



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST RESPONDER COURSE (WFR)

HOSTED BY KANDERSTEG INTERNATIONAL SCOUT CENTRE & CROSSING LATITUDES

KANDERSTEG, SWITZERLAND OCTOBER 12-22, 2022

This [NOLS Wilderness Medicine](#) Wilderness First Responder course is designed specifically to provide you with the tools to make critical medical and evacuation decisions in remote locations. Half of your time will be spent completing practical skills, case studies and scenarios designed to challenge your decision-making abilities. Adult CPR is included in this course.

**COURSE DATES:** October 12-22, 2022.

**LOCATION:** Kandersteg International Scout Centre ([KISC](#)), Kandersteg, Switzerland.

**COURSE FEE:** The course fee is USD \$1600.00 per person. The tuition covers the NOLS Wilderness Medicine Medical Handbook, the NOLS Wilderness Medicine textbook, a bandana with the patient-assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR certification. The textbook will be sent to you once you have paid the course fee. **11 nights lodging in double rooms with shared bathroom and showers is also included.**

**LODGING:** Lodging from Tuesday October 11 after 15:00 to the morning of Saturday October 22 (we end around 12:00) is included in your course fee. We will stay in the "KanderLodge" (same building as our classroom is located in) where you will either get a solo room - first come first serve - or share room with one other participant. Two of these double rooms share bath and shower. KISC provides sheets, duvet, pillowcase and towel. Free WiFi.

We expect to end the course around 12:00 on Saturday October 22. If you want to spend an extra nights before the 11<sup>th</sup> or after the 22<sup>nd</sup> contact KISC at [reception@kisc.ch](mailto:reception@kisc.ch)

**FOOD:** Your food is not included in your course fee. You need to 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 do take out from the near-by restaurants. The grocery stores deliver as well. At this point we don’t know if the KISC Dining hall will be open.

**LANGUAGE:** English. Our NOLS Wilderness Medicine instructors teach all over the world and are often 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.

**REGISTRATION:** Important documents to read before paying us the course fee are the Student Agreement form and the NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students. Links below.

**All participants are required to be fully vaccinated against COVID-19 prior to the course start.** Any COVID-19 vaccine approved by the [World Health Organization \(WHO\)](#) is an acceptable vaccine for the purposes of this policy. You need to be two weeks or more past receiving the final vaccine dose prior to the course. Your Wilderness Medicine instructors will review student vaccination cards at the start of the course. Exemption requests can be reviewed in the NOLS COVID-19 document below (see link). We ask all participants to review our COVID-19 policy.

COVID-19 Disclosure, Practices and Expectations for Students:

<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4a19uBEys8m0cvg/edit>

NOLS Student Agreement form:

[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)

You get a spot on the course by paying the full course fee (USD \$1600.00) to Crossing Latitudes. We can invoice you or you can send a check or call us and pay with a VISA/MasterCard through our office in the Bozeman, Montana, USA. Once we have received your Course fee we will email you a receipt and a course confirmation. See our cancellation policies below.

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.

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

Webpage: <http://www.crossinglatitudes.com>

**HOW TO GET TO KANDERSTEG:** Kandersteg is a small community with hotels, restaurants, cable-cars up the mountains, bakeries, 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 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/>

**COURSE DESCRIPTION:** A Wilderness First Responder (WFR) is an essential wilderness first aid education for anyone who spends significant time in remote places or who has a professional career in the outdoors. The WFR course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a night mock rescue.

NOLS Wilderness Medicine curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days.

The intensive 80-hour + curriculum is internationally recognized and supported by the Wilderness Medical Society. Your instructors are dynamic educators who have practiced both wilderness and urban medicine. This 80-hour + course is ideal for all professionals operating in remote environments. CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS (see more info below).

**For more information about NOLS Wilderness Medicine and the WFR course, please visit:**

<https://nols.edu/en/courses/courses/wilderness-first-responder-WFR/>

**CLASSTIME & SCENARIOS:** The Course language is English. We will start at 08:00 each day and go to 17:30'ish. Many hours will be spent indoors learning in-depth about different topics. 50% of the time will be spent outdoors with practical sessions and scenarios.

All participants will be playing both "patients" and "rescuers" each day. We use fake blood to make the scenarios more realistic. The fake blood will come off clothing but you might have to wash twice. There will be one evening session and one night exercise. Discussions about leadership, group dynamics and evacuation procedures are also part of this 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.

**NOLS WILDERNESS MEDICINE MISSION:** The Wilderness Medicine's goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies.

NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) is one of the most recognized and respected teacher of wilderness medicine, training over 400,000 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 trains participants to respond to emergencies in remote settings. To date we have run courses internationally in more than 40 countries.

