



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER RECERTIFICATION (WFR-R)

HOSTED BY CROSSING LATITUDES IN SWEDEN NOVEMBER 6-8, 2020

DATES: November 6-8, 2020 (Friday, Saturday & Sunday). You are welcome to arrive on Thursday November 5th after 18:00 if you want and stay to Monday morning the 9th.

COURSE FEE: SEK 4650:- per person (25% VAT included). Food & lodging is included in the tuition fee. You are welcome to arrive after 18:00 on Thursday evening and stay until Monday morning if you want. The tuition also covers the new 100 page NOLS Wilderness Medicine Medical Handbook, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR certification.

If you rather not stay at Skatboet you can deduct 600:- from the course fee.

QUESTIONS & REGISTRATION: Questions & Registration: You get a spot on a Crossing Latitudes sponsored course by paying the course fee to Crossing Latitudes Swedish bank, calling our US office with a Visa or MasterCard (+1-406-585-5356) or we can invoice you.

Please contact us first to make sure we have a spot for you on the course. This course usually books full with a waiting list each year.

Once we have received your Course fee we will email you a receipt and a course confirmation. For questions email Crossing Latitudes at info@crossinglatitudes.com or call us. Phone in USA: +1-406-585-5356 Phone in 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.

LOCATION: Skatboet (the Magpie's nest) on the island of Värmdö, Stockholm, Sweden. You can reach Skatboet by bus from Stockholm (approximately 20 minutes bus ride and then a 10 minutes walk). [Skatboet](#) belongs to Stockholm Scouts. Their web page is only in Swedish but on this link you can see some photos of the buildings and the surroundings:
<http://skatboetvarmdo.se/bildgalleri/>

MEALS & LODGING: Meals and lodging are included in the course fee (from light evening snack on Thursday evening to left overs Sunday evening and Monday morning). We ask participants to help out with some cleaning after each meals and to clean their own rooms at the end. Lodging is in shared cabins (4 beds) and you need to bring your own bedding (sheets or sleepingbag) and towel. Please let us know if you have any food allergies or are on a special diet. There is a sauna at Skatboet but only one shower. Be prepared to jump into the cold water or wash with your own wet-wipes.

COURSE DESCRIPTION: Are your wilderness medicine protocols on the tip of your tongue or in the bottom of your pack? Join the leader in wilderness medicine for a three-day scenario-based course to review and practice evacuation and decision making guidelines. Our dynamic, experienced instructors will refresh you on the current techniques, protocols and controversies in the wilderness medicine field. You'll have opportunities to ask questions based on your real life experiences and practice scenarios and case studies that will challenge you.

The WFR Recertification course also includes Adult/child CPR & AED. This course is the most popular recertification program in Wilderness Medicine and is ideal for current Wilderness First Responders and Wilderness EMTs. The WFR Recertification course is pre-approved for 18 hours of EMT CEU's by CECBEMS.

You are required to complete both **written and practical testing** to recertify on this WFR-Recertification course. The written test is the very first thing we do on Friday morning. To achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials. Please come prepared!

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/>

CLASS FORMAT: The course language is English. Check in is at **08:00 A.M.** on the first day of the course (Friday November 6). Course days run from 8:00am to 6:00pm – all days! Please plan to be at the course the whole time. You are welcome to arrive on Thursday evening if you want and stay to Monday morning.

The format for this WFR recertification is one of scenario based learning. Scenarios and practice sessions will take place both inside and outside. Please bring clothing appropriate for laying on the potentially wet, 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.

RECERTIFICATION: If you hold a current Wilderness First Responder certification of at least 70 hours, you will receive a NOLS Wilderness Medicine WFR certification upon successful completion of your WFR Recert course.

All students holding a current WFR certification are **REQUIRED** to submit a photocopy of their certification card on the first day of the course.

If you hold a current WFR certification from any other wilderness medicine organization with less than a 70 hour certification, you will receive a letter of course completion in lieu of a NOLS Wilderness Medicine WFR certification. This letter of completion may allow you to recertify with your original certifying organization. You must contact that organization prior to your NOLS Wilderness Medicine course to ensure that our course will meet their requirements for recertification.

All students are required to submit a photocopy of their WFR certification card on the first day of the course. It is **your** responsibility to make sure your certification meets this standard. If you are unsure,

please contact NOLS Wilderness Medicine before enrolling in a course and review the recertification portion of our website: <https://www.nols.edu/en/courses/wilderness-medicine/recertify/>

NOLS Wilderness Medicine grads will be afforded a one-year period after expiration within which to recertify. This course will also recertify those who hold a valid WEMT (wilderness portion only) or WFAA certification.

