



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER COURSE

HOSTED BY NJORD AS, FLÅM CAMPING & HOSTEL AND
CROSSING LATITUDES

FLÅM, NORWAY APRIL 15-25, 2020

This Wilderness First Responder course is designed specifically to provide you with the tools to make critical medical and evacuation decisions in remote locations. Half of your time will be spent completing practical skills, case studies and scenarios designed to challenge your decision-making abilities. Adult CPR is included in this course. We do encourage you to browse the textbook before the course.

Course Location: Flåm, Norway.

The WFR course will be held at the Flåm Samfunnshus (community building) – about 10 minutes walk from the Flåm Camping & Hostel.

Course Dates: April 15 -25, 2020. Day 6 is a day off.

Course fee: USD \$1400.00 per person. The course fee covers your lodging (11 nights), the NOLS Wilderness Medicine Medical Handbook, the NOLS Wilderness Medicine textbook, a bandana with the patient assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR certification. The textbook will be sent to you once you have paid the course fee. Lodging is also included in the tuition fee (4 person bedrooms with bath). Food is not included but we provide coffee, tea and snacks during the course days.

For course specific information: Please contact Crossing Latitudes (representative for NOLS Wilderness Medicine in Scandinavia) at info@crossinglatitudes.com

For 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

Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

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

Meals & Lodging: Lodging is included in your WFR course fee from the evening before the course starts (April 14) to our last day April 25. Flåm Camping & Hostel is supporting our WFR course by giving us a great group discount. Rooms are modern and comfortable and you will share with three other participants. Each room has a private bath. Bedding, towel and WiFi are included.

Food is not included in your course fee. There is a large modern kitchen available at the Hostel where you can cook your meals. Pots and pans and all utensils are there for you to use. The COOP grocery store, bakery and restaurants are within 10 minutes walking.

Hanging in the commons room or cooking meals together while chatting about the curriculum with participants from all over the world adds to this unique WFR course.

The Flåm Camping & Hostel is only 10 minutes walk from our classroom. You can also rent a bike to speed up your travel.

If you don't want to stay at the Flåm Camping & Hostel please contact us.

Course Language: English. Our NOLS Wilderness Medicine instructors teach all over the world and are usually bilingual. Most likely one instructor speaks Swedish fluently. The Wilderness First Responder textbook is in English and will be sent to you pre course and we highly recommend that you start reading it.

How to get to Flåm: <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. Most participants fly into the cities of Oslo or Bergen and then take a bus or a train to Flåm. More detailed travel information further down.

WFR Course Description: A WFR is an essential wilderness first aid education for anyone who spends significant time in remote places or who has a professional career in the outdoors. The Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue.

NOLS Wilderness Medicine curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days.

The intensive 80-hour curriculum is internationally recognized and supported by the Wilderness Medical Society. You'll be taught by dynamic educators who have practiced both wilderness and urban medicine. This 80-hour course is ideal for all professionals operating in remote environments. Adult CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS (see more info below).

A WFR course meets ATTA (Adventure Travel Trade Association) and the Adventure Travel Guide Standards as a minimum for guides under the Governance Board Guide Standards.

For more information about NOLS Wilderness Medicine and our WFR courses, please visit: <https://nols.edu/en/courses/courses/wilderness-first-responder-WFR/>

Class time & Scenarios: The Course language is English. We will start at 08:00 each day and go to 17:00. Many hours will be spent indoors learning in-depth about different topics. 50% of the time will be spent outdoors with practical sessions and scenarios. There will be one evening indoor session and one night exercise where you might encounter "patients" you never met before (special invited folks). Discussions about leadership, group dynamics and evacuation procedures are part of this course.

All participants will be playing both "patients" and "rescuers" each day. We use fake blood to make the scenarios more realistic. The fake blood will come off clothing but you might have to wash twice.

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. 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's 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 250,000 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. NOLS Wilderness Medicine trains participants to respond to emergencies in remote settings.

To date we have run courses internationally in USA, Australia, Canada, Nepal, Columbia, Costa Rica, Chile, India, Kenya, Switzerland, Mexico, Norway, Thailand, South Africa, Sri Lanka, Denmark, Sweden, Germany, Finland, Ireland, Malaysia, Bhutan, Korea, Slovenia, Italy, Malaysia, Iceland, UK and Tanzania.

What can you expect of us? Expect dynamic instructors with lots of backcountry and first aid experience. Expect to spend lots of time outside with realistic scenarios. Expect daily feedback from us instructors. Expect intense but rewarding days. There will be a written and a practical exam at the end of the course and we will do everything we can to help you get the skills to perform well. You need to pass both the written and the practical tests in order to receive NOLS Wilderness Medicine international WFR certification.

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. We expect you to study and do extra practice in the evenings.

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

Continuing Education College credit and EMT CEUS: The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost. If interested, please check with the instructors on the first day of class for the necessary information.

