



NOLS WILDERNESS MEDICINE

2 WILDERNESS FIRST AID COURSES (WFA)

Bushcraft Denmark, Jyderup, Denmark

September 10-12, 2021 & September 17-19, 2021

DATES: September 10-12, 2021 (Friday, Saturday and Sunday) or September 17-19, 2021 (Friday, Saturday and Sunday). Each course covers the same course material.

LANGUAGE: The courses are taught in English by Scandinavian instructors who can translate to Finnish or Swedish.

PRICE: See Bushcraft Denmark at www.bushcraftdenmark.dk

LOCATION: Bushcraft Denmark, Jyderup, Denmark.

MEALS / LODGING: Contact Bushcraft Denmark at kontakt@bushcraft.dk for more information.
www.bushcraftdanmark.dk

COURSE HOURS: Each day we start the course at 08:00 and end at 18:00 – This includes Sunday. We will have a few short coffee/tea breaks and an hour lunch break each day.

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. The fake blood will come off clothing and skin after a wash or two.

IMPORTANT BEFORE SIGNING UP: An important document to read before signing up is the NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students and the Student Agreement form. Below is also link to the 3-minute long video of what you can expect from NOLS Wilderness Medicine in COVID-19 times. Please watch it and email Crossing Latitudes if you have any questions at info@crossinglatitudes.com

COVID-19 Disclosure, Practices and Expectations for Students.

<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4al9uBEys8m0cvg/edit>

Video: <https://youtu.be/LRuRwaAeOsE> Please watch and email us if you have questions.

Student Agreement: https://www.nols.edu/media/filer_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf

Registration is through Bushcraft Denmark.

NOLS WILDERNESS MEDICINE MISSION: NOLS 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.

COURSE DESCRIPTION: Fast paced and hands-on, this course covers a wide range of wilderness medicine topics for people who travel or work in the great outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" You will find a list of our classes further below. No previous experience is needed.

After the course you'll have the knowledge, skills and ability to make sound decisions in Emergency situations.

50% of our time will be hands-on. We might spend 1-2 hours in the classroom with lectures and demonstrations, then go outside for scenarios an hour or two. Back inside again for more lectures and then more time outdoors. No matter what the weather is - we will spend time outside and in COVID-19 times we will try to be outside as much as possible.

NOLS Wilderness Medicine course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other US governmental agencies. NOLS Wilderness Medicine is quickly becoming a choice of education among outdoor guides in Scandinavia and in Europe. The certification you receive after the course is internationally recognized. To date we have had about 4000 Scandinavian participants and over 350,000 participants worldwide.

TESTS: There are **no** written or practical tests on this Wilderness First Aid course. You just have to be there, be active, participate and do your best!

But if if you take this course as Recertification for a NOLS Wilderness First Responder (WFR) or a NOLS Wilderness Advanced First Aid (WAFA) - meaning you hold a valid and not expired WFR or WAFA card from NOLS Wilderness Medicine – then you must do a written and a practical test. Please email us at info@crossinglatitudes.com if you are a WFR or WAFA grad. Check the following web page for information and resources on how to best prepare for your course: <https://www.nols.edu/en/resources/wilderness-medicine-resources/> **If you have a WFR or WAFA from another organization you must communicate with us before signing up.**

WHAT TO BRING: Come prepared to spend time both inside and outside – no matter what the weather is. Please bring outdoor clothing appropriate for laying on the potentially wet, muddy or snowy, cold ground playing the role of both “rescuer” and “patient”. Fake “blood” and “make-up” will be used to emphasize the reality of a scenario.

Bring a backpack with gear and extra clothing you would usually bring on a day trip, a climb, a paddle trip or back country ski trip. NOLS Wilderness Medicine brings a lot of extra gear but the scenarios will be more “realistic” if you use some of your own gear. Recommended equipment list is further down.

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 dogs or pets at class and no smoking or alcohol during class - which includes scenarios outside. Thanks!

We expect you to respect and follow NOLS Wilderness Medicine COVID-19 guidelines:
<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit>

REGISTRATION / POLICIES: Registration and payment is via Bushcraft Denmark at <http://www.bushcraftdenmark.dk/> Make sure you understand their cancellation policies. NOLS Wilderness Medicine or Crossing Latitudes are not responsible for unused travel tickets, class fees, unused lodging or food.

ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & INDEMNITY AGREEMENT:

Please download this agreement from https://www.nols.edu/media/filer_public/a1/5d/a15db00e-ac1d-4465-b64a-0e3ef5c777ef/nols-wm-student-agreement-2017-october.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.

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

Crossing Latitudes, Inc.

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Crossing Latitudes web site: <http://crossinglatitudes.com/>

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

Wilderness First Aid Course Curriculum

Introductions Wilderness vs. Urban Medicine
Communicable Disease & Infection Control
Cardiopulmonary Resuscitation (CPR)
Initial Assessment A B C D E
Focused Exam (Head-to-Toe assessment)
Vital Signs (LOR, HH, RR, SCTM)
Focused 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
The Medical Patient, cardiac, respiratory, diabetes, epilepsy etc.
Anaphylaxis
Wilderness First Aid Kits

Suggested Equipment List

2 Personal Face masks (Medical, Surgical, Cloth or double folded Buff is acceptable)
Protective eye wear (Ordinary glasses, sunglasses, ski goggles are acceptable)
Day pack with extra layers (sweater, socks, long johns)
Outdoor clothing that will keep you warm and dry in all conditions
Rain jacket & pants
Outdoor boots
Indoor shoes (sneakers or sandals)
Scarf, hat, gloves
Thermos
Water bottle
Pen and paper
Sunglasses

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