



## **NOLS WILDERNESS MEDICINE**

### **WILDERNESS FIRST RESPONDER – RECERTIFICATION (WFR-R)**

### **HOSTED BY KANDERSTEG INTERNATIONAL SCOUT CENTRE & CROSSING LATITUDES**

### **KANDERSTEG, SWITZERLAND OCTOBER 7-9, 2021**

**DATES:** October 7-9, 2021 (Thursday, Friday and Saturday)

**PRICE:** USD \$500.00 (VAT included). Included in the course fee is NOLS Wilderness Medicine Wilderness Handbook, a patient assessment bandana, NOLS Wilderness Medicine WFR certification and CPR certification. Lodging is included in your price from Wednesday afternoon the 6<sup>th</sup> to the morning of Sunday the 10<sup>th</sup>. Food is NOT included.

**LANGUAGE:** This three day Wilderness First Responder Refresher course is taught in English.

**COURSE TIMES:** We start our WFR-R course Thursday October 7 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 Friday and Saturday as well.

**RECERTIFICATION:** All students are required to submit a photocopy of their WFR certification card on the first day of the course. It is **your** responsibility to make sure your WFR certification meets this standard. If you are unsure, please contact NOLS Wilderness Medicine before enrolling in a course and review the recertification portion of our website: <https://www.nols.edu/en/courses/wilderness-medicine/recertify/>

NOLS Wilderness Medicine WFR certifications will be afforded a one-year period after expiration within which to recertify. This course will also recertify those who hold a valid WEMT (wilderness portion only) or WAFA certification.

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 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.

Please contact us if you are unsure whether you are eligible to take this WFR-R course or not.

**COURSE LOCATION:** Kandersteg International Scout Centre (KISC). Kandersteg is a small community with hotels, restaurants, cable-cars up the mountains, a bakery, two grocery stores – all within 20 minute walk from KISC. Kandersteg is centrally located in Europe – 65 km from Bern, the capital of Switzerland in the heart of the Bernese Alps. It is easy to reach Kandersteg by road, air or using the Swiss rail network.

On this link you can read about how to travel to Kandersteg by train, bus, car or plane:  
<http://www.kisc.ch/stay-at-kisc/travel-to-kisc/>

**QUESTIONS & REGISTRATION:** We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes, USA by VISA/MasterCard. You can also transfer the course fee to Crossing Latitudes Swedish bank account. We can also invoice you. Please find more about payment information in the Reservation Form. See our cancellation policies below.

Crossing Latitudes: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Web: <http://www.crossinglatitudes.com>  
Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

**International Transfer** to Crossing Latitudes Swedish bank account:

Name of account: Crossing Latitudes, Inc. 420 West Koch Street, Bozeman, Montana 59715 USA.  
IBAN: SE07 9500 0099 6034 1007 5141. BIC: NDEASESS  
Bank address: Nordea Bank AB, SE-10571 Stockholm, Sweden.

**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>

**COURSE LANGUAGE:** 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.

**MEALS:** Your food is not included in your course fee. You can either choose to buy and cook your own meals (there is a full kitchen with two stoves, two fridges, freezers, pots and pans, micro ovens, water boilers etc. in the "KanderLodge") or you can contact KISC ([reception@kisc.ch](mailto:reception@kisc.ch) or by phoning +41-33-675-8282) and book and pay for meals. Breakfast CHF7.00 / Lunch CHF13.00 / Dinner CHF13.00.

If you book meals make sure to share that you are taking the NOLS WFR-R course.

**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 & AED. 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.

You are required to complete both **written and practical testing** to recertify on this WFR-Recertification course. The written test is the very first thing we do on Friday morning. To achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials. Please come prepared!

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/>

**CLASS FORMAT:** The format for this WFR recertification is scenario based learning. Scenarios and practice sessions will take place both inside and outside. Please bring clothing appropriate for laying on the potentially wet, snowy, cold 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.

#### **RECERTIFICATION:**

**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. Please study and watch some of the Patient Assessment videos on the links below.

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

#### **CROSSING LATITUDES CANCELLATION AND REFUND POLICY:**

If a student cancels or withdraws from a course:

- Greater than or equal to 35 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of USD \$150.00
- Within 35 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 hosted course within a year before you lose your tuition.
- If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course we will help you transfer to another Crossing Latitudes hosted course within a year. If you prefer a refund we will refund you the full course fee (minus a admin fee of \$25.00 if you paid with a credit card).

We also recommend that you protect yourself by buying travel insurance. Crossing Latitudes or NOLS Wilderness Medicine are not responsible for unused tickets, lodging or other expenses you have purchased if the course gets cancelled or you cancel the course.

**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 NOLS Wilderness Medicine WFR Recert course. Please bring a photocopy of your current EMT card(s) with you to your course.

**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. After the course we sell NOLS Wilderness Medicine first aid kits, T-shirts, books and first aid materials.

**NOLS WILDERNESS MEDICINE MISSION:** The NOLS 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 Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been the most recognized and respected teacher of wilderness medicine, training over 350,000 students around the world. 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 is an internationally recognized program that trains participants to respond to emergencies in remote settings.

**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 study and do extra practice in the evenings. We expect you to help us minimize infections by following our COVID-19 guidelines.

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).

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

Smoking and Alcohol is not allowed on site during the course hours. Pets are not allowed at the teaching site during course hours. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

### **Topics during the WFR-Refresher course includes:**

Infection Control  
Cardio Pulmonary Resuscitation (CPR)  
Patient Assessment System  
Documentation and Medical Legal issues  
Spinal Cord Injuries  
Head Injuries  
Chest Injuries  
Shock  
Wound Management  
Athletic Injuries & Dislocations  
Fracture Management  
Cold & Heat Related problems  
Altitude Illness  
Cardiac, Respiratory and Neurological Emergencies  
Abdominal Emergencies  
Mental Health Emergencies  
Wilderness Drugs & First Aid kits

### **Suggested Equipment List:**

Expect the best but be prepared for the worst! 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. Your Backpack will be used every day in the scenarios.

### **In your backpack:**

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

### **Also bring to the classroom:**

2 Face masks (surgical, cloth masks or a Buff is acceptable), Protective eye wear (sunglasses, ordinary glasses, carpenter glasses or ski goggles), indoor shoes or sandals (the floor is cold), note pad, pens or pencils, water bottle and personal mug (if you like to drink coffee or tea during class).

### **Other suggested gear:**

Personal Face masks  
Protective eyewear (sunglasses, ski goggles, carpenter glasses)  
Outdoor gloves  
Underwear  
Polypro or wool tops  
Polypro or wool bottoms (long johns)  
1 warm sweaters or fleece jackets  
1 quick drying outdoors pants  
1 sweats or casual pants for evenings  
Rain jacket & Rain pants  
2-3 wool or synthetic socks

1-2 liner socks  
Ordinary socks  
Outdoor boots (remember there might be some cold and wet days)  
Indoor shoes (sandals or sneakers as our classroom floor might be chilly)  
T-shirts or long sleeve casual shirts  
Hat, gloves, mittens, neck warmer/scarf  
Headlamp with extra batteries  
Camera (optional)  
Note pad and pens  
Sunglasses  
Water bottle & Mug  
Towel & toiletries. (KISC provides sheets, duvet and pillowcase)

There is a coin laundry room at KISC.

If you bring a phone, radio, iPod, laptop or other electronics you need a special adaptor. Plugs and electrical sockets are different in Switzerland than in the European Union. Contrary to the rest of Europe, Switzerland uses the IEC 60906-1 norm. 230 V AC.

We hope this information is helpful. Please contact us with any questions or concerns you may have.

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

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