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 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

Cancellation & Refund policy:

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, Crossing Latitudes will retain a USD \$250.00 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 Crossing Latitudes NOLS Wilderness Medicine course if possible within two years.
- A full refund will be given if we are forced to cancel the course for any reason.

PETS / DOGS ARE NOT ALLOWED AT THE COURSE. 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 Camp & Hostel have cabins where pets are welcome.

No alcohol or smoking is allowed on site during class hours.

EQUIPMENT LIST:

Expect the best but be prepared for the worst! We will be outside each day even if it rains, snows or storms. Having quality clothing and equipment is important. Come to class each morning prepared to be both inside and outside.

You need a medium sized backpack for your personal extra clothing and the First Aid gear that we will provide each day. Your backpack will be used every day in the scenarios.

In your backpack:

- 1 extra sweater or a fleece jacket
- 1 pair of long johns
- Rain jacket or winter waterproof jacket
- Rain pants or waterproof winter pants
- 1 pair of extra wool or synthetic socks
- Hat, gloves, mittens, neck warmer, buff or scarf
- Headlamp with extra batteries (important for the night scenarios)
- Sunglasses
- Water bottle

Also bring to the classroom:

Indoor shoes or sandals, note pad, pens or pencils, water bottle and a tea/coffee mug.

Suggested Equipment List what to bring to Flåm:

There are washing and drying machines at the Flåm Camping & Hostel. Tokens can be bought at the reception.

- Backpack (Medium sized)
- Underwear
- 2-3 polypro or wool tops
- 1-2 poly-pro or wool bottoms (long johns)
- 1-2 warm sweaters or fleece jackets
- 1-2 quick drying outdoors pants
- 1-2 sweats or casual pants for evenings
- Rain jacket or waterproof winter jacket
- Rain pants or waterproof winter pants
- 3-4 wool or synthetic socks

1-2 liner socks
2-3 ordinary socks
Outdoor boots (remember there might be some cold and wet evenings)
Indoor-shoes (sandals or sneakers as our classroom floor might be chilly)
2-3 T-shirts or long sleeve casual shirts
Hat, gloves, mittens, neck warmer/scarf
Exercise clothing if you want to take a run or work out after class
Headlamp with extra batteries (important for the night scenarios)
Camera (optional)
Note pad and pens
Knife
Sunglasses
Water bottle
Mug
Toiletries
If you bring a phone, radio, iPod, laptop or other electronics you need an adaptor for Northern Europe.

COURSE SCHEDULE:

DAY 1: Wednesday April 15

08:00 Introductions: Wilderness vs. Urban
Initial Assessment
Patient Exam
Vital Signs: LOC, HR, RR, SCTM
Focused History
Documentation

DAY 2: Thursday April 16

08:00 Review
Vital Signs: BP, Pupils
Spinal Cord Injuries
Lifting and Moving
Spinal Immobilization Litter Packaging, Carrying, and Long-Term Patient Management
Chest Injuries

DAY 3: Friday April 17

08:00 Review
Shock
Focused Spinal Assessment
Head Injuries
Wilderness Wound Management

DAY 4: Saturday April 18

08:00 Review
Burns & Infections
Heat and Hydration
Athletic Injuries

Fracture Management
Evening: Dislocations and Splinting

DAY 5: Sunday April 19

08:00 Review
Hypothermia
Frostbite and Non-Freezing Cold Injury
Altitude Illness
Leadership, Teamwork, Communication and Stress First Aid
MCI Practical Scenario

DAY 6: Monday April 20 DAY OFF

Day 7: Tuesday April 21

08:00 Review
Cardiac Emergencies
CPR
Respiratory Emergencies
Neurological Emergencies
Acute Abdomen

DAY 8: Wednesday April 22

08:00 Review
Bites and Stings
Lightning
Allergies and Anaphylaxis
Diabetes
Psychological First Aid and Mental Health Concerns
Principles of Search and Rescue/Evacuation
Evening: Mock Rescue

DAY 9: Thursday April 23

08:00 Morning: Mock Rescue Debrief
Wilderness Drug and First Aid Kits
Common Problems
Communicable Disease
Poisoning
Submersion Incidents
Mental Health

DAY 10: Friday April 24

08:00 Review and Practical Session
Common Problems
Urinary and Reproductive Issues
Pain Management in the Wilderness
Medical Legal Issues
Practical Exams

Day 11: Saturday April 25

08:00 Morning Written Exam

Closing Ceremony (End of course approx. 13:00).

Questions: For specific questions about NOLS Wilderness Medicine or our curriculum please contact Crossing Latitudes (NOLS Wilderness Medicine representative in Scandinavia) at info@crossinglatitudes.com

Phone in Europe: +46-70-670 1153 Phone in USA: +1-406-585-5356.

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

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 Saturday May 4th around 13:00. You can safely book a bus or train ticket to leave Flåm post 14:00 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 each day from Oslo or Bergen. The bus is usually less expensive compared to the train. 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.

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

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