



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE

(this WFA has a few spots open for WFR recertification)

**HOSTED BY CROSSING LATITUDES
& WATER RESCUE FEDERATION of SLOVENIA**

**KAMP KOREN IN KOBARID, SLOVENIA
SEPTEMBER 17-19, 2021**

DATES: September 17-19, 2021 (Friday, Saturday and Sunday)

COURSE LOCATION: Kamp Koren, Kobarid, Slovenia. <https://www.campingslovenia.com/>

COURSE FEE: The course fee is USD \$450.00 per person. The tuition covers the 30 page NOLS Wilderness Medicine Medical Handout, a bandana with the patient-assessment, a waterproof Pocket Guide, CPR certification and NOLS Wilderness Medicine international WFA certification. Food & Lodging is not included.

COURSE LOCATION: Kamp Koren, Kobarid, Slovenia. <https://www.campingslovenia.com/>

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 Web: <http://www.crossinglatitudes.com>
[Phone](tel:+14065855356) (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

COVID-19 Disclosure, Practices and Expectations for Students:
<https://docs.google.com/document/d/1jCIoXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit>

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

MEALS & LODGING: Meals and lodging is not included in the WFA course fee. We highly recommend that you book your lodging (tent site, caravan, an Eco chalet or Glamping) at Kamp Koren (where our course is held) - situated by the Soca River only 1,5 km from the town of Kobarid.

When you book your lodging at Kamp Koren mention that you are taking the NOLS Wilderness Medicine WFA course. Phone: +386 (0)5 389 13 11 Email: info@kamp-koren.si

In the town of Kobarid there are hostels, B&B's, Hotels and AirB&B's as well. Take note that the walk from town to Kamp Koren is between 10-15 minutes one way.

If you arrive a day or two before or stay after the first aid course - Check out Kamp Koren's activities at: <https://www.campingslovenia.com/sport-activities>

TRAVEL DIRECTIONS: <https://www.campingslovenia.com/where-are-we>

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 medicine 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 WFA course as Recertification for a Wilderness Advanced First Aid or Wilderness First Responder (meaning you hold a non-expired WAFA or WFR card from NOLS Wilderness Medicine or you are within the "re-entry" year) you must do both a written and a practical test. Contact us to make sure you are eligible.

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 equipment and outdoor gear for setting up realistic scenarios. After 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 350,000 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.

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 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 COVID-19 Guidelines.

REGISTRATION / POLICIES: Tuition payment in full is required to reserve your spot in the course. Tuition is non-transferable. Tuition is payable by check to Crossing Latitudes, Visa/MasterCard or transfer to Crossing Latitudes Swedish Nordea Bank account. We can also invoice you.

The tuition fee cover hand-outs, pocket guide, bandana, 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.

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 an 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.

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 **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.

PETS ARE NOT ALLOWED AT THE TEACHING SITE. NO ALCOHOL OR SMOKING ALLOWED DURING CLASSTIME.

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

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: Diabetis, Asthma, Epilepsy, Heart related problems
Anaphylaxis
Wilderness First Aid Kits
Closure

Suggested Equipment List

2 Face masks (medical or clothmasks or Buffs are OK)
Protective eye wear (glasses, sunglasses, ski goggles, carpenter glasses)
Outdoor gloves

Day pack with extra layers (sweater, socks, long johns)
Outdoor clothing that will keep you warm and dry in all conditions
Waterproof jacket & pants
Hiking boots or waterproof boots
Indoor shoes (sneakers or sandals – the floor can be a bit cold)
Hat & gloves
Head lamp
Towel and personal toiletries (KISC provides sheets, duvet, pillow and pillow case)
Personal mug – if you like tea or coffee during classtime
Water bottle
Pen and paper
Sunglasses

For questions about this NOLS Wilderness Medicine WFA course or our curriculum please contact
Crossing Latitudes at info@crossinglatitudes.com
Phone in Europe: +46-70-670 1153 Phone in USA: +1-406-585-5356.
NOLS Wilderness Medicine web: <https://nols.edu/en/courses/wilderness-medicine/>

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