



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST RESPONDER RECERTIFICATION

Sponsored by Crossing Latitudes

**Dates: March 23-25, 2018 (Friday & Saturday & Sunday)**

**Location: Bozeman, Montana (Lindley Center) Cost: \$320.00**

**COURSE DESCRIPTION:** Are your wilderness medicine protocols on the tip of your tongue or in the bottom of your pack? Join the leader in wilderness medicine for a three-day scenario-based course to review and practice evacuation and decision making guidelines. Our dynamic, experienced instructors will refresh you on the current techniques, protocols and controversies in the wilderness medicine field. You'll have opportunities to ask questions based on your real life experiences and practice scenarios and case studies that will challenge you.

The WFR Recertification course also includes Adult/child CPR and FBAO. This course is the most popular recertification program in Wilderness Medicine and is ideal for current Wilderness First Responders and Wilderness EMTs. The WFR Recertification course is pre-approved for 18 hours of EMT CEU's by CECBEMS.

**COURSE FEE:** USD \$320.00 per person. The tuition covers the new 100 page WMI Medical Handbook, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR certification. Coffee, tea, fruit and snacks are included in the tuition fee.

**SIGNING UP:** We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes by VISA or check to our office. See our cancellation policies below. Crossing Latitudes: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)  
Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

**RECERTIFICATION:** If you hold a current Wilderness First Responder certification of at least 70 hours, you will receive a NOLS Wilderness Medicine WFR certification upon successful completion of your WFR Recert course.

If you hold a valid WFR certification from NOLS Wilderness Medicine, we ask you to bring your certification card so that the instructor can verify your expiration date. You can also let us know when you sign up.

Students holding a current WFR certification from any other organization are **REQUIRED** to submit a photocopy of their certification card on the first day of the course. You can also email us a copy of your card when you are signing up.

If you hold a current WFR certification from any other wilderness medicine organization with less than a 70 hour certification, you will receive a letter of course completion in lieu of a NOLS Wilderness Medicine WFR certification. This letter of completion may allow you to recertify with your original certifying organization. You must contact that organization prior to your NOLS Wilderness Medicine course to ensure that our course will meet their requirements for recertification.

There is a one-year grace period for recertification of NOLS Wilderness Medicine cards. (Keep in mind that your certification is not current during this grace period and therefore you can not work as a Wilderness First Responder.)

**You will be required to complete a WRITTEN EXAM at the BEGINNING of the course.** Check the following web page for information and resources on how to best prepare for your course. <https://nols.edu/en/resources/wilderness-medicine-resources/>

**REGISTRATION/POLICIES:** Tuition payment in full is required to reserve your spot in the course. Tuition is non-transferable. Tuition is payable by check to Crossing Latitudes (with driver's license number), Visa/MasterCard or cash. Once the course has begun, no refunds of any moneys will be awarded. The tuition fee covers textbooks, syllabus, equipment and certification cards. A full refund will be given if we are forced to cancel the course.

#### **CROSSING LATITUDES CANCELLATION AND REFUND POLICY**

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, sponsor will retain a \$75.00 administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable as per the following: WFA, WFR-R, WMPP loss of full tuition.

#### **ACKNOWLEDGMENT AND ASSUMPTION OF RISKS RELEASE AND INDEMNITY**

**AGREEMENT: Please download this agreement**

[https://www.nols.edu/media/filer\\_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi\\_agreement\\_2017\\_january.pdf](https://www.nols.edu/media/filer_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi_agreement_2017_january.pdf) **and read it** very carefully as it affects

your legal rights. Bring the **two-page** signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document. Failure to provide a signed document will result in you not being able to participate in the course.

NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

**CONTINUING EDUCATION CREDITS:** NOLS Wilderness Medicine is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 18 hours CEU hours for their WMI WFR Recert course. Please bring a photocopy of your current EMT card(s) with you to your course.

**CLASS FORMAT/EQUIPMENT:** Check in is at **7:45 A.M.** on the first day of the course (Friday March 23). Course days run from 8:00am to 5:00pm. The format for this 24-hour WFR recertification is one of scenario based learning. Scenarios and practice sessions will take place both inside and outside. Please bring clothing appropriate for laying on the potentially wet, 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/slipper and a camp-type chair.

