



## **NOLS WILDERNESS MEDICINE**

### **WILDERNESS FIRST AID COURSE**

#### **Sponsored by Crossing Latitudes**

**Dates: February 8-9, 2020**

**Cost: \$260.00 (Visa/Master Card or checks accepted).**

**Location: Bozeman, Montana (Lindley Center)**

**COURSE DESCRIPTION:** Fast paced and hands-on, this two-day course covers a wide range of wilderness medicine topics for people who travel in 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. NOLS Wilderness Medicine curriculum is unique and includes many advanced topics that other programs leave out such as dislocation reduction, focused spinal assessment and epinephrine administration. In just two 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 course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies. This course *does not* include CPR.

This course cannot be used as a WFR or WEMT re-certification course unless you hold an eligible certification from NOLS Wilderness Medicine. For further information, see the FAQ portion of our website: <https://nols.edu/en/courses/wilderness-medicine/recertify/>

**SIGNING UP:** We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes by VISA, MasterCard or check sent to our office. 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>

**CLASS FORMAT/EQUIPMENT:** Check in is at **7:45 A.M.** on the first day of the course (Saturday February 8). Course days run from 8:00am to 6:00pm. The format WFA / WFR Recert 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 potentially wet, muddy or snowy, cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slippers and a crazy creek-type chair.

Please come equipped with a light day pack, waterproof top and bottom, outdoor boots, and layers well suited for spending time outside playing the role of patient and rescuer. Feel free to bring the gear and extra clothing you would usually bring on a day hike or paddle. These items will be used in our scenarios.

**WHAT CAN YOU EXPECT?** Expect dynamic instructors with lots of backcountry experience. Expect to spend lots of time outside with realistic scenarios. There will be intense but rewarding days. Expect to laugh while learning serious stuff.

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 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).

**TESTS: If you are taking this course as a Wilderness First Aid course – which most people are - there are no written or practical tests. You just have to be active, participate in all scenarios and classes and do your best!**

**But if you take this course as your WFR Recertification ... REQUIREMENTS:** This course cannot be used as a WFR or WEMT re-certification course unless you hold an eligible certification from NOLS Wilderness Medicine. For further information, see the FAQ portion of our website: <https://nols.edu/en/courses/wilderness-medicine/recertify/>

Participants using this WFA course to recertify their NOLS Wilderness Medicine Wilderness First Responder will be required to pass both a written and a practical test on day 2 of the course. Check the following web page for information and resources on how to best prepare for your course. <https://nols.edu/en/resources/wilderness-medicine-resources/>

All WFR recert students are required to submit a photocopy of their WFR certification card on the first day of the course. If you are unsure about your WFA/WFR status – contact us.

**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 cash. 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 \$75.00 administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable as per the following: WFA, WFR-R loss of full tuition.

### **ACKNOWLEDGMENT AND ASSUMPTION OF RISKS RELEASE AND INDEMNITY**

**AGREEMENT:** Please download this agreement from

[https://www.nols.edu/media/filer\\_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi\\_agreement\\_2017\\_january.pdf](https://www.nols.edu/media/filer_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi_agreement_2017_january.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 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.

**COLLEGE CREDIT:** The course is pre-approved for one (1) semester hour credit through the University of Utah at an additional cost of approximately \$100.00. If interested, please check with the instructors on the first day of class for the necessary information.

**TRAVEL/DIRECTIONS:** The Lindley Center is located on 1102 East Curtiss Street. It is only minutes walk away from the Lindley Park, Pete's Hill and from the Sunset Hills cemetery.

If you are coming from Highway I-90 turn off at Exit 309. This will bring you up on East Main street. Drive west for .5 miles, turn Left at the stop light, south on Highland. Drive a few hundred yards to East Curtiss Street (on your Right). Drive up the hill and you'll see a brown/green low building on your Left, surrounded by large trees. This is the Lindley park Center.

If you are coming from Bozeman down town drive Main Street East and pass the entrance to Lindley Park and the Sunset Hills Cemetery. Turn right on the next road (Cypress Street) and follow this road through a left curve (approximately two hundred yards). Lindley Center will be on your right – tucked in among large trees.

**MEALS / LODGING:** There is not a meal and lodging option for this course. Below are some lodging options. There are several coffee shops and restaurants within 10 minutes walk from the Lindley Center. You can also bring your own lunch. There is a kitchen and micro wave oven at the course site but no pots or utensils – bring your own cooking gear if you plan to cook. We will provide coffee, tea, fruit and snack bars available at the course site. Bring your own mug.

There are numerous Camp grounds in and around Bozeman. On this link you will find addresses and phone numbers: [http://maps.google.com/maps?client=safari&rls=en&oe=UTF-8&um=1&ie=UTF-8&q=Camping+Bozeman&fb=1&split=1&gl=us&view=text&ei=YJuWSpe4FoykMIbktYkD&sa=X&oi=local\\_group&ct=more-results&resnum=1](http://maps.google.com/maps?client=safari&rls=en&oe=UTF-8&um=1&ie=UTF-8&q=Camping+Bozeman&fb=1&split=1&gl=us&view=text&ei=YJuWSpe4FoykMIbktYkD&sa=X&oi=local_group&ct=more-results&resnum=1)

The [Treasure State Hostel](#) is located on Main Street – 10 minutes walk from our class site.

**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.**

We hope this information is helpful. Please contact us with any questions or concerns you may have. **Crossing Latitudes, Inc.** Phone: 1-406-585-5356

Web site: <http://crossinglatitudes.com/> Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

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

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

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

Closure

**Cross Lat July 2019**