**WHAT CAN YOU EXPECT FROM US?** Expect dynamic instructors with lots of backcountry experience. Expect to spend lots of time outside with realistic scenarios. Expect daily feedback from us instructors. Expect intense but rewarding days. There will be a written and a practical exam at the end of the course and we will do everything we can to help you get the skills to perform well. You need to pass both the written and the practical tests in order to receive NOLS Wilderness Medicine international WFR certification.

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 FROM 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 harassment of any kind is accepted. 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 scenario time). Smoking and Alcohol is not allowed on site during the course hours. Pets are not allowed at the teaching site during course hours.

We expect you to be fully vaccinated against COVID-19 (unless received written exemption from NOLS) and that you will follow our COVID-19 Guidelines.

**CONTINUING COLLEGE EDUCATION AND EMT CEUS:** The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost. If interested, please check with the instructors on the first day of class for the necessary information.

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 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

**CROSSING LATITUDES CANCELLATION AND REFUND POLICY:**

If a student cancels or withdraws from a course for any reason:

- Greater than or equal to 7 days prior to the course starting date we will help you transfer to another Crossing Latitudes hosted course within a year or we will refund your course fee minus an administrative fee of \$250.00.
- Within 7 days of the course start date and once the course has begun, we will help you transfer to another Crossing Latitudes hosted course within a year or we will refund your course fee minus an administrative fee of \$350.00.
- 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 cancel the course – for any reason.

**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 and a Water bottle

**Also bring to the classroom:**

Protective eye wear (clear glasses, 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 until you receive your KN95 masks from us  
Protective eyewear (sunglasses, ski goggles, carpenter glasses)  
Underwear  
1-2 polypro or wool tops  
1-2 polypro or wool bottoms (long johns)  
1-2 warm sweaters or fleece jackets  
1-2 quick drying outdoors pants  
1-2 sweats or casual pants for evenings  
3-4 wool or synthetic socks  
1-2 liner socks  
2-3 ordinary socks  
Outdoor boots (remember there might be some cold and wet days and evenings)  
Indoor shoes (sandals or sneakers as our classroom floor might be chilly)  
2-3 T-shirts or long sleeve casual shirts  
Sunglasses  
Hat, gloves, mittens, neck warmer/scarf  
Exercise clothing (running shoes etc.) if you want to take a run on the nearby trails.  
Headlamp with extra batteries (important for the night scenario)  
Note pad and pens, Knife (optional), Sunglasses, Water bottle & Mug  
Toiletries. (KISC provides towels, 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.

## APPROXIMATE COURSE SCHEDULE

**08:00 – 17:30'ish**

### **DAY 1: Wednesday October 12**

Infection Control  
What is Wilderness Medicine  
Patient Assessment Initial Assessment (ABCDE)  
Patient Exam (Head-To-Toe)  
Vital Signs: LOC, HR, RR, SCTM  
Medical History  
Documentation

### **DAY 2: Thursday October 13**

Vital Signs: BP, eyes and Core Temp.  
Spinal Cord Injuries  
Lifting and Moving  
Spinal Protection, Litter Packaging, Carrying, and  
Long-Term Care  
Head Injuries

### **DAY 3: Friday October 14**

Chest Injuries  
Shock  
Athletic Injuries  
Fracture Management  
Evening: Dislocations and Splinting

### **DAY 4: Saturday October 15**

Focused Spinal Assessment  
Wilderness Wound Management, Burns & Infections  
Hypothermia  
Frostbite and Non-Freezing Cold Injury  
Heat and Hydration

### **DAY 5: Sunday October 16**

Altitude Illness  
Bites and Stings  
Leadership, Teamwork & Communication  
Stress First Aid  
MCI Practical Scenario

### **DAY 6: Monday October 17 DAY OFF**

### **Day 7: Tuesday October 18**

Cardiac Emergencies & CPR  
Respiratory Emergencies  
Altered Mental Status

### **DAY 8: Wednesday October 19**

Acute Abdomen  
Allergies and Anaphylaxis  
Diabetes  
Principles of Search and Rescue/Evacuation  
Evening: Mock Rescue

### **DAY 9: Thursday October 20**

Mock Rescue Debrief  
Wilderness Drug and First Aid Kits  
Mental Health Concerns  
Poisoning  
Communicable Disease

### **DAY 10: Friday October 21**

Lightning  
Submersion Incidents  
Gender Medical Issues  
Medical Legal Issues  
Practical Exams

### **Day 11: Saturday October 22**

Move out of bedrooms. Written Exam. Closing  
Ceremony. End around 12:00

For questions about this NOLS Wilderness Medicine WFR course or our curriculum please contact Crossing Latitudes at [info@crossinglatitudes.com](mailto: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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