



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE (WFA)

STF ABISKO TURISTSTATION, SWEDEN JUNE 12-14, 2020

DATES: June 12-14, 2020 (Friday, Saturday and Sunday).

COURSE LOCATION: STF Abisko Turiststation in Abisko. Abisko Turiststation is owned by the Swedish Tourist Association (STF). It is located at the heart of Abisko National Park, where you can experience midnight sun, great hiking and skiing (even in the summer). Abisko Turiststation is located 250 kilometers north of the Arctic Circle.

COURSE FEE: SEK 4250:- (USD \$450.00 / €405.00. 25% VAT is included in your price). Included in the First Aid 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. Food and Lodging is not included in your price.

LANGUAGE: This three day Wilderness First Aid course is taught in English. The instructor speaks Swedish and is more than happy to help out with translations if needed. You may receive the course materials in Swedish, Finnish or Spanish if you like.

SIGNING UP: We ask for full payment in order to reserve a spot on the First Aid course. Payment can be done to Crossing Latitudes Swedish Bank account (PG 100 75 14-1) or by VISA / MasterCard through our office in the US. We can also invoice you. See our cancellation policies below.

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: info@crossinglatitudes.com Webpage: <http://www.crossinglatitudes.com>
[Phone \(USA\): 1-406-585-5356](tel:+14065855356). [Phone \(Europe\): +46-70-670 1153](tel:+46706701153).

MEALS & LODGING: Meals & Lodging is not included in your course price. [STF Abisko Turiststation](#) offer anything from a camp site for your tent, a bed in the hostel, shared or private room in the main lodge or you can rent a full cabin. Booking of your accommodation can be made on-line or by e-mailing

to bokningen@stfturist.se or phoning +46 (0) 980-40200. The reception can be reached on site, per phone and through e-mail Abisko@stfturist.se

Abisko is the Swedish Tourist Associations' (STF) largest mountain resort, with a total of 377 beds in the main building, Keron hostel and cabins. You have always access to a shower, toilet, kitchen, drying room, sauna, washing machine and lounge. All rooms are non-smoking. Accommodation in the main building includes bed linen and towels. If you stay in other rooms you can rent bed linen sets at reception.

The Restaurant serves a buffet breakfast, lighter snacks, lunch and three course meal evening dinner as well as dishes from an á la carte menu. If you stay at the hostel there is a full kitchen with everything you need to cook great meals. There is a shop at the main lodge and there is also a grocery store within walking distance from the lodge.

Here is a link to lodging options: <https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/accommodation/>

You are of course welcome to book accommodations elsewhere. Kungsleden (The Kings Trail) starts or ends in Abisko. In this area you can do some great hiking, take a trip to the Aurora Sky Station, take a midnight sun hike or do day trip to the unique boulder fields at Kärkevagge. Planning on spending a few extra days after the Wilderness First Aid course makes a lot of sense.

CLASS FORMAT: We start our Wilderness First Aid course Friday June 12 at 08:00 and go to 18:00 with a few short breaks and one hour lunch. Same schedule – 08:00 to 18:00 goes for Saturday and Sunday.

No previous experience is needed. This course is for all who like to learn first aid. 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 if you hold a valid (not expired or within your "re-entry" year) WAFA or 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, guides, 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 are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 4000 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 WAFA or WFR - you must do both a written and a practical test. Please email us if you are interested in using this course as a recertification.

TRAVEL DIRECTIONS: STF Abisko Turiststation is situated in the northern part of Abisko National Park, about 100 km from Kiruna, Sweden and 80 km from Narvik, Norway. How to get here:

CAR: By road from Kiruna, Sweden: Take the E10 road towards Narvik for 100 km. Drive through Abisko village and after 2 km turn right at the sign "Abisko Turiststation".

By road from Norway, Narvik: Take the E10 road towards Luleå. Cross the Norwegian – Swedish border and continue for about 40 km, then turn left at the sign "Abisko Turiststation".

BUS: There are busses from Kiruna (Sweden) or from Narvik (Norway) to Abisko.
<https://www.swedavia.com/kiruna/bus/#gref> or <https://ltnbd.se/en/plan-trip/> or <https://www.rome2rio.com/>

TRAIN: By Swedish rail, take SJ which stops daily at "Abisko Turiststation". The train station, which has no staff onsite, is close to STF Abisko Mountain Station, a 5 minute walking distance to reception. For timetables and prices visit www.sj.se.

FLIGHT: Closest airports are Kiruna (Sweden) and Narvik - Evenes (Norway). Flights are operated by SAS www.sas.se and Norwegian www.norwegian.se

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. See suggested equipment list further down.

NOLS Wilderness Medicine will bring medical equipment and outdoor gear for setting up realistic scenarios. After 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. 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. 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).

CROSSING LATITUDES CANCELLATION AND REFUND POLICY:

If a participant 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.
- ☐ If participants cancels between 29 and 14 days before course start Crossing Latitudes will return 50% of the course fee.
- ☐ Within 13 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 course – your choice – or refund you the full paid tuition.
- ☐ With special circumstances a participants course fee can be transferred to another course that Crossing Latitudes hosts within a year.

ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & INDEMNITY AGREEMENT:

Please download this agreement from https://www.nols.edu/media/filer_public/25/f2/25f268e6-c2f5-4ee1-9e7b-b3ed2a909358/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 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.

Please contact us with any questions you may have. To get a spot on this NOLS Wilderness First Aid course you register with Crossing Latitudes. For lodging at Abisko Turiststation you contact them directly.

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 & AED)

Introductions Wilderness Medicine

Initial Assessment (A B C D E)

Focused Exam (Head-to-Toe assessment)

Vital Signs

Focused Medical History

Documentation, Emergency and Evacuation Plans

Spine- and Spinal Cord Injuries

Head Injuries
Shock
Wilderness Wound Management
Burns
Infections
Athletic Injuries
Fractures
Dislocations
Heat Related Illness
Cold Related Injury – Hypothermia and Frostbite
Lightning
Altitude Illness
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
Hiking boots or waterproof boots
Indoor shoes (sneakers or sandals – the floor can be a bit cold)
Scarf, hat, gloves
Thermos & personal mug
Water bottle
Pen and paper
Sunglasses
Snacks as our days are long and we will be outside quite a bit

Towel and personal toiletries
Tent, sleepingbag or sheets ... depending on where you will stay during the course

CrossLat January 2020