



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE (WFA) (can be used as a recert of a NOLS WAFA or WFR card as well)

VÄRMDÖ, STOCKHOLM, SWEDEN
NOVEMBER 13-15, 2020

DATES: November 13-15, 2020 (Friday, Saturday and Sunday).

PRICE: SEK 4500:- (VAT included). Included in the 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. Lodging is included but food is **not** in your price. If you don't want to stay over you can deduct 600:- from the course fee.

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 can also 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 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. Please find more about payment information in the Reservation Form. 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. Phone (Europe): +46-70-670 1153.

COURSE LOCATION: Skatboet (the Magpie's nest) is located on the island of Värmdö, Stockholm, Sweden. You can reach Skatboet by bus from Stockholm (approximately 30 minutes bus ride and 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/>

CLASS FORMAT: We start our Wilderness First Aid course Friday November 13 at 08:00. We will have class until 18:00 with a few short breaks and an hour lunch. Same schedule – 08:00 to 18:00 goes for Saturday and Sunday as well.

You are welcome to arrive on Thursday evening (November 12) and stay until Monday morning (November 16) without an extra charge.

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 WFR-Recertification course if you hold a valid (not expired or within your "re-entry" year) 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: Lodging is in shared cabins (4 people per cabin) and you need to bring your own bedding (sheets or sleepingbag) and towel. A blanket and a pillow is provided. You are of course welcome to pitch a tent as well but there is no discount for this. There is only one shower at Skatboet so be prepared to wash in the sink or enjoy a cold dip in the Baltic.

Meals are **not** included in the WFA course fee but there is a large food store and several restaurants only 10-15 minutes walk away. You are welcome to use the kitchen where there are two stoves, refrigerator and freezer, micro, water boiler, coffee machine, pots, pans, all utensils etc. available.

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 called "Älgstigen" (Värmdö).

The bus stop is called "Älgstigen". Walk in the same direction as the bus continues in (there will be a side walk along the road). 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.

If you drive you can drive through the "gate" and park at the very end of the road – right below the "Skatboet".

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. During 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, training over 200,000 students around the world.

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. To date we have run courses internationally in USA, Australia, Canada, Nepal, Columbia, Costa Rica, Chile, India, Singapore, Malaysia, Kenya, Mexico, Norway, Switzerland, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, Denmark, England, Ireland and Tanzania.

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 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.
- 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.

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. Failure to provide a signed document will result in you not being able to participate in the course.

NO SMOKING IS ALLOWED ON SITE DURING THE COURSE HOURS. SKATBOET IS A ALCOHOL FREE AREA.

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

Cardiopulmonary Resuscitation
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)
Documentation, Emergency and Evacuation Plans
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, 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

Head lamp with new batteries

Thermos & personal mug

Water bottle

Pen and paper

Sunglasses

Food for your meals

Sleepingbag or sheets

Towel and personal toiletries

CrossLat March 2020