



## **NOLS WILDERNESS MEDICINE WILDERNESS FIRST RESPONDER COURSE**

**HOSTED BY CROSSING LATITUDES  
& WATER RESCUE FEDERATION of SLOVENIA**

**KAMP KOREN IN KOBARID, SLOVENIA  
SEPTEMBER 28 – OCTOBER 8, 2020**

This [NOLS Wilderness Medicine](#) Wilderness First Responder course is designed specifically to provide you with the tools to make critical medical and evacuation decisions in remote locations. Half of your time will be spent completing practical skills and scenarios designed to challenge your decision-making abilities. CPR is included in this course.

**COURSE DATES:** September 28 to October 8, 2020. See schedule below.

**COURSE FEE:** The course fee is €900.00 (USD \$1000.00) per person. The tuition covers the NOLS Wilderness Medicine Medical Handbook, the NOLS Wilderness Medicine textbook, a bandana with the patient-assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR certification. The textbook will be sent to you once you have paid the course fee. Food & Lodging is **not** included in the course fee.

**COURSE LOCATION:** Kamp Koren, Kobarid, Slovenia. <https://www.campingslovenia.com/>

**SIGNING UP & PAYMENT:** Full payment of €900.00 (or USD \$1000.00) is needed in order to get a spot on the WFR course. Once we have received your course fee we will email you course confirmation and receipt. Later the WFR textbook will be sent to you.

Payment can be done two ways:

1) Payment with VISA / MasterCard by calling Crossing Latitudes office in the USA. +1-406-585-5356.

2) Transfer the course fee to Društvo reševalcev iz vode Slovenije

Beneficiary name: Društvo reševalcev iz vode Slovenije

IBAN:SI5661000023669317

BANK NAME:Delavska hranilnica d.d.

Swift: HDELSI22

If you have questions please email Miha Mihelic – the member of the Water Rescue Federation of Slovenia at: [mihaa23@gmail.com](mailto:mihaa23@gmail.com)

Don't forget to write your name and "WFR Slovenia" if you transfer so we know who paid.

**LAST DAY FOR SIGNING UP:** August 1<sup>st</sup>, 2020. We only take 18 participants on this course so don't wait too long before signing up.

**MEALS & LODGING:** Meals and lodging is not included in the WFR course fee. We highly recommend that you book your lodging (tent site, caravan, an Eco chalet or Glamping) at Kamp Koren - situated by the Soca River only 1 km from the town of Kobarid.

When you book your lodging at Kamp Koren mention that you are taking the NOLS Wilderness Medicine course. Phone: +386 (0)5 389 13 11 Email: [info@kamp-koren.si](mailto:info@kamp-koren.si)

In the town of Kobarid there are hostels, B&B's, Hotels and AirB&B's as well. Take note that the walk from town to Kamp Koren is between 10-15 minutes one way.

How about arriving a day or two before or stay after the first aid course and enjoy kayaking, fishing, mountain cycling, climbing, paragliding, walking ... Check out Kamp Koren's activities at: <https://www.campingslovenia.com/sport-activities>

**LANGUAGE:** This Wilderness First Responder course is taught in English. Our NOLS Wilderness Medicine instructors teach all over the world and are usually bilingual. The NOLS Wilderness Medicine textbook is in English and will be sent to you pre course and we highly recommend that you start reading it.

**TRAVEL DIRECTIONS:** <https://www.campingslovenia.com/where-are-we>

**COURSE DESCRIPTION:** A Wilderness First Responder (WFR) is an essential wilderness first aid education for anyone who spends significant time in remote places or who has a professional career in the outdoors. The WFR course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue.

NOLS Wilderness Medicine curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days.

The intensive 80-hour curriculum is internationally recognized and supported by the Wilderness Medical Society. Your instructors are dynamic educators who have practiced both wilderness and urban medicine. This 80-hour+ course is ideal for all professionals operating in remote environments. Adult CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS (see more info below).

**For more information about NOLS Wilderness Medicine and the WFR course, please visit:** <https://nols.edu/en/courses/courses/wilderness-first-responder-WFR/>

**CLASS TIME & SCENARIOS:** The Course language is English. We will start at 08:00 each day and go to 17:00. Many hours will be spent indoors learning in-depth about different topics. 50% of the time will be spent outdoors with practical sessions and scenarios.

All participants will be playing both "patients" and "rescuers" each day. We use fake blood to make the scenarios more realistic. The fake blood will come off clothing but you might have to wash twice. There will be one evening session indoors and one night exercise where you might encounter "patients" you never met before (special invited folks). Discussions about leadership, group dynamics and evacuation procedures are part of this course.

Day 6 is a day off. No classes. This is where you might enjoy the many activities Kamp Koren offers: <https://www.campingslovenia.com/sport-activities>

**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.

**NOLS WILDERNESS MEDICINE MISSION:** The Wilderness Medicine's goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies.

NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been the most recognized and respected teacher of wilderness medicine, training individuals and groups all over 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 trains participants to respond to emergencies in remote settings.

**WHAT CAN YOU EXPECT FROM US?** Expect dynamic instructors with lots of backcountry experience. Expect to spend lots of time outside with realistic scenarios. Expect daily feedback from us instructors. Expect intense but rewarding days. There will be a written and a practical exam at the end of the course and we will do everything we can to help you get the skills to perform well. You need to pass both the written and the practical tests in order to receive NOLS Wilderness Medicine international WFR certification.

