



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE

Strömfors - The Outdoor Factory May 3-5, 2019

THIS COURSE IS TAUGHT IN ENGLISH.

DATES: May 3-5, 2019.

PRICE: Euro 370.00 per person (VAT included). Included is NOLS Wilderness Medicine Wilderness First Aid 30 page handout, NOLS Wilderness Medicine First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine International Wilderness First Aid certification and CPR certification. Food and lodging is not included in your price.

LOCATION: Strömfors The Outdoor Factory, Ahlströmintie 1, 07970 Loviisa, Finland.
<http://stromforsoutdoor.com/location/>

TIMES: This 3-day course starts at 08:00 on Friday May 3. We will end around 5:00pm. On Saturday and Sunday we go from 08:00 to 5:00pm as well.

MEALS / LODGING: Food and lodging is not included in your course fee. Affordable accommodation & meals package can be booked via stromforsoutdoor.com or contact Anna Jaakonsaari for more information Phone: +358 40 730 7362 anna@stromforsoutdoor.com

SIGNING UP: Crossing Latitudes accepts VISA / MasterCard, international transfer or we can invoice you. Please contact us for more information: info@crossinglatitudes.com +46-70 670 1153 (Europe) or +1-406-585-5356 (USA). Once we have received your course fee we will email you a receipt and course confirmation.

LANGUAGE: This NOLS Wilderness Medicine course will be taught in English. Our instructor also speaks Finnish and Swedish.

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. A NOLS Wilderness Medicine course is 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 Aid and Wilderness First Responder courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine courses have been taught in Scandinavia and Europe since year 2000.

CLASS FORMAT: We start at 08:00 each morning. We end around 17:00 each day. We break for shorter coffee / tea breaks each day and a one hour long lunch break. Be prepared for intense days where we are both indoors and outdoors.

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.

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!

But ... If you take this WFA course as recertification of your Wilderness Advanced First Aid or Wilderness First Responder (WFR)... First of all you need to be a NOLS Wilderness Medicine grad to be allowed to take a Wilderness First Aid (WFA) course as a WAFA/WFR refresher. We also ask that you plan to stay a bit longer on the last day as you need to do both a written and practical test. Please email us if you are a WAFA/WFR grad.

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 first aid kits, 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, 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 (over 3500 in Europe). 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, Finland, Nepal, Columbia, Costa Rica, Chile, India, Singapore, Malaysia, Kenya, Mexico, Norway, Thailand, South Africa, Sri Lanka, Sweden, Germany, Denmark, England, Tanzania, Switzerland, Italy and Ireland.

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. Expect feedback from our staff. 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. NOLS Wilderness Medicine and Crossing Latitudes do not accept any type of harassment – verbal or physical.

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 or alcohol 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 bank account. 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 our 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 POLICY: If a registered participant cancels the course 30 days before course start Crossing Latitudes will retain 25% of the course fee.

Cancellation of the course between 29 and 14 days before course start and Crossing Latitudes will retain 50% of the course fee.

Cancellation of the course 13 days pre course and up to the starting time Crossing Latitudes will keep the full course fee.

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course we will do everything we can to find another date to teach the course. If no new date can be agreed upon Crossing Latitudes will return the full course fee.

TRAVEL/DIRECTIONS: 60°31'28.2"N 26°28'30.7"E <http://stromforsoutdoor.com/location/>

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 **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.

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.

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 DURING THE COURSE HOURS.**

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

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Web site: <http://www.crossinglatitudes.com>

NOLS Wilderness Medicine Web page: <https://www.nols.edu/en/about/wilderness-medicine/>

Wilderness First Aid Course Curriculum

CPR, use of AED and choking

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 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

Wear Outdoor clothing that will keep you warm and dry.
Day pack with extra layers (sweater, socks, long johns).
Rain jacket & pants
Hiking boots or waterproof outdoor boots.
Indoor shoes (sneakers or sandals will work fine as the floor can be cold).
Scarf, hat, gloves.
Head lamp with new batteries.
Sleeping bag or sheets (depending on your lodging arrangements).
Towel and personal toiletries (depending on your lodging arrangements).
Thermos & personal mug
Water bottle
Pen and paper
Sunglasses

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