



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE (WFA)

(a few spots open to NOLS WFR grads in need of recertifying)

STF ABISKO TURISTSTATION, SWEDEN

JUNE 17-19, 2022

DATES: June 17-19, 2022 (Friday, Saturday and Sunday).

COURSE LOCATION: STF Abisko Turiststation in Abisko. Abisko Turiststation is owned by the Swedish Tourist Association (STF). It is located at the heart of Abisko National Park, where you can experience midnight sun and great hiking. Abisko Turiststation is located 250 kilometers north of the Arctic Circle.

COURSE FEE: SEK 5250:- (25% VAT is included in your price). Included in the First Aid course fee is NOLS Wilderness Medicine WFA (Wilderness First Aid) 30 page handout, First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine WFA certification and CPR certification. Food and Lodging is **not** included in your price.

COVID-19: NOLS require all participants to be fully vaccinated against COVID-19 prior to the course start. Any COVID-19 vaccine approved by the [World Health Organization \(WHO\)](https://www.who.int/) 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).

COVID-19 Disclosure, Practices and Expectations for Students:

<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit>

Another important document to read before signing up is our **Student Agreement form:**

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

SIGNING UP: 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 (PlusGiro 100 75 14-1 or BankGiro 525-6573). Once we have received your course fee we will email you a receipt and a course confirmation. See our cancellation policies further 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 Webpage: <http://www.crossinglatitudes.com>

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

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. You may receive the materials in Swedish or Finnish if you like.

MEALS & LODGING: Meals & Lodging is not included in your course price. [STF Abisko Turiststation](#) offer anything from a camp site for your tent, a bed in the hostel, shared or private room in the main lodge or you can rent a full cabin. Booking of your accommodation can be made on-line or by e-mailing to bokningen@stfturist.se or phoning +46 (0) 980-40200. The reception can be reached on site, per phone and through e-mail Abisko@stfturist.se

Abisko is the Swedish Tourist Associations' (STF) largest mountain resort, with a total of 377 beds in the main building, Keron hostel and cabins. You have access to showers, toilet, kitchen, drying room, sauna, washing machine and lounge. All rooms are non-smoking. Accommodation in the main building includes bed linen and towels. If you stay in other rooms you can rent bed linen sets at reception.

The Restaurant serves a buffet breakfast, lighter snacks, lunch and three course meal evening dinner as well as dishes from an á la carte menu. If you stay at the hostel there is a full kitchen with everything you need to cook great meals. There is a shop at the main lodge and there is also a grocery store within walking distance from the lodge.

Here is a link to lodging options: <https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/accommodation/>

You are of course welcome to book accommodations elsewhere. Kungsleden (The Kings Trail) starts or ends in Abisko. In this area you can do some great hiking, take a trip to the Aurora Sky Station, take a midnight sun hike or do day trip to the unique boulder fields at Kärkevagge. Planning on spending a few extra days after the Wilderness First Aid course makes a lot of sense.

CLASS FORMAT: We start our Wilderness First Aid course Friday June 17 at 08:00 and go to 18:00 with a few short breaks and one hour lunch. Same schedule – 08:00 to 18:00 goes for Saturday and Sunday.

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 if you hold a valid (not expired or within your "re-entry" year) WAFA or WFR card from NOLS Wilderness Medicine. Contact us if you are interested in recertifying your WAFA or WFR.

COURSE DESCRIPTION: 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 (<https://nols.edu/en/courses/wilderness-medicine/>) is the most recognized and respected teacher of wilderness medicine. 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. NOLS Wilderness Medicine is an internationally recognized program and we train participants to respond to emergencies in remote settings.

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, guides, camp staff, outdoor enthusiasts and individuals in remote locations. In Europe NOLS Wilderness Medicine are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 5500 participants wilderness medicine 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 course as Recertification** for a NOLS WAFA or WFR - you must do both a written and a practical test. Email us if you plan to recertify a WAFA or WFR.

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. See suggested equipment list further down.

NOLS Wilderness Medicine will bring medical equipment and outdoor gear for realistic scenarios.

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 do not tolerate any form of harassment. 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 be fully vaccinated against COVID-19 and follow our COVID-19 guidelines. Feel free to email us a copy of your vaccine card.

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 1500:- administrative fee.
- If you cancel 7 days before or you don't show up for the course you will receive 50% of your fee back.
- If Crossing Latitudes or NOLS Wilderness Medicine cancel the course you will receive full refund.

If our course need to be canceled you are responsible for paying canceled rooms at STF Abisko Turiststation yourself. We recommend you protect yourself by purchasing a travel insurance covering canceled flights, trains, buses, rooms, course etc.

ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & 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 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. Failure to provide a signed document will result in you not being able to participate in the course.

Wilderness First Aid Course Curriculum

Communicable Diseases & Infection Control
Cardiopulmonary Resuscitation (CPR & AED)
Introductions Wilderness Medicine
Initial Assessment (A B C D E)
Focused Exam (Head-to-Toe assessment)
Vital Signs
Focused Medical History
Documentation, Emergency and Evacuation Plans
Spine- and Spinal Cord Injuries
Head Injuries
Shock
Wilderness Wound Management

Burns
Infections
Athletic Injuries
Fractures
Dislocations
Heat Related Illness
Cold Related Injury – Hypothermia and Frostbite
Lightning
Altitude Illness
The Medical Patient: Diabetes, Epilepsy, Asthma, Heart
Related problems, Abdominal issues
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
Hiking boots or waterproof boots
Indoor shoes (sneakers or sandals – the floor can be a bit cold)

Scarf, hat, gloves
Thermos & personal mug
Water bottle
Pen and paper
Sunglasses
Snacks as our days are long and we will be outside quite a bit

Towel and personal toiletries
Tent, sleepingbag or sheets ... depending on where you will stay during the course

Please contact us with any questions you may have. To get a spot on this NOLS Wilderness First Aid course you register with Crossing Latitudes. For lodging at STF Abisko Turiststation contact them at bokningen@stfturist.se

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/>

TRAVEL DIRECTIONS: STF Abisko Turiststation is situated in the northern part of Abisko National Park, about 100 km from Kiruna, Sweden and 80 km from Narvik, Norway. How to get here:

CAR: By road from Kiruna, Sweden: Take the E10 road towards Narvik for 100 km. Drive through Abisko village and after 2 km turn right at the sign "Abisko Turiststation".

By road from Norway, Narvik: Take the E10 road towards Luleå. Cross the Norwegian – Swedish border and continue for about 40 km, then turn left at the sign "Abisko Turiststation".

BUS: There are busses from Kiruna (Sweden) or from Narvik (Norway) to Abisko.

<https://www.swedavia.com/kiruna/bus/#gref> or <https://ltnbd.se/en/plan-trip/> or <https://www.rome2rio.com/>

TRAIN: By Swedish rail, take SJ which stops daily at "Abisko Turiststation". The train station, which has no staff onsite, is 5 minute walking distance to STF Abisko Mountain Station. For timetables and prices visit www.sj.se.

FLIGHT: Closest airports are Kiruna (Sweden) and Narvik - Evenes (Norway). Flights are operated by SAS www.sas.se and Norwegian www.norwegian.se

CrossLat January 2022