



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE

HOSTED BY KANDERSTEG INTERNATIONAL SCOUT CENTRE & CROSSING LATITUDES

KANDERSTEG, SWITZERLAND OCTOBER 23-25, 2020

DATES: October 23-25, 2020 (Friday, Saturday and Sunday)

LOCATION: Kandersteg International Scout Centre ([KISC](#)), Kandersteg, Switzerland.

PRICE: USD \$500.00 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. 4 nights of lodging is also included in the fee.

LODGING: Lodging from Thursday October 22nd after 15:00 to the morning of Monday October 26th is included in your course fee. We will stay in "KanderLodge" where you will share room with one other participant. Two of these double rooms share bath and shower. KISC provides sheet, duvet and pillowcase. You need to bring your own towel. Free WiFi.

If you want to spend an extra nights before or after our course contact KISC at reception@kisc.ch

FOOD: Your food is not included in your course fee. You can either choose to buy and cook your own meals (there is a full kitchen with two stoves, several fridges, freezers, pots and pans etc. in the "KanderLodge") or you can contact KISC (reception@kisc.ch or by phoning +41-33-675-8282) and book and pay for meals. Approximate prices are: Breakfast CHF7.00 / Lunch CHF13.00 / Dinner CHF13.00

If you book meals make sure to share that you are taking the NOLS WFA course.

LANGUAGE: This three day Wilderness First Aid course is taught in English.

CLASS FORMAT: We start our Wilderness First Aid course course Friday October 23rd 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 Saturday and Sunday 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 WAFA or WFR-Recertification course if you hold a valid WAFA / WFR card from NOLS Wilderness Medicine. Contact us if you have questions in regards recertifying.

QUESTIONS & REGISTRATION: We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes, USA by VISA/MasterCard. You can also transfer the course fee to Crossing Latitudes Swedish bank account. 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 Web: <http://www.crossinglatitudes.com>
[Phone](tel:+14065855356) (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

International Transfer to Crossing Latitudes Swedish bank account: Name of account: Crossing Latitudes, Inc. IBAN: SE07 9500 0099 6034 1007 5141. BIC: NDEASESS
Bank address: Nordea Bank AB, SE-10571 Stockholm, Sweden.

TRAVEL DIRECTIONS: Kandersteg is a small community with hotels, restaurants, cable-cars up the mountains, a bakery, two grocery stores – all within 15 minute walk from KISC. Kandersteg is centrally located in Europe – 65 km from Bern, the capital of Switzerland in the heart of the Bernese Alps. It is easy to reach Kandersteg by road, air or using the Swiss rail network.

On this link you can read about how to travel to Kandersteg by train, bus, car or plane:
<http://www.kisc.ch/stay-at-kisc/travel-to-kisc/>

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. 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 3000 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 or Wilderness First Responder (meaning you hold a non-expired WAFA or WFR card from NOLS Wilderness Medicine or are within the "re-entry" year) you must do both a written and a practical test. Contact to make sure you are eligible.

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 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 300,000 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, Singapore, Malasia, Kenya, Mexico, Norway, Switzerland, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, Denmark, England, Ireland, Hungary, Slovenia 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).

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 Nordea Bank account. We can also invoice you.

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.

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 USD \$150.00 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 hosted course within a year before you lose your tuition.
- If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course Crossing Latitudes will either transfer you to another Crossing Latitudes hosted WFA course – your choice – or refund you the tuition.

ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & INDEMNITY AGREEMENT:

Please download this agreement from

http://www.nols.edu/wmi/pdf/wmi_agreement.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.

PETS ARE NOT ALLOWED AT THE TEACHING SITE. NO ALCOHOL OR SMOKING ALLOWED DURING CLASSTIME.

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

Crossing Latitudes, Inc.

Phone USA: 1-406-585-5356 Phone Europe: +46-70-6701153

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)
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: Diabetis, Asthma, Epilepsy, Heart related problems
Anaphylaxis
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
Waterproof jacket & pants
Hiking boots or waterproof boots
Indoor shoes (sneakers or sandals – the floor can be a bit cold)
Hat & gloves
Head lamp
Towel and personal toiletries (KISC provides sheets, duvet, pillow and pillow case)
Personal mug – if you like tea or coffee during classtime
Water bottle
Pen and paper
Sunglasses

For questions about this NOLS Wilderness Medicine WFA course or our curriculum please contact Crossing Latitudes at info@crossinglatitudes.com

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

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

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Crossing Latitudes December 2019