



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST RESPONDER - RECERTIFICATION

**MAY 6-8, 2019 FLÅM, NORWAY**

**Hosted by Njord AS, Flåm Camping & Hostel  
and Crossing Latitudes**

**DATES:** May 6-8, 2019 (Monday, Tuesday and Wednesday)

**PRICE:** NOK 3800:- (VAT included). Included in the course fee is NOLS Wilderness Medicine Wilderness Handbook, a patient assessment bandana, NOLS Wilderness Medicine WFR certification and CPR certification. Food and lodging is **not** included in your price.

**LANGUAGE:** This three day Wilderness First Responder Refresher course is taught in English.

**COURSE TIMES:** We start our WFR-R course Monday May 6 at 08:00. We will have class until 18:00 with a few short breaks and an hour lunch. Same schedule – 08:00 to 18:00 goes for Tuesday and Wednesday as well.

**RECERTIFICATION:** All students are required to submit a photocopy of their WFR certification card on the first day of the course. It is **your** responsibility to make sure your WFR certification meets this standard. If you are unsure, please contact NOLS Wilderness Medicine before enrolling in a course and review the recertification portion of our website: <https://www.nols.edu/en/courses/wilderness-medicine/recertify/>

NOLS Wilderness Medicine WFR certifications will be afforded a one-year period after expiration within which to recertify. This course will also recertify those who hold a valid WEMT (wilderness portion only) or WAFA certification.

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 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.

Please contact us if you are unsure whether you are eligible to take this WFR-R course or not.

**COURSE LOCATION:** Flåm, Norway. The WFA course will be held at the Flåm Samfunnshus (community building) – about 10 minutes walk from the Flåm Camping & Hostel.

**SIGNING UP:** We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes Swedish Bank account or by VISA / MasterCard or American check to our office in the USA. We can also invoice you. Please find more about payment information in the Reservation Form. 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.

Webpage: <http://www.crossinglatitudes.com>

**MEALS & LODGING:** Meals and lodging is not included in the WFR-R course fee. Flåm Camping & Hostel supports our courses and they offer both private and shared rooms and great cabins. Phone: +47 57 63 21 21 Email: [camping@flaam-camping.no](mailto:camping@flaam-camping.no)

Contact Flåm Camping & Hostel and mention that you are taking the NOLS WFR-R course and you will receive a 10% discount on the rooms and cabins. There is a nice commons room and a great kitchen available where you can socialize with other participants and cook your meals. Grocery stores and restaurants are within 10 minutes walking distance. The Flåm Camping & Hostel is only 10 minutes walk from our classroom.

No discount is given for pitching a tent at the Campground. **There is NO discount if you book on [booking.com](https://www.booking.com) or other similar websites.** Book your room/cabin by contacting: [camping@flaam-camping.no](mailto:camping@flaam-camping.no)

Sharing a room with 4 other folks (4 beds) with bath and shower costs approximately NOK 275:- per night per person (towel and bedding included).

**TRAVEL DIRECTIONS:** <http://www.visitflam.com/about-flam/>

The community of Flåm is located at the head of the Aurlandsfjord in the county of Sogn & Fjordane and is easily accessible by car, train, bus or boat. You can also fly into the city of Oslo or Bergen and then take a bus, a train or a boat to Flåm. More info further down.

**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 & AED. 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.

You are required to complete both **written and practical testing** to recertify on this WFR-Recertification course. The written test is the very first thing we do on Friday morning. To achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials. Please come prepared!

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/>

**CLASS FORMAT:** The format for this WFR recertification is 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.

### **RECERTIFICATION:**

**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. Please study and watch some of the Patient Assessment videos on the links below.

<https://nols.edu/en/resources/wilderness-medicine-resources/>

### **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 SEK 750:- administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable. We will try to help you transfer to another Crossing Latitudes sponsored course within a year. After a year you lose your tuition.
- If Crossing Latitudes/NOLS Wilderness Medicine must cancel the course you will receive a full refund.

