



## NOLS WILDERNESS MEDICINE

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

**VÄRMDÖ, STOCKHOLM, SWEDEN MARCH 26-28, 2021**

**DATES:** March 26-28, 2021 (Friday, Saturday and Sunday).

**PRICE:** SEK 4750:- (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:** 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 call us and pay with a VISA/MasterCard through our office in the Bozeman, Montana, USA. You can also transfer the course fee to Crossing Latitudes bank in Sweden. 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>

**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.

**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 March 26 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 (March 25) after 18:00 and stay until Monday morning (March 29) 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. We also ask you to bring 2 Face masks (Buffs or cloth masks are OK), protective eye wear (sunglasses, Ski goggles or carpenter glasses are OK) and a pair of outdoor gloves. 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 expect you to take good care of our equipment. We hope you will ask us if you don't understand.

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).

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

### **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 1000:- (approx. USD \$100.00) 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 within a year. If we can fill your spot you will receive your tuition back minus SEK 1000:- (approx. USD \$100.00) – the 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-](https://www.nols.edu/media/filer_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf)

[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.

**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](http://www.crossinglatitudes.com) Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

NOLS Wilderness Medicine: <https://nols.edu/en/courses/wilderness-medicine/>

**Wilderness First Aid Course Curriculum**

Infection Control

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

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)

2 Face Masks (Bufs or cloth masks OK)

1 Pair of protective eyewear (sunglasses, ski goggles, carpenter glasses or ordinary glasses are OK)

1 pair of outdoor gloves

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

Food for your meals

Sleepingbag or sheets

Towel and personal toiletries

**CrossLat July 2020**