



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE (WFA)

HOSTED BY KANDERSTEG INTERNATIONAL SCOUT CENTRE & CROSSING LATITUDES

KANDERSTEG, SWITZERLAND OCTOBER 28-30, 2022

DATES: October 28-30, 2022 (Friday, Saturday & Sunday)

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

PRICE: USD \$550.00 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 CPR certification. 4 nights of lodging is also included in the fee.

LODGING: Lodging from Friday October 27th after 15:00 to the morning of Monday October 31st is included in your course fee. We will stay in "KanderLodge" where we will do our best to give you a solo room. If solo rooms are full you need to share room with one other participant. Each room share a bath and shower with one other room. KISC provides sheet, duvet, pillowcase and towel. Free WiFi.

If you want to spend an extra nights before or after the course contact KISC at reception@kisc.ch

FOOD: Your food is not included in your course fee. You need to either buy and 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: This three day Wilderness First Aid course is taught in English.

SIGNING UP: 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. **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/1jCloXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit>

Please read the **NOLS Student Agreement form** - and the COVID-19 Disclosure before signing up.

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

REGISTRATION: You get a spot on the course by paying the full course fee (USD \$550.00) 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

Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

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

CLASS FORMAT: We start our Wilderness First Aid course Monday October 28 at 08:00. We will have class until 17:30 with a few short breaks and an hour lunch. Same schedule – 08:00 to 17:30 goes for Saturday and Sunday as well. 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 WAFA / WFR card from NOLS Wilderness Medicine. Contact us if you want to recertify.

TRAVEL DIRECTIONS: Kandersteg is a small community with hotels, restaurants, cable-cars up the mountains, a bakery, 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, air 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: 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 5500 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! But ... 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 are within the “re-entry” year) you must do both a written and a practical test. Contact 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 sell 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. NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings.

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 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.

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). 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.

CROSSING LATITUDES CANCELLATION AND REFUND POLICY: If a student cancels or withdraws from a course:

- Greater than or equal to 7 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of USD \$150.00
- Within 7 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.

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.

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

Suggested Equipment List

Protective eye wear (glasses, sunglasses, ski goggles, carpenter glasses)
Day pack with extra layers (sweater, socks, long johns)
Outdoor clothing that will keep you warm and dry
Waterproof jacket & pants
Hiking boots or waterproof boots
Indoor shoes (sneakers or sandals)

Hat & gloves
Head lamp
Personal toiletries (KISC provides sheets, duvet, pillow, pillow case & towel)
Personal mug – if you like tea or coffee during classtime
Water bottle, Pen and paper

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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