You will be required to complete a WRITTEN EXAM at the BEGINNING of the course. Check the following web page for information and resources on how to best prepare for your course. Please study and watch some of the Patient Assessment videos on the links below.

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

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 SEK 500:- 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, WMPP loss of full tuition.
- If Crossing Latitudes/NOLS Wilderness Medicine must cancel the course you will receive a full refund.

ACKNOWLEDGMENT AND ASSUMPTION OF RISKS RELEASE AND INDEMNITY AGREEMENT: Please download this agreement from https://www.nols.edu/media/filer_public/0b/50/0b509a42-3618-4eab-bab2-30606dc04c1e/nols-wilderness-medicine-student-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 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.

Participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.

CONTINUING EDUCATION CREDITS: 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 18 hours CEU hours for their NOLS Wilderness Medicine WFR Recert course. Please bring a photocopy of your current EMT card(s) with you to your course.

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 NOLS 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 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. 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. We have run courses internationally in USA, Australia, Canada, Nepal, Costa Rica, Chile, India, Mexico, Norway, Iceland, Denmark, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, England, Switzerland, Tanzania and many more countries.

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 backcountry experience. Expect to spend lots of time outside with realistic scenarios. There will be intense but rewarding days. You need to pass both the written and the practical tests in order to receive NOLS Wilderness Medicine international WFR certification.

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 accept any kind of harassment – verbal or physical. We expect you to take good care of the equipment. We hope you will ask us if you don't understand.

TRAVEL/DIRECTIONS: You can either drive to Skatboet on the island of Värmdö or you can take a bus from Stockholm. The bus from Stockholm takes about 30 minutes. Then you have a 10-12 minute walk ahead of you. The address is: Skatboet, Korpholmsvägen 18, 139 36 Värmdö, Sweden.

On this Bus page you can check the bus schedule: <http://sl.se/en/>
Your starting location is Slussen (Stockholm) and your destination is Älgstigen (Värmdö).

The bus stop is called "Älgstigen". Walk in the same direction as (there will be a side walk along the road) the bus drives off in. After about 2 minutes walk there will be a dirt road on your right side. This road is called Korpholmsvägen. Take this road and follow it for about 10 minutes. You will walk by several homes and when the road splits – follow the left road uphill (it will still be called Korpholmsvägen). Pass a road to your right (Korpstigen) and continue Korpholmsvägen road forward – walk by houses and through the woods until you arrive at Skatboet (the Magpie Nest). This is our course site. Bring a headlamp – it will be very dark!

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.

SMOKING OR ALCOHOL IS NOT ALLOWED DURING OUR COURSE. SKATBOET IS AN ALCOHOL FREE AREA - NO EXCEPTIONS.

There is **NO WiFi** at Skatboet. People get on line using personal hot spots on their phones.

There is only one shower at Skatboet so think of it as "camping out" even if the cabins have heat. Bring wet-wipes or be prepared to wash off in the bathroom sinks. There is a sauna and the Baltic sea is right outside our door!

SUGGESTED EQUIPMENT LIST: Expect the best weather but be prepared for the worst! November in Sweden can be dark and nasty!

Backpack
Underwear, Socks
2 layers of polypro/wool tops
1 poly-pro/wool bottoms (long johns)

1 warm sweaters or fleece jackets
1-2 quick drying outdoors pants
1-2 sweats or casual pants for evenings
Rain jacket and Rain pants
Outdoor boots
Indoor shoes such sandals, slippers or clean sneakers (the floor is cold)
Hat, gloves, mittens, neck warmer/scarf
Sleeping bag or sheets for sleeping at the Skatboet cabins (there are blankets and pillows)
Small towel, wet wipes and personal toiletries
Headlamp with fresh batteries
Note pad, pens and your old WFR books
Sunglasses, Water bottle & Mug for coffee and tea
If you bring electronics you need an adaptor for Northern Europe

We hope this information is helpful. 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

Topics during the WFR-Refresher course includes:

Patient Assessment System
Documentaion and Medical Leagal issues
CPR
Spinal Cord Injuries
Head Injuries
Chest Injuries
Shock
Stress injuries
Wound Management
Athletic Injuries & Dislocations
Fracture Management
Mental Health Emergencies
Cold & Heat Related problems
Altitude Illness
Cardiac, Respiratory and Neurological Emergencies
Abdominal Emergencies
Wilderness Drugs & First Aid kits
And much more

CrossLat January 2020