



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE

JANUARY 21-24, 2019

THE MORAY HOUSE OF EDUCATION, EDINBURGH

Hosted by Crossing Latitudes

DATES: January 21-24, 2019.

PRICE: 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. Improvised litter building is also included.

LANGUAGE: This four day Wilderness First Aid course is taught in English.

CLASS FORMAT: We start our Wilderness First Aid course Monday January 21st 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, Wednesday and Thursday. On Wednesday evening we will also have a “night scenario” starting around 19:00 and on.

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 Wilderness Advanced First Aid (WAFA) recertification or a Wilderness First Responder (WFR) Recertification course if you hold a valid (not expired or within your “re-entry” year) WAFA or WFR card from NOLS Wilderness Medicine. Contact us if you have questions in regards recertifying.

COURSE LOCATION: The Moray House of Education, Edinburgh.

SIGNING UP: Sign up through Simon Beames at simon.beames@ed.ac.uk

For course specific questions please contact: Crossing Latitudes: info@crossinglatitudes.com
Phone (Europe): +46-70-670 1153. Webpage: <http://www.crossinglatitudes.com>

MEALS & LODGING: Meals and lodging is not included in the WFA course fee.

TRAVEL DIRECTIONS: Information about our class room will come at a later date.

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.

Included in this course is CPR, Improvised litter building and a night scenario. These topics and events are skills added to the traditional Wilderness First Aid curriculum.

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. After the course we will also sell NOLS Wilderness Medicine first aid kits, 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, Buthan, 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: As agreed upon with The Moray House of Education, Edinburgh.

CROSSING LATITUDES CANCELLATION AND REFUND POLICY: As agreed upon with The Moray House of Education, Edinburgh.

ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & INDEMNITY AGREEMENT:

Please download this agreement from

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.

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

Crossing Latitudes, Inc.

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Web site: www.crossinglatitudes.com Email: info@crossinglatitudes.com

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

Wilderness First Aid Course Curriculum

Cardiopulmonary Resuscitation (CPR)
Improvised litters
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
Spine- and 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 with extra batteries
Towel and personal toiletries
Thermos & personal mug
Water bottle
Pen and paper

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