



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID (WFA) COURSE

LIFERESC ESCOLA DE SOCORRISMO E SOBREVIVENCIA, PORTUGAL
NOVEMBER 5-7, 2021

DATES: November 5-7, 2021 (Friday, Saturday and Sunday)

WHO CAN TAKE THIS COURSE: Any one with an interest in saving lives and learning about long term care in remote areas. 16 years minimum age. Ability to understand and speak English is important.

COURSE LOCATION: LIFERESC Rua Família Silva Pereira, lote 3, 3880-303 Ovar, Portugal.

PRICE: €425.00 per person (VAT included). Included in the course fee is NOLS Wilderness Medicine WFA 30 page handout, First Aid PocketGuide, a patient assessment bandana and NOLS Wilderness Medicine certification.

LANGUAGE: This three day Wilderness First Aid course is taught in English.

FOOD & LODGING: Food and lodging is **not** included in your price. Please contact Pedro Pinho at liferesc.formacao@gmail.com for more information.

HOW TO SIGN UP: Important documents to read before signing up is the NOLS Wilderness Medicine Student Agreement form and our COVID-19 Disclosure, Practices and Expectations for Students.

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/1jCloXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/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. 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 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.

CLASS FORMAT: Each day we start our Wilderness First Aid course course **09:00 and go to 18:00**. We break for an hour lunch each day and will have a few shorter breaks as well. Make sure to bring water and snacks for the afternoon – this course is intense.

The format is classroom lectures mixed 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.

This Wilderness First Aid course can be used as a WFR or WAFA-Recertification course if you hold a valid (not expired or within your “re-entry” year) WFR or WAFA card from NOLS Wilderness Medicine. Contact us if you have questions in regards recertifying.

COVID-19: To minimize risk of infection has always been a priority on NOLS Wilderness Medicine courses. NOLS and Crossing Latitudes are providing gloves (Nitril and vinyl), KN95 masks for all participants. We are providing alcohol/handsanitzers and wash stations with soap and water. We ask participants to wear the KN95 NOLS provides. We ask participants to bring and wear protective eye wear. We will do everything we can to minimize infection but the risks can not be eliminated ... that’s the harsh truth.

Every morning we will check the temperature of each participants, ask a questions about health and check each person off. We ask all participant to read the Students Agreement and the NOLS COVID-19 form about what we expect from them and what students can expect of us.

COURSE DESCRIPTION: Fast paced and hands-on, this Wilderness First Aid course covers a wide range of wilderness medicine topics for people who work, 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 working or living 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 courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 4000 participants Wilderness First Aid in 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 or Wilderness First Responder (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 this.

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 medical equipment and outdoor gear for setting up realistic scenarios.

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.

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. No form of harassment is accepted. 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 respect and follow NOLS Wilderness Medicine COVID-19 guidelines:
<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit>

CROSSING LATITUDES CANCELLATION AND REFUND POLICY: If a student cancels or withdraws from the course:
*Greater than or equal to 35 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of €100.00

*Within 35 days of the course start date and once the course has begun, you will receive the course fee minus €150.00 if you cancel. We can also hold on to your fee and help you transfer to another Crossing Latitudes hosted course within a year.

*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.

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 have to cancel your participation.

No smoking is allowed during class – inside or outside. Pets and dogs are not allowed to during the course.

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

Communicable Diseases & Infection Control

Patient Assessment: Initial Assessment A B C D E , Focused Exam (Head-to-Toe assessment) , Vital Signs (LOR, HH, RR, SCTM) and Focused Medical History (SAMPLE)

Emergency and Evacuation Plans & Documentation

Spinal Cord Injuries

Head Injuries

Shock

Wilderness Wound Management, Burns & Infections

Muscle- & Bone injuries: Athletic Injuries, Fractures & Dislocations

Heat Illness & Cold Injury

Altitude Illness

The Medical Patient, Epilepsy, Diabetis, Respiratory, Acute Abdominal problems

Anaphylaxis

Wilderness First Aid Kits

Suggested Equipment List

Personal Face mask (medical, surgical or cloth is acceptable). NOLS will provide KN95 masks for each day.

Protective eye wear (Ordinary glasses, sunglasses, ski goggles are acceptable)

Day pack with extra layers (sweater, socks, rain gear)

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

Water bottle

Pen and paper

Bring snacks, fruit, tea, coffee, water to stay hydrated and have energy for long afternoons.

Crossing Latitudes April 2021