



## **NOLS WILDERNESS MEDICINE**

### **WILDERNESS FIRST RESPONDER RECERTIFICATION**

#### **Sponsored by Crossing Latitudes**

**Dates: March 19-21, 2021 (Friday, Saturday and Sunday)**

**Location: Bozeman, Montana (Lindley Center) Cost: \$320.00**

**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 and FBAO. 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.

**COURSE FEE:** USD \$330.00 per person. The tuition covers the new 100 page NOLS Wilderness Medicine Medical Handbook, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR certification. Coffee, tea, fruit and snacks are included in the tuition fee.

**SIGNING UP:** Below is a link to our Student Agreement form - please read it before paying us the course fee.

Another important document to read before signing up is the NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students. In this form there is a link to a 3 minute long video of what you can expect from NOLS Wilderness Medicine in COVID-19 times. Please watch it and email us if you have any questions.

Student Agreement:

[https://www.nols.edu/media/filer\\_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf](https://www.nols.edu/media/filer_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf)

COVID-19 Disclosure, Practices and Expectations for Students:

<https://docs.google.com/document/d/1jCIoXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit>

Video: <https://youtu.be/LRuRwaAeOsE>

You get a spot on the course by paying the full course fee to Crossing Latitudes. We can invoice you or you can send a check or call us and pay with a VISA/MasterCard through our office in the Bozeman, Montana. Once we have received your Course fee we will email you a receipt and a course confirmation. See our cancellation policies below.

Crossing Latitudes: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Phone (USA): 1-406-585-5356.

Phone (Europe): +46-70-670 1153. Webpage: <http://www.crossinglatitudes.com>

**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.

If you hold a valid WFR certification from NOLS Wilderness Medicine, we ask you to bring your certification card so that the instructor can verify your expiration date. You can also let us know when you sign up.

Students holding a current WFR certification from any other organization are **REQUIRED** to submit a photocopy of their certification card on the first day of the course. You can also email us a copy of your card when you are signing up.

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.

There is a one-year grace period for recertification of NOLS Wilderness Medicine cards. Keep in mind that your certification is not current during this "re-entry year" and therefore you can not work as a Wilderness First Responder.

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

**REGISTRATION / POLICIES:** Tuition payment in full is required to reserve your spot in the course. Tuition is payable by check to Crossing Latitudes or over the phone with Visa/MasterCard. The tuition fee cover syllabus, equipment and certification cards. NOLS Wilderness Medicine is not obligated to allow any student to attend a course until all NOLS Wilderness Medicine paperwork has been received, reviewed and approved by NOLS Wilderness Medicine. A full refund will be given if we are forced to cancel the course for any reason.

## **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 \$75.00 administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable. Crossing Latitudes will try to help you transfer to another Crossing Latitudes hosted NOLS Wilderness Medicine course. If we can fill your spot you will receive your tuition back minus a \$75.00 admin fee.
- If Crossing Latitudes or NOLS Wilderness Medicine cancel the course you will receive full refund.

## **ACKNOWLEDGMENT AND ASSUMPTION OF RISKS RELEASE AND INDEMNITY AGREEMENT:**

**Please download this agreement from [https://www.nols.edu/media/filer\\_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf](https://www.nols.edu/media/filer_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-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.

NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine 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 WMI WFR Recert course. Please bring a photocopy of your current EMT card(s) with you to your course.

**CLASS FORMAT/EQUIPMENT:** Check in is at **7:45 A.M.** on the first day of the course (Friday March 19). Course days run from 8:00am to 5:00pm. The format for this 24-hour 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, 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. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a camp-type chair.

Please come equipped with a light day pack, two face masks, protective eyewear, outdoor gloves, waterproof top and bottom, light hiking boot, and layers well suited for spending time outside playing the role of patient and rescuer. Feel free to bring the gear and extra clothing you would usually bring on a day hike or paddle. These items will be used in our 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, NOLS Wilderness Medicine (<https://www.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. 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.

**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 expect you to take good care of the equipment. We hope you will ask us if you don't understand. We expect you to have studied before course start as we start the course on Friday morning with the written test.

We expect you to have read and agreed the above NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students.

**TRAVEL/DIRECTIONS:** The Lindley Center is located on 1102 East Curtiss Street. It is only minutes walk away from the Lindley Park, Pete's Hill and from the Sunset Hills cemetery.

If you are coming from Highway I-90 turn off at Exit 309. This will bring you up on East Main street. Drive west for .5 miles, turn Left at the stop light, south on Highland. Drive a few hundred yards to East Curtiss Street (on your Right). Drive up the hill and you'll see a brown/green low building on your Left, surrounded by large trees. This is the Lindley Center.

If you are coming from Bozeman down town drive Main Street East and pass the entrance to Lindley Park and Sunset Hills Cemetery. Turn right on the next road (Cypress Street) and follow this road through a left curve (approximately two hundred yards). Lindley Center will be on your right – tucked in among large trees.

**MEALS / LODGING:** There is not a meal and lodging option for this course. Below are some lodging options. There are several coffee shops and restaurants within 10-15 minutes walk from the Lindley Center. You can also bring your own lunch. There is a kitchen and micro wave oven at the course site but no pots or utensils – bring your own if you plan to cook. We will have coffee, tea, fruit and snack bars available at the course site.

There are numerous motels and campgrounds in and around Bozeman. The Treasure State Hostel is located on Main Street – only 15 minutes walk from our class site.

**PETS ARE NOT ALLOWED AT THE TEACHING SITE. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS.** 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 ON SITE.**

**Please contact us with any questions or concerns you may have.**

**Crossing Latitudes, Inc.** Phone: 1-406-585-5356 Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)  
NOLS Wilderness Medicine web: <https://nols.edu/en/courses/wilderness-medicine/>

### **NOLS Wilderness Medicine WFR Recertification Schedule**

**DAY 1** Introductions and Written Examination  
Infection Control  
Patient Assessment System  
Shock  
Chest Injuries  
Spinal Management/Head Injuries  
Wilderness Wound Management  
Athletic Injuries / Dislocations

**DAY 2** Fracture Management  
Hypothermia & Heat Illnesses  
Altitude Illness  
Medical Scenarios: Cardiac Emergencies,  
Respiratory Emergencies, Neurological  
Emergencies, Mental Health, Acute Abdomen,  
Urinary and Reproductive and Anaphylaxis

**DAY 3** Medical Scenarios: Continued  
Practical Test Scenarios  
Closing/Evaluations  
Afternoon: CPR

