



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE (WFA)

SNOWTRAIL DOGCAMP, SKAULO, SWEDEN

DECEMBER 10-12, 2019

DATES: December 10-12, 2019 (Tuesday, Wednesday and Thursday).

PRICE: SEK 3500:- (VAT included). 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. Lunch and fika is included as well.

MEALS & LODGING: Ask Snowtrail Dogcamp about possible lodging and food options. Lunch and fika is included each day. Please let Snowtrail Dogcamp know if you have any food allergies or is on a special diet.

LANGUAGE: This three day Wilderness First Aid course is taught in English. The instructor also speaks Swedish and is more than happy to help out with translations if needed.

SIGNING UP: Please contact Snowtrail Dogcamp in order to get a spot on the course. Contact Lotti Meier email: lotti@telia.com +46 (0)73 345 1023 Snowtrail Dogcamp cancellation policies applies.

COURSE SPECIFIC INFORMATION: Please contact Crossing Latitudes: info@crossinglatitudes.com Webpage: <http://www.crossinglatitudes.com> Phone (Europe): +46-70-670 1153.

COURSE LOCATION: Exact classroom location will come soon. Snowtrail Dogcamp in Skaulo is hosting this course. Skaulo is located between Gällivare and Svappavaara in northern part of Sweden.

<https://www.google.com/maps/place/982+04+Skaulo,+Sweden/@67.4131563,21.0944952,9z/data=!4m5!3m4!1s0x45d6d6613039ef97:0xa03450954ed7130!8m2!3d67.4131412!4d21.1120478>

CLASS FORMAT: We start our Wilderness First Aid course Tuesday December 10 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 Wednesday and Thursday as well.

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 WFR-Recertification course if you hold a valid (not expired or within your "re-entry" year) WFR card from NOLS Wilderness Medicine. Contact us if you have questions in regards recertifying.

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.

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 3500 participants Wilderness First Aid in Scandinavia and Europe since year 2000.

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 (WAFA) or Wilderness First Responder (WFR) - 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 your certification status.

TRAVEL DIRECTIONS: Google Map:

<https://www.google.com/maps/place/982+04+Skaulo,+Sweden/@67.4131563,21.0944952,9z/data=!4m5!3m4!1s0x45d6d6613039ef97:0xa03450954ed7130!8m2!3d67.4131412!4d21.1120478>

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 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 you will learn treatment principles and decision-making skills. Our courses are 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, Malaysia, Kenya, Mexico, Norway, Switzerland, Finland, Thailand, South Africa, Sri Lanka, Sweden, Hungary, Slovenia, Germany, Denmark, England, Ireland and Tanzania.

NOLS Wilderness Medicine is an internationally recognized program and we train 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 your instructors daily. 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 do not tolerate any form of harassment. 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).

ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & 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 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. Failure to provide a signed document will result in you not being able to participate in the course.

NO SMOKING IS ALLOWED ON SITE DURING THE COURSE HOURS.

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)
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)
Documentation, Emergency and Evacuation Plans
Spine- and Spinal Cord Injuries
Head Injuries
Shock
Wilderness Wound Management
Burns
Infections
Athletic Injuries
Fractures
Dislocations

Heat Illness & Cold Injury

Lightning

The Medical Patient: Diabetes, Epilepsy, Asthma, Heart Related problems, Abdominal issues

Anaphylaxis

Wilderness First Aid Kits

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 & pants

Hiking boots or waterproof boots

Indoor shoes (sneakers or sandals)

Scarf, hat, gloves

Head lamp with new batteries

Thermos & personal mug

Water bottle & Pen and paper

CrossLat July 2019