



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE

MANDALA TOUR, SICILY MARCH 9-11, 2020

DATES: March 9-11, 2020 (Monday, Tuesday and Wednesday)

PRICE: €500.00 per person (25% VAT included). Included in the course fee is for each person a NOLS Wilderness Medicine Wilderness First Aid 30 page handout, First Aid Pocket Guide, a patient assessment bandana and NOLS Wilderness Medicine WFA certification.

REGISTRATION & PAYMENT: You get a spot on a Crossing Latitudes sponsored course by paying the course fee to Crossing Latitudes Swedish bank, calling our office in the USA with a Visa or MasterCard or we can of course also invoice you. 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

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.

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

COURSE LOCATION: Clan dei Ragazzi, Etna North Side, Sicily. <http://www.etnanordchalet.it/>

CLASS FORMAT: We start our Wilderness First Aid course Monday March 9th at 08:30. We will have class until 18:00 with a few short breaks and an hour lunch. Same schedule – 08:30 to 18:00 goes for Tuesday and Wednesday 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) 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. 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 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.

MEALS & LODGING: Meals and Lodging is not included in the course price. Contact Marta Zarelli at Mandala Tours for more information about lodging at the Etna Nord Chalet: info@mandala-tour.com There might be a discounted group rate you can be part of.

TRAVEL DIRECTIONS: Contact Mandala Tours for more information. info@mandala-tour.com or visit: <http://www.etnanordchalet.it/dove-siamo/>

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.

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 190,000 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.

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).

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. 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.

NO SMOKING IS ALLOWED DURING THE COURSE HOURS.

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.

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

Extra attention to be given to injuries and illnesses elderly participants might experience on trips.

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

Spine- and 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: Diabetes, Epilepsy, Asthma, 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
Rain jacket & pants
Outdoor shoes & Indoor shoes (sneakers or sandals)
Scarf, hat, gloves
Head lamp
Towel and personal toiletries
Water bottle, Pen and paper
Sunglasses

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