



## **NOLS WILDERNESS MEDICINE**

### **WILDERNESS FIRST AID COURSE**

**MAY 10-12, 2019 FLÅM, NORWAY**

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

**DATES:** May 10-12, 2019 (Friday, Saturday and Sunday)

**PRICE:** NOK 3800:- (VAT included). Included in the course fee is NOLS Wilderness Medicine Wilderness First Aid 30 page handout, First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine WFA certification and CPR certification. Food and lodging is **not** included in your price.

**LANGUAGE:** This three day Wilderness First Aid course is taught in English. One of the instructors speaks Swedish and Norwegian and is more than happy to help out with translations if needed. You can also receive the course hand-out in Swedish if you like.

**CLASS FORMAT:** We start our Wilderness First Aid course Friday May 10 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 Saturday and Sunday as well.

The format is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the ground playing the role of both rescuer and patient. Fake blood and make-up will be used to emphasize the reality of a scenario.

This Wilderness First Aid course can be used as a WFR-Recertification course if you hold a valid (not expired or within your "re-entry" year) WFR card from NOLS Wilderness Medicine. Contact us if you have questions in regards recertifying.

**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 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](tel:+14065855356) (USA): 1-406-585-5356. [Phone](tel:+46706701153) (Europe): +46-70-670 1153.  
Webpage: <http://www.crossinglatitudes.com>

**MEALS & LODGING:** Meals and lodging is not included in the WFA course fee. Flåm Camping & Hostel supports our courses and they offer both private and shared rooms and great cabins (with full kitchens). 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 WFA 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:** Fast paced and hands-on, this Wilderness First Aid course covers a wide range of wilderness medicine topics for people who travel and enjoy the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?"

On this course, you'll learn how to prepare for the unexpected. In just a few days, you'll have the knowledge, skills and ability to make sound decisions in emergency situations.

This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. NOLS Wilderness Medicine courses are pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies. In Europe NOLS Wilderness Medicine Wilderness First Responder and Wilderness First Aid courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 3000 participants Wilderness First Aid in Scandinavia and Europe since year 2000.

**TESTS:** There are **no** written or practical tests on this Wilderness First Aid course. You just have to be there, participate and do your best!

If you take this course as Recertification for a Wilderness Advanced First Aid or Wilderness First Responder (meaning you hold a non-expired WAFA or WFR card from NOLS Wilderness Medicine) you must do both a written and a practical test. Please email us if you have questions about this. As a NOLS Wilderness Medicine WAFA or WFR you have a "re-entry" year after your expiration date.

**WHAT TO BRING:** Please bring comfortable outdoor clothing. We will be doing lectures inside and scenarios outside every day. Wear clothing appropriate for the weather. We will be outside no matter what the weather is. NOLS Wilderness Medicine will bring medical equipment and outdoor gear for setting up realistic scenarios. During the course we will also sell NOLS Wilderness Medicine first aid kits, T-shirts, books and first aid materials.

**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, the NOLS 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. 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. To date we have run courses internationally in USA, Australia, Canada, Nepal, Columbia, Costa Rica, Chile, India, Singapore, Malasia, Kenya, Mexico, Norway, Switzerland, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, Denmark, England, Ireland and Tanzania.

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 international Backcountry and Emergency experience. Expect to spend lots of time outside with realistic scenarios. There will be intense but rewarding days. We have fun on NOLS Wilderness Medicine courses while learning about very serious topics.

You can expect a curriculum that is evidence-based, not just copied out of a textbook. We teach wilderness medicine practices and protocols that are supported by a physician-based medical advisory panel and disseminated by our curriculum director. This means you're getting the latest findings and protocols in the industry.

**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 our equipment. We hope you will ask us if you don't understand as our goal is that all participants will gain confidence to help others in need.

We ask that all participants' cell phones and computers will be turned off during class time. No smoking during our class time (which includes scenario time).

**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, Visa/MasterCard or transfer to Crossing Latitudes Swedish Nordea Bank account. We can also invoice you.

The tuition fee cover syllabus, equipment and certification cards. NOLS Wilderness Medicine is not obligated to allow any student to attend a course until all NOLS Wilderness Medicine paperwork has been received, reviewed and approved by NOLS Wilderness Medicine. A full refund will be given if we are forced to cancel the course for any reason.

### **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 NOK 750:- administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable. We will help you transfer to another course within a year before you lose your tuition.
- If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course Crossing Latitudes will either transfer you to another Crossing Latitudes hosted course – your choice – or refund you the full paid tuition.

### **ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & 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 can't print – don't worry – we have extra forms at 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.

**NO SMOKING IS NOT ALLOWED ON SITE DURING THE COURSE HOURS.**

**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. Flåm Camping has cabin available for dog owners.

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)

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

### **Wilderness First Aid Course Curriculum**

Cardiopulmonary Resuscitation

Introductions Wilderness vs. Urban Medicine

Initial Assessment A B C D E

Focused Exam (Head-to-Toe assessment)

Vital Signs (LOR, HH, RR, SCTM)

Focused Medical History (SAMPLE)

Emergency and Evacuation Plans

Documentation

Spinal Cord Injuries

Head Injuries

Shock

Wilderness Wound Management

Burns

Infections  
Athletic Injuries  
Fractures  
Dislocations  
Heat Illness  
Cold Injury  
Lightning  
Altitude Illness  
The Medical Patient  
Anaphylaxis  
Wilderness First Aid Kits  
Closure

### **Suggested Equipment List**

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

**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 Strømkai Terminal around 08:00 and return from around Flåm 15.30. The trip takes approximately five and a half hours.

**Crossing Latitudes May 2018**