



## **NOLS WILDERNESS MEDICINE**

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

**LINDHOLMEN, VALLENTUNA, SWEDEN**  
**AUGUST 6-8, 2021**

**DATES:** August 6-8, 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 Swedish CPR certification. Lodging on the classroom floor or in your own tent is included and lunch each day.

**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.

**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>

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 (PG 100 75 14-1). Once we have received your course fee we will email you a receipt and a course confirmation. See our cancellation policies further below.

Crossing Latitudes: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Webpage: <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, MT. 59715 USA.

IBAN: SE07 9500 0099 6034 1007 5141. BIC: NDEASESS

Bank address: Nordea Bank AB , SE-10571 Stockholm, Sweden.

**COURSE LOCATION:** [Orkesta Bygdegård](#) Lindholmen, Vallentuna. Lindholmen is located 35 kilometers north of Stockholm.

**CLASS FORMAT:** We start our Wilderness First Aid course Friday August 6th at 08:00. We will have class until 18:00 with a few short breaks and an hour lunch (included in your course fee). Same schedule – 08:00 to 18:00 goes for Saturday and Sunday as well.

This course has an evening session on Saturday evening. It is an optional scenario but many participants say that the "night scenario" was the most interesting and educational aspect of the course. We hope you can join.

You are welcome to arrive on Thursday evening (August 5th) after 18:00 and 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 WAFA or WFR-Recertification course if you hold a valid (not expired or within your "re-entry" year) 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 4000 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:** You are welcome to sleep on the floor in the classroom or bring your own tent and pitch behind the classroom building.

Lunch is included all three days but you need to prepare your own breakfast and dinners. There is a small ICA store within 5 minutes walk from the classroom. You are welcome to use the kitchen where there is a stove, refrigerator, freezer, micro, water boilers, coffee machine, pots, pans, all utensils etc. available. There is a grill outside and you are of course welcome to cook on your own camp stove outside to minimize crowding in the kitchen.

**TRAVEL DIRECTIONS:** Orkesta Bygdegård is located 35 km north of Stockholm. You can get there by taking the train called Roslagsbanan. More info at <http://sl.se> The stop where to get off is called Lindholmen. The address to Orkesta Bygdegård is: Lindholmsvägen 245, 186 94 Vallentuna, Sweden.

**Google Maps:**

<https://www.google.com/maps/place/Orkesta+Bygdeg%C3%A5rd/@59.5917853,18.1035214,17z/data=!3m1!4b1!4m5!3m4!1s0x465f96ba5a753c13:0xd971eebf691e40b5!8m2!3d59.5917826!4d18.1057154>

**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 a Face mask until you have received the KN95 masks we provide you with each day. Also bring 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. 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 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, Bhutan, Columbia, Costa Rica, Chile, India, Singapore, Malaysia, Kenya, Mexico, Norway, Switzerland, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, Hungary, Slovenia, Denmark, England, Ireland, Italy 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:

- Prior to the course starting date, sponsor will retain a SEK 1000:- administrative fee or Crossing Latitudes will try to help you transfer to another Crossing Latitudes hosted NOLS Wilderness Medicine course within a year.
- If you don't show up for the course you will not receive a refund.
- 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-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. We do have extra forms at the course if you can't print.

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 or tobacco is allowed during course hours. No dogs are allowed in the classroom or during class outside. If you have a service dog please contact us.**

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)  
A Face Mask (we provide one KN95 mask per day)  
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, pad and tent if you are staying at Orkesta  
Towel and personal toiletries

**CrossLat April 2021**