



**NOLS WILDERNESS MEDICINE**  
**WILDERNESS FIRST AID COURSE**  
**SEPTEMBER 21-23, 2020 STRANDA, NORWAY**  
**Hosted by Uteguiden AS & Crossing Latitudes**

**DATES:** September 21-23, 2020 (Friday, Saturday and Sunday).

**PRICE:** Contact Uteguiden for price, payment options and cancellation guidelines. Included in your course fee is a 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. [post@uteguiden.com](mailto:post@uteguiden.com) or Tel: +47 40 55 46 70

**SIGNING UP:** Please contact Uteguiden at [post@uteguiden.com](mailto:post@uteguiden.com) or Tel: +47 40 55 46 70

**LOCATION:** Uteguiden at Storgata 10, 6200 Stranda, Norway.

**LANGUAGE:** This three day Wilderness First Aid course is taught in English. One of the instructors speaks Swedish, Finnish and Norwegian and is more than happy to help out with translations if needed.

**CLASS FORMAT:** We start our Wilderness First Aid course Monday September 21st 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 Tuesday and Wednesday as well. If you take this course to recertify your WAFA or WFR – be prepared to add a few hours on Tuesday evening for recert classes and discussions.

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 / WFR card from NOLS Wilderness Medicine. If you want to recertify you need to add a few hours on Saturday evening. Contact us if you have questions in regards recertifying.

**COVID-19:** 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>

**QUESTIONS ABOUT THE COURSE:** Crossing Latitudes Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)  
Webpage: <http://www.crossinglatitudes.com> Phone (USA): 1-406-585-5356.  
Phone (Europe): +46-70-670 1153.

**MEALS & LODGING:** Food & Lodging is not included in the course price. Please communicate with Uteguiden for more recommendations in regards to lodging in and around Stranda.  
[www.uteguiden.com](http://www.uteguiden.com) Tel: +47 40 55 46 70 Email: [post@uteguiden.com](mailto:post@uteguiden.com)

**TRAVEL DIRECTIONS:** [Google Maps](#):  
<https://www.google.com/maps/place/Storgata+10,+6200+Stranda,+Norway/@62.3083886,6.3849694,9z/data=!4m13!1m7!3m6!1s0x4616a25b3a14cb25:0x37551b90ed23a33f!2sStorgata+10,+6200+Stranda,+Norway!3b1!8m2!3d62.3084241!4d6.9451903!3m4!1s0x4616a25b3a14cb25:0x37551b>

**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 NOLS Wilderness Medicine Wilderness Advanced First Aid (WAFA) or Wilderness First Responder (WFR) you must do both a written and a practical test. Please email us if you have questions about this. 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/>

On this web page there is a pdf curriculum update worth reading. There are practice tests and quizzes that you can do and correct yourself and there are also videos of patient assessment and focused spine assessment etc. Also plan on spending a few hours on Saturday evening for your recert.

**WHAT TO BRING:** Please bring comfortable outdoor clothing. We also ask you to bring two Face Masks, Protected eye wear and outdoor gloves. More in the equipment list further down. 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, T-shirts, 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. NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings.

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 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 international Backcountry and Emergency experience. Expect to spend lots of time outside with realistic scenarios. 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 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).

We expect you to follow our guidelines in regards to COVID-19. Please read the documents, watch the 3 minute long video and email us if you have questions.

COVID-19 Disclosure, Practices and Expectations for Students:

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

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)

**CANCELLATION AND REFUND POLICY:** Contact Uteguiden for details. [post@uteguiden.com](mailto:post@uteguiden.com) or Tel: +47 40 55 46 70

**ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & 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 can't print – don't worry – we have extra forms at 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.

**NO SMOKING IS NOT ALLOWED ON SITE DURING THE COURSE HOURS. PETS ARE NOT ALLOWED AT THE TEACHING SITE.** Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility. Please contact us with any questions or concerns you may have.

**Wilderness First Aid Course Curriculum**

Infection Control  
Cardiopulmonary Resuscitation (CPR)  
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)  
Emergency and Evacuation Plans  
Documentation  
Spinal Cord Injuries  
Head Injuries  
Shock  
Wilderness Wound Management  
Burns  
Infections  
Athletic Injuries  
Fractures  
Dislocations  
Heat Illness  
Cold Injury  
Altitude Illness  
The Medical Patient  
Anaphylaxis  
Wilderness First Aid Kits  
Closure

**Suggested Equipment List**

2 Face Masks (cloth, Buff or professional masks are accepted)  
Protective Eye wear (ordinary glasses, sunglasses, ski goggles, protective carpenter glasses – all accepted)  
1 pair of outdoor gloves

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)

Scarf, hat, gloves

Head lamp

Thermos & personal mug

Water bottle

Pen and paper

Sunglasses

**Crossing Latitudes, Inc.**

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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/>

**Crossing Latitudes August 2020**