



NOLS WILDERNESS MEDICINE

WILDERNESS ADVANCED FIRST AID (WAF) COURSE (can be used as recertification of a WFR)

NOVEMBER 23-27, 2022

Hosted by Crossing Latitudes & Shinbukan Association

DATES: November 23-27, 2022 (Wednesday, Thursday, Friday, Saturday and Sunday).

LOCATION: Tiszaroff, Hungary (156 km east of Budapest). This is not too far from Szolnok and Jászberény in Hungary.

PRICE: Course fee is €350.00 (VAT included).

Included in the course fee is NOLS Wilderness Medicine Wilderness First Aid book and hand-out, a patient assessment bandana, NOLS Wilderness Medicine WAF certification (if participant pass the written and practical tests) Epinephrine certification and CPR certification. If you are recertifying your WFR on this course you will receive a WFR certification after successful completion of course.

REGISTRATION: This course is open to the public. If you are interested in attending please communicate with Patrícia Mihályi at mihalyi.p@gmail.com

For course specific questions please contact: Crossing Latitudes: info@crossinglatitudes.com

Phone Europe: +46-70-670 1153. Phone USA: +1-406-585-5356 Webpage: <http://www.crossinglatitudes.com>

MEALS & LODGING: Shared bedrooms for 2-3 people are available from November 22nd to either the evening of our last day or to the morning after course ends November 28th. Three meals a day are also available. Book your lodging and meals through Patrícia Mihályi at mihalyi.p@gmail.com

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

COVID-19: Two important documents to read before signing up is the Student Agreement and the NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students. **At this point NOLS still ask all participants and staff to be fully vaccinated prior to the course.** In the COVID-19 document below (link) you can read about some exemptions to the vaccination request, what we expect of you and you can expect of us.

If you have any questions in regards to your vaccination status or need to apply for an exemption please email either Patrícia Mihályi at mihalyi.p@gmail.com or Lena Conlan at info@crossinglatitudes.com

COVID-19 Disclosure, Practices and Expectations for Students:

<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit?usp=sharing>

Student Agreement: <http://www.nols.edu/en/filer/public/1481655159/906/>

CLASS FORMAT: We start the course at 08:00. We will have class until 18:00 with a few short breaks and an hour lunch. Same schedule – 08:00 to 18:00 goes for all other days. If needed we might have to add an indoor evening session. One evening we will also have a “night scenario” starting around 19:00 to midnight.

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 Advanced First Aid course can be used as a Wilderness Advanced First Aid (Wafa) recertification or a Wilderness First Responder (WFR) Recertification course 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 have questions in regards recertifying.

TRAVEL DIRECTIONS: Information about our class room will come at a later date.

COURSE DESCRIPTION: Fast paced and hands-on, this Wilderness Advanced 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.

Learn to stabilize, treat, and make evacuation decisions for patients in backcountry environments, with an emphasis on long term patient care management and specific injury evaluation. In addition to plenty of time practicing skills and engaging in scenarios, you'll work in small teams and practice leadership.

You'll learn both in the classroom and in outdoor settings regardless of weather, so come prepared for wet, muddy, cold or hot environments!

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 in Scandinavia and Europe since year 2000. Included in this course is CPR and a night scenario.

TESTS: Yes - there is both a written and a practical test on this Wafa course. If you are active during the days, ask questions when you don't understand, study in the evenings you will do well. It is the instructors job to make the class understandable for you and help you do well with the tests. You need to pass the written test (multiple choice answers) with at least 70%.

If you fail the tests you can not re-test during the same course. You need to reschedule your tests with NOLS Wilderness Medicine Admissions. If you fail you will receive a NOLS Wilderness First Aid (Wfa) certification instead of the Wafa certification. Don't stress – we are there to help you out.

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 – or you are within your “re-entry year”) you must do both a written and a practical test as well. Please email us if you have questions about this. As a NOLS Wilderness Medicine WAFA or WFR you have a “re-entry” year after your actual expiration date.

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 provides KN95 masks and we ask you to wear them during class indoors and scenarios inside and outdoors. Also bring some kind of protective eye wear (sunglasses, Ski goggles, ordinary glasses or carpenter glasses are OK). NOLS Wilderness Medicine will bring medical equipment and outdoor gear for setting up realistic scenarios. Equipment list below.

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. NOLS Wilderness Medicine is an internationally recognized program that trains 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. 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 accept any harassment of any kind. 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). No pets are allowed at the class site.

We expect you to be fully vaccinated against COVID-19 (or show proof of exemption from NOLS) and follow our NOLS COVID-19 guidelines.

CANCELLATION POLICIES: Please communicate with Shinbukan Association.

Please contact us with any questions or concerns you may have.

Crossing Latitudes, Inc.

Phone USA:1-406-585-5356 Phone Europe: +46-70-670 1153 Email: info@crossinglatitudes.com

Web site: www.crossinglatitudes.com

NOLS Wilderness Medicine: <https://nols.edu/en/courses/wilderness-medicine/>

Wilderness Advanced First Aid Course Curriculum

Infection Control & Communicable Disease

Introductions Wilderness Medicine

Cardiopulmonary Resuscitation (CPR)
Initial Patient 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
Spine- and Spinal Cord Injuries
Shock
Chest Injuries
Head Injuries
Focused Spine Assessment
Wilderness Wound Management, Burns & Infections
Athletic Injuries, Fractures & Dislocations
Heat & Cold related problems including Frostbite
Submersion
Altitude Illness
The Medical Patient; Cardiac emergencies, Diabetes, Seizure disorder, Asthma, Abdominal Pain
Anaphylaxis
Urinary & Reproductive problems
Poisoning
Medical Legal Issues
Written & Practical Exams
Closure

Suggested Equipment List

Day pack with extra layers (sweater, socks, long johns)
A Face Mask until you receive a KN95 from us
1 Pair of protective eyewear (sunglasses, ski goggles, carpenter glasses or ordinary glasses)
Outdoor clothing that will keep you warm and dry in all conditions
Winter or 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

We hope this information is helpful. 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 Email: info@crossinglatitudes.com

Crossing Latitudes June 2022