



## **NOLS WILDERNESS MEDICINE WILDERNESS FIRST AID COURSE (WFA)**

**Rastila Camping, Helsinki, Finland  
April 24-26, 2020**

**DATES:** April 24-26, 2020 (Friday evening and all day Saturday and Sunday).

**LANGUAGE:** This course is taught in English but by Scandinavian instructors who can translate to both Finnish and Swedish if need be.

**PRICE:** €400.00 (25% VAT included). Included is the NOLS Wilderness Medicine Wilderness First Aid 30 page handout (in English, Finnish or Swedish), a First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine Wilderness First Aid certification and CPR certification.

**LOCATION:** [Rastila Camping, Helsinki, Finland.](#)

Address: Karavaanikatu 4, 00980 Helsinki, Finland. Rastila Camping Helsinki is just 500 feet from Rastila Metro Station, and the ride to Central Station takes 20 minutes. Helsinki-Vantaa Airport is about 15 km away. You can rent a cabin, pitch a tent or stay in Helsinki and come out to the campground each day.

**MEALS / LODGING:** Food and lodging is NOT included in your course fee. You can book inexpensive accommodations at the Rastila Camping yourself by contacting [rastilacamping@hel.fi](mailto:rastilacamping@hel.fi) Phone: +358 9 310 78517

**COURSE HOURS:** On Friday we start the course at 17:00 and end at 20:00. On Saturday we will go from 08:00 to 18:00. The same hours are for Sunday - 08:00 to 18:00. We will have a few short coffee/tea breaks and an hour lunch each day.

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.

**QUESTIONS & REGISTRATION:** Email Lena Conlan at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) or Roope Roine at [roope@moln.fi](mailto:roope@moln.fi)

Registration is through Crossing Latitudes. In order to get a spot on the course we ask for full payment. We accept Visa/Master Card through a phone call to our office in USA +1-406-585-5356. You can also transfer the course fee to Crossing Latitudes Swedish bank account in Sweden. We can of course also email you an invoice. Once we have received your course fee we will email you a course confirmation and receipt.

**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.

**NOLS WILDERNESS MEDICINE MISSION:** NOLS Wilderness Medicine goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies. NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings.

**COURSE DESCRIPTION:** Fast paced and hands-on, this 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?" You will find a list of our classes further below. No previous experience is needed.

After the course 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.

50% of our time should be hands-on. We will spend 1-2 hours in the classroom with lectures and demonstrations, then go outside for realistic scenarios. Back inside again for more lectures and then more time outdoors. No matter what the weather is - we will spend time outside!

NOLS Wilderness Medicine course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other US governmental agencies. NOLS Wilderness Medicine is quickly becoming a popular education among outdoor guides in Scandinavia and in Europe. The certification you receive after the course is internationally recognized. To date we have had about 4000 Scandinavian participants.

**TESTS:** There are no written or practical tests on this Wilderness First Aid course. You just have to be there, be active, participate and do your best!

But if .... if you take this course as Recertification for a Wilderness First Responder or a Wilderness Advanced First Aid (meaning you hold a valid and not expired WFR or WAFA card from NOLS Wilderness Medicine) you must do both a written and a practical test. Please email us if you are a WFR or WAFA grad. Check the following web page for information and resources on how to best prepare for your course:

<https://www.nols.edu/en/resources/wilderness-medicine-resources/>

**WHAT TO BRING:** Come prepared to spend time both inside and outside – no matter what the weather is. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both “rescuer” and “patient”. Fake “blood” and “make-up” will be used to emphasize the reality of a scenario.

Bring a backpack with gear and extra clothing you would usually bring on a day trip, a climb or paddle. NOLS Wilderness Medicine brings a lot of extra gear but the scenarios will be more “realistic” if you use some of your own gear. Recommended equipment list is further down.

**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 to Crossing Latitudes, Visa/MasterCard or transfer to Crossing Latitudes Swedish Nordea Bank account. We can also invoice you.

**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.

### **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 Euro 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.
- If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course Crossing Latitudes will either transfer you to another Crossing Latitudes hosted course – your choice – or refund you the full paid tuition.

## **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](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.

**No dogs or pets at class and no smoking or alcohol during class. Thanks!**

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

Crossing Latitudes web site: <http://crossinglatitudes.com/>

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

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

Introductions Wilderness vs. Urban Medicine

Cardiopulmonary Resuscitation

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, cardiac, respiratory, diabetes, epilepsy etc.  
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  
Rain jacket & pants  
Outdoor boots or rubber boots  
Indoor shoes (sneakers or sandals)  
Scarf, hat, gloves  
Thermos  
Water bottle  
Pen and paper  
Sunglasses

### **Crossing Latitudes January 2020**