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

**AGREEMENT: Please download this agreement from**

[http://www.nols.edu/wmi/pdf/wmi\\_agreement.pdf](http://www.nols.edu/wmi/pdf/wmi_agreement.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.

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 NOLS Wilderness Medicine WFR Recert course. Please bring a photocopy of your current EMT card(s) with you to your course.

**WHAT TO BRING:** Please see the suggested personal clothing and equipment list below. NOLS Wilderness Medicine will bring medical equipment and outdoor gear for setting up realistic scenarios. After the course we sell NOLS Wilderness Medicine first aid kits, T-shirts, books and first aid materials.

**NOLS WILDERNESS MEDICINE MISSION:** The NOLS 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, the Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been the most recognized and respected teacher of wilderness medicine, training over 200,000 students around the world. 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, Costa Rica, Chile, India, Mexico, Norway, Iceland, Denmark, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, England, Switzerland, Tanzania and many more countries.

NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings.

**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.

**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.

**SMOKING OR ALCOHOL IS NOT ALLOWED DURING COURSE HOURS.**

**Topics during the WFR-Refresher course includes:**

- Patient Assessment System
- Documentation and Medical Legal issues
- CPR
- Spinal Cord Injuries
- Head Injuries
- Chest Injuries
- Shock
- Wound Management
- Athletic Injuries & Dislocations
- Fracture Management
- Cold & Heat Related problems
- Altitude Illness
- Cardiac, Respiratory and Neurological Emergencies
- Abdominal Emergencies

Mental Health Emergencies  
Wilderness Drugs & First Aid kits

**Suggested Equipment List:** Expect the best weather but be prepared for the worst! May in Norway can be a mix of everything!

Day pack with extra layers (sweater, socks, long johns)  
Outdoor clothing that will keep you warm and dry in all conditions  
Rain jacket & pants  
Hiking boots or waterproof boots  
Indoor shoes (sneakers or sandals – the floor can be a bit cold)  
Scarf, hat, gloves  
Head lamp  
Towel and personal toiletries  
Thermos & personal mug  
Water bottle  
Pen and paper  
Sunglasses

We hope this information is helpful. Please contact us with any questions or concerns you may have.

**Crossing Latitudes, Inc.** Phone USA: 1-406-585-5356 Phone Europe: +46-70-6701153  
Web site: [www.crossinglatitudes.com](http://www.crossinglatitudes.com) Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

**HOW TO GET TO FLÅM:** We highly recommend that you check into bus and train departure times before you book your flight to Oslo or Bergen. Our course is done on Sunday May 12 at 18:00. You can safely book a bus or train ticket to leave Flåm post 6:30pm this day.

**By car:** Flåm is a 335 km drive to Oslo (via the RV 50/R7) and is 166 km from Bergen. Make sure you have a car that drives well on winter roads. You will have to drive over some high mountain passes in order to reach Flåm. More spectacular views are hard to find but the roads can be challenging as well.

**By train:** Take the Bergen Railway between Oslo and Bergen to Myrdal station and change there for the Flåm Railway. The Bergen Railway crosses the Hardangervidda (Hardanger Plateau), 1237 meters above sea level, and is one of the most spectacular main railway lines in Europe. This has repeatedly been named one of the world's finest and most exciting railway journeys.

**By bus:** There are several busses to Flåm. The "Sogn bus" has several daily departures and takes approx. 3 hours from Bergen to Flåm. You can find the correct bus route from your departure point to Flåm at NOR-WAY express bus and Fjord1. There are also buses from Oslo and these are often less expensive than the train.

**By boat:** The Norled Express Boat departs once daily from Bergen to Flåm. Departure is from Bergen Strandskai Terminal around 08:00 and return from around Flåm 15.30. The trip takes approximately five and a half hours.

**CrossLat May 2018**