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 the equipment. We hope you will ask us if you don't understand. We expect you to study and do extra practice in the evenings.

We ask that all participants' cell phones and computers will be turned off during class time. No smoking during our class time (which includes outside scenario time).

**CONTINUING EDUCATION COLLEGE CREDIT & EMT CEUS:** The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost. If interested, please check with the instructors on the first day of class for the necessary information.

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 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

**CANCELLATION & REFUND POLICIES:**

If a student cancels or withdraws from a course:

- Greater than or equal to 35 days prior to the course starting date, sponsor will retain a €250.00 administrative fee.
- Within 34 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 sponsored NOLS Wilderness Medicine course within a year if possible.
- A full refund will be given if we are forced to cancel the course for any reason.

**PETS / DOGS ARE NOT ALLOWED AT THE COURSE. THIS INCLUDES LEASHING THEM OUTSIDE THE CLASSROOM. NO EXCEPTIONS.** Any student bringing pets to class will be asked to leave class until the pet is safely situated in your cabin, car, a kennel or other facility.

No alcohol or smoking is allowed on site during class hours.

### **EQUIPMENT LIST:**

Expect the best but be prepared for the worst! It can down pour in Slovenia in the fall. We will be outside each day even if it rains, snows or storms. Having quality clothing and equipment is important. Come to class each morning prepared to be outside. You need a medium sized Backpack for personal extra clothing and First Aid gear that we will provide each day.

### **IN YOUR BACKPACK:**

1 extra sweater or a fleece jacket  
 1 pair of long johns  
 Rain jacket  
 Rain pants  
 1 pair of extra wool or synthetic socks  
 Hat, gloves, mittens, neck warmer, buff or scarf  
 Head lamp with extra batteries (important for the night scenarios)  
 Sunglasses  
 Water bottle

### **ALSO BRING TO THE CLASSROOM:**

Indoor shoes or sandals, note pad, pens or pencils, water bottle and personal mug (if you like to drink coffee or tea during class).

### **OTHER SUGGESTED GEAR:**

Underwear  
 1-2 polypro or wool tops  
 1-2 polypro or wool bottoms (long johns)  
 1-2 warm sweaters or fleece jackets  
 1-2 quick drying outdoors pants  
 1-2 sweats or casual pants for evenings  
 Rain jacket & Rain pants  
 3-4 wool or synthetic socks  
 1-2 liner socks  
 2-3 ordinary socks  
 Outdoor boots (remember there might be some cold and wet days and evenings)  
 Indoor shoes (sandals or sneakers as our classroom floor might be chilly)  
 2-3 T-shirts or long sleeve casual shirts  
 Hat, gloves, mittens, neck warmer/scarf  
 Exercise clothing (running shoes etc.) if you want to take a run on the nearby trails.  
 Headlamp with extra batteries (important for the night scenario)  
 Camera (optional)  
 Note pad and pens  
 Knife (optional)  
 Sunglasses  
 Water bottle & Mug  
 Towel & toiletries

Tent, sleepingbag, sleeping-pad, sheets, towels etc. – depending where you are staying during the course.

If you bring a phone, radio, iPod, laptop or other electronics you need a special adaptor for Europe.

## **COURSE SCHEDULE 08:00 – 17:00**

### **DAY 1: Monday September 28**

Introductions: Wilderness vs. Urban  
Initial Assessment  
Patient Exam  
Vital Signs: LOC, HR, RR, SCTM  
Vital Signs: BP, Pupils  
Focused History  
Documentation

### **DAY 2: Tuesday September 29**

Spinal Cord Injuries  
Lifting and Moving  
Spinal Protection, Litter Packaging, Carrying, and Long-Term Care  
Chest Injuries  
Shock

### **DAY 3: Wednesday September 30**

Focused Spinal Assessment  
Head Injuries  
Athletic Injuries  
Fracture Management  
Evening: Dislocations and Splinting

### **DAY 4: Thursday October 1**

Wilderness Wound Management  
Burns & Infections  
Hypothermia  
Frostbite and Non-Freezing Cold Injury  
Heat and Hydration

### **DAY 5: Friday October 2**

Altitude Illness  
Bites and Stings  
Leadership, Teamwork & Communication  
Stress First Aid  
MCI Practical Scenario

### **DAY 6: Saturday October 3 DAY OFF**

### **Day 7: Sunday October 4**

Cardiac Emergencies  
CPR  
Respiratory Emergencies  
Altered Mental Status

### **DAY 8: Monday October 5**

Acute Abdomen  
Allergies and Anaphylaxis

Diabetes  
Principles of Search and Rescue/Evacuation  
Evening: Mock Rescue

**DAY 9: Tuesday October 6**

Debrief  
Wilderness Drug and First Aid Kits  
Mental Health Concerns  
Poisoning  
Communicable Disease

**DAY 10: Wednesday October 7**

Lightning  
Submersion Incidents  
Gender Medical Issues  
Medical Legal Issues  
Practical Exams

**Day 11: Thursday October 8**

Written Exam. Closing Ceremony  
End around 13:00

For questions about this NOLS Wilderness Medicine WFR course or our curriculum please contact Crossing Latitudes at [info@crossinglatitudes.com](mailto: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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