Please come equipped with a light day pack, waterproof top and bottom, light hiking boot, and layers well suited for spending time outside playing the role of patient and rescuer. Feel free to bring the gear and extra clothing you would usually bring on a day hike or paddle. If you have a sleeping bag, ensolite pad or therm-A-Rest feel free to bring those as well. These items will be used in our scenarios.

**NOLS WILDERNESS MEDICINE MISSION:** The Wilderness Medicine goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies.

For over a decade, NOLS Wilderness Medicine (<https://www.nols.edu/en/courses/wilderness-medicine/>) has been the most recognized and respected teacher of wilderness medicine, training over 185,000 students around the world. At NOLS Wilderness Medicine, students learn treatment principles and decision-making skills, not the memorization of long lists. Our courses are rigorous and intensive. They will challenge your decision-making skills and they will get you ready. We have run courses internationally in USA, Australia, Canada, Nepal, Columbia, Costa Rica, Chile, India, Kenya, Mexico, Norway, Iceland, Denmark, Finland, Thailand, South Africa, Sri Lanka, Sweden, Switzerland, Germany, England, Buthan, Tanzania and many more countries.

**WHAT CAN YOU EXPECT?** Expect dynamic instructors with lots of backcountry experience. Expect to spend lots of time outside with realistic scenarios. There will be intense but rewarding days. You need to pass both the written and the practical tests in order to receive NOLS Wilderness Medicine international WFR certification.

**WHAT DO WE EXPECT OF YOU?** We expect you to be on time each day. We expect you to come prepared each morning. We expect you to be respectful of other participants and our staff – both in the classroom and during our scenarios outside. We expect you to take good care of the equipment. We hope you will ask us if you don't understand. We expect you to have studied before course start as we start the course on Friday morning with the written test.

**TRAVEL/DIRECTIONS:** The Lindley Center is located on 1102 East Curtiss Street. It is only minutes walk away from the Lindley Park, Pete's Hill and from the Sunset Hills cemetery.

If you are coming from Highway I-90 turn off at Exit 309. This will bring you up on East Main street. Drive west for .5 miles, turn Left at the stop light, south on Highland. Drive a few

hundred yards to East Curtiss Street (on your Right). Drive up the hill and you'll see a brown/green low building on your Left, surrounded by large trees. This is the Lindley Center.

If you are coming from Bozeman down town drive Main Street East and pass the entrance to Lindley Park and Sunset Hills Cemetery. Turn right on the next road (Cypress Street) and follow this road through a left curve (approximately two hundred yards). Lindley Center will be on your right – tucked in among large trees.

**MEALS / LODGING:** There is not a meal and lodging option for this course. Below are some lodging options. There are several coffee shops and restaurants within 10 minutes walk from the Lindley Center. You can also bring your own lunch. There is a kitchen and micro wave oven at the course site but no pots or utensils – bring your own if you plan to cook. We will have coffee, tea, soda, fruit and snack bars available at the course site.

There are numerous motels and camp grounds in and around Bozeman. The [Treasure State Hostel](#) is located on Main Street – only 15 minutes walk from our class site.

**PETS ARE NOT ALLOWED AT THE TEACHING SITE. 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.

**NO SMOKING OR ALCOHOL IS ALLOWED ON SITE**

**Please contact us with any questions or concerns you may have.**

**Crossing Latitudes, Inc.** Phone: 1-406-585-5356

Web site: <http://crossinglatitudes.com/> Email: info@crossinglatitudes.com

NOLS Wilderness Medicine web site: <https://nols.edu/en/courses/wilderness-medicine/>

## **NOLS Wilderness Medicine Wilderness First Responder Recertification Schedule**

### **DAY 1** Introductions and Written Examination

Patient Assessment System

Shock

Chest Injuries

Spinal Management/Head Injuries

Wilderness Wound Management

Athletic Injuries

### **DAY 2** Dislocations

Fracture Management

Hypothermia

Heat Illnesses

Altitude Illness

Medical Scenarios: Cardiac Emergencies, Respiratory Emergencies, Neurological

Emergencies, Mental Health, Acute Abdomen, Urinary and Reproductive, and Anaphylaxis

### **DAY 3** Medical Scenarios: Continued

Practical Test Scenarios

Closing/Evaluations

Afternoon: CPR

**Cross Lat July 2018**