables. Space is limited, so please reserve in advance for either. You may choose to sleep in your vehicle in our parking lot, but any night spent on our property requires the additional charge. If you are not paying to stay at the Base, you will not have access to the amenities.

The base camp (Tent City) is located near the parking area, classroom, and showers. It is a gravel pad that allows for drainage during the rain (which we get). You will need to bring all your own camping gear. Tarps and hammocks have limited set-up potential in Tent City...like the name sounds, tents work best - but please bring a backpacking-sized tent as you are sharing the space with other people.

The bunkhouse (The Nook) is located a short walk up the mountain. You should plan to "backpack" your sleeping bag and clothes; there is no access via roads. There is no running water up there, so bring a water bottle for middle-of-the-night dry-mouth. There is a port-a-john located at the bunks. There is electricity for the lights, but the outlets are not wired – no space heaters are allowed. There are gender-assigned rooms with 2 bunk beds each, a maximum of 4 people per room and 16 people total at The Nook.

The classroom has two bathrooms, one of which contains two shower stalls. There is a refrigerator, microwave, and toaster oven available for students to share in the classroom. Be considerate of others and keep refrigerated items to a minimum – we are close to town and it's easy to make a trip to a grocery store every few days to restock. Bring a Rubbermaid box or crate for food storage; several bins are available for folks who are flying in and can't transport one with them. Most folks bring a camp stove and cook under the pavilion, just behind the classroom.

### **Tobacco**

Class times are inappropriate for tobacco product use (chew, cigarettes, etc.). During 10 minute breaks, lunch, and after class there will be a designated area in which you can use tobacco. At our base we ask folks to smoke, etc. *in the parking lot only*. Violation of this request can result in immediate expulsion from the course with no fee or tuition reimbursement. Please field dress your butts and dispose of them in the appropriate receptacles – the nicotine in the filters is not only dangerous to you, but highly toxic to the wildlife in our Steward Forest. If your nicotine needs interfere with class attendance, you should investigate other nicotine alternatives (the patch, gum, or other).

## **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.

## **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.

## **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, we will ask that you disenroll in the course. Cancellation policies will be in effect.

## **Phones/Computers/Faxes**

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. 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.

Wireless access to DSL is available at our base with your own computer equipment. Western Carolina University and Southwestern Community College are both just a few miles away with a computer lab and has pay phones available. There are several locations in Sylva and Dillsboro where you can also access the web for a fee. Otherwise, please come prepared to be out of contact for your course duration.

You may receive or send faxes from our office for a fee of \$0.25/page...this service is available for faxing needs pertaining to class administration, ONLY. The Post Office in Cullowhee and several businesses in Sylva have faxing service available for personal or personal business needs.

## **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 Tuckaseegee 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!

## 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. \*

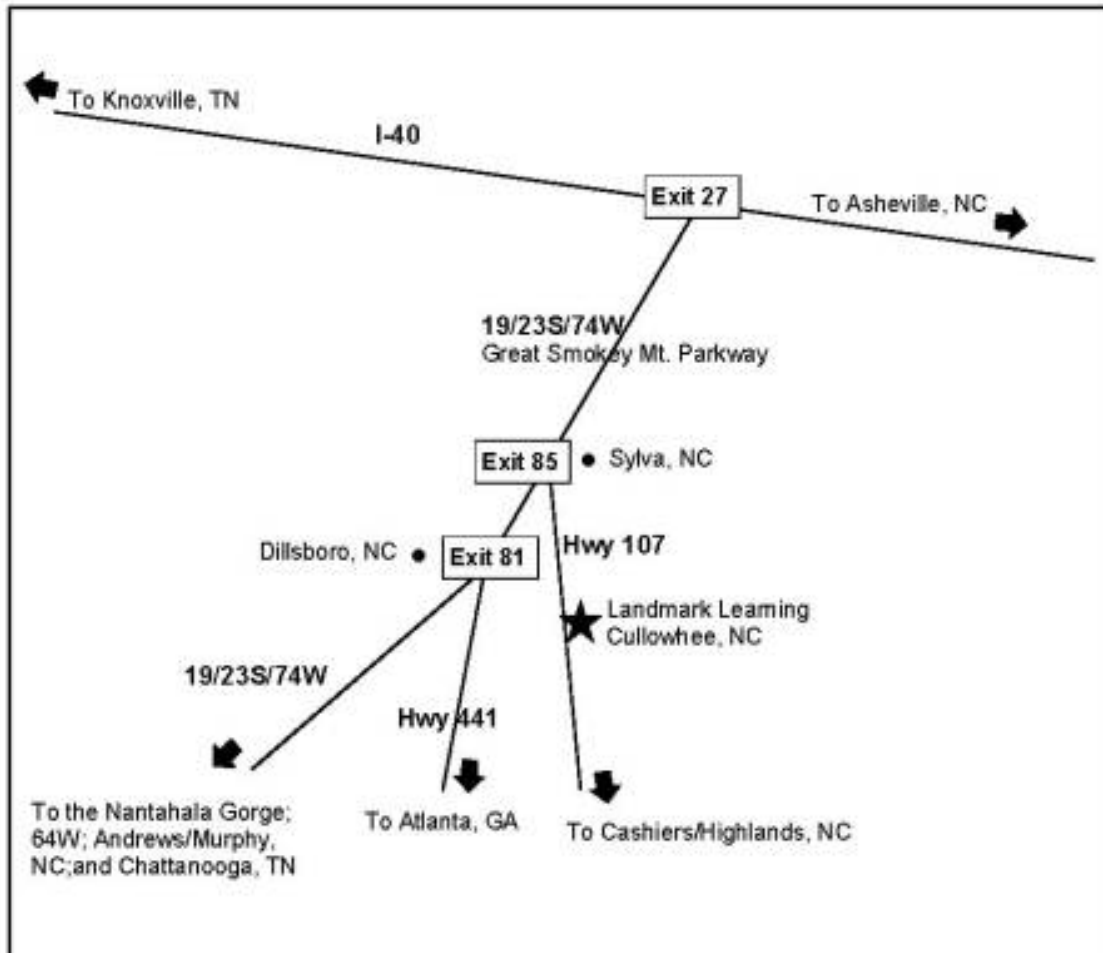
### From the South:

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. This street sign is often missing – look for the number "1709" affixed to the Stop Sign at that corner, as this is 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. If the parking lot is full when you arrive, stay straight a little further and pull in on the right, facing the creek. 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



## 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:

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/Hotels:

Best Western River Escape Inn and Suites  
248 WBI Drive  
Dillsboro, NC 28725  
828-586-6060

Holiday Inn Express and Suites  
26 Rufus Robinson Rd.  
Dillsboro, NC 28725  
828-631-1111

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

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

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

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

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