



## **NOLS WILDERNESS MEDICINE**

### **WILDERNESS ADVANCED FIRST AID (WAFA) COURSE**

**JANUARY 30 – FEBRUARY 3, 2019**

**Hosted by Crossing Latitudes &  
Shinbukan Association and Elmenyakademia Association**

**DATES:** January 30 – February 3, 2019.

**PRICE:** This course is not open to the public – there fore no price listed. Included in the course fee is NOLS Wilderness Medicine Wilderness First Aid book and work book, a patient assessment bandana, NOLS Wilderness Medicine WAFA certification (if participant pass the written and practical tests) and CPR certification.

**LANGUAGE:** This five day Wilderness Advanced First Aid course is taught in English.

**CLASS FORMAT:** We start our Wilderness Advanced First Aid course course Wednesday January 30th at 08:00. We will have class until 17:30 with a few short breaks and an hour lunch. Same schedule – 08:00 to 17:30 goes for Thursday, Friday, Saturday and Sunday. On Saturday 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 Advenced 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:** Hungary. More information will come.

**SIGNING UP:** This course is not open to the public. If you are involved with Shinbukan Association and Elmenyakademia Association please communicate with Mihályi Patrícia at [mihalyi.p@gmail.com](mailto:mihalyi.p@gmail.com)

For course specific questions or paying with VISA or MasterCard please contact: Crossing Latitudes: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)  
Phone Europe: +46-70-670 1153. Phone USA: +1-406-585-5356  
Webpage: <http://www.crossinglatitudes.com>

**MEALS & LODGING:** Meals and lodging is not included in the WAFA course fee. Email us for options. There might be a free option to sleep on the classroom floor in your own sleepingbag.

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

**COURSE DESCRIPTION:** Fast paced and hands-on, this Wilderness Advanced 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.

Learn to stabilize, treat, and make evacuation decisions for patients in backcountry environments, with an emphasis on long term patient care management and specific injury evaluation. In addition to plenty of time practicing skills and engaging in scenarios, you'll work in small teams and practice leadership.

You'll learn both in the classroom and in outdoor settings regardless of weather, so come prepared for wet, muddy, cold or hot environments!

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 3250 participants in Scandinavia and Europe since year 2000. Included in this course is CPR and a night scenario.

**TESTS:** There is a written and a practical test on this WAFA course. If you are active during the days, ask questions when you don't understand, study in the evenings you will do well. It is the instructors job to make the class understandable for you and help you do well with the tests.

If you fail the tests you can not re-test during the same course. You need to reschedule your tests with NOLS Wilderness Medicine Admissions. If you fail you will receive a NOLS Wilderness Medicine Wilderness First Aid (WFA) certification instead of the WAFA card.

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, Italy, 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).

**CANCELLATION POLICIES:** Please communicate with Shinbukan Association and Elmenyakademia Association.

**ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & INDEMNITY AGREEMENT:** Please download this agreement from

[https://www.nols.edu/media/filer\\_public/a1/5d/a15db00e-ac1d-4465-b64a-0e3ef5c777ef/nols-wm-student-agreement-2017-october.pdf](https://www.nols.edu/media/filer_public/a1/5d/a15db00e-ac1d-4465-b64a-0e3ef5c777ef/nols-wm-student-agreement-2017-october.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.

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

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

Introductions Wilderness vs. Urban Medicine

Cardiopulmonary Resuscitation (CPR)

Initial Patient 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

Shock

Chest Injuries

Head Injuries

Focused Spine Assessment

Wilderness Wound Management, Burns & Infections

Athletic Injuries, Fractures & Dislocations

Heat & Cold related problems including Frostbite

Submersion

Lightning

Altitude Illness

The Medical Patient; Cardiac emergencies, Diabetes, Seizure disorder, Asthma, Abdominal Pain

Anaphylaxis

Urinary & Reproductive problems

Poisoning

Communicable Disease

Medical Legal Issues

Written & Practical Exams

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 or winter jacket and pants

Hiking boots or waterproof boots

Scarf, hat, gloves

Head lamp with extra batteries – a must for the night scenario  
Indoor shoes (sneakers or sandals)  
Thermos & personal mug  
Water bottle  
Pen and paper

## **Crossing Latitudes November 2018**