



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST AID COURSE (WFA)

(can be used a recert of a NOLS WAFA or WFR card as well)

LINDHOLMEN, VALLENTUNA, SWEDEN

OCTOBER 28-30, 2022

**DATES:** October 28-30, 2022 (Friday, Saturday and Sunday).

**PRICE:** SEK 5500:- (25% VAT included). 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 Swedish CPR certification. Lodging on the classroom floor or in your own tent is also included.

**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.

**COURSE LOCATION:** [Orkesta Bygdegård](#) Lindholmen, Vallentuna. Lindholmen is located 35 kilometers north of Stockholm, Sweden.

**COVID-19:** NOLS still 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 \(WHO\)](#) 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). If you want to apply for an exemption, please email Lena at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) first.

**COVID-19 Disclosure, Practices and Expectations for Students:**

<https://docs.google.com/document/d/1jClOXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit?usp=sharing>

**SIGNING UP:** You get a spot on the course by paying the full course fee of SEK 5500:- 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](mailto:info@crossinglatitudes.com) Webpage: <http://www.crossinglatitudes.com>

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

**CLASS FORMAT:** We start our Wilderness First Aid course Friday October 28 at 08:00. We will have class until 18:00 with a few short breaks and one hour lunch. Same schedule – 08:00 to 18:00 goes for Saturday and Sunday as well. You are welcome to arrive on Thursday evening (October 27<sup>th</sup>) after 18:00 and stay until Monday morning without an extra charge.

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 course if you hold a valid (not expired or within your “re-entry” year) card from NOLS Wilderness Medicine. Contact us if you have questions in regards recertifying.

**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, mountain guides and individuals spending time in remote locations.

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 5000 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 course as Recertification** for a NOLS Wilderness Advanced First Aid (WAFA) or Wilderness First Responder (WFR) - 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 your certification status.

**MEALS & LODGING:** You are welcome to sleep on the floor in the classroom or bring your own tent and pitch behind the classroom building.

You can prepare your own breakfast, lunch and dinners at the Orkesta Bygdegård. There is a small ICA store within 5 minutes walk from the classroom. You are welcome to use the kitchen where there is a stove, refrigerator, freezer, micro, water boilers, coffee machine, pots, pans, all utensils etc. available. There is a grill outside and you are of course welcome to cook on your own camp stove outside to minimize crowding in the kitchen.

**TRAVEL DIRECTIONS:** Orkesta Bygdegård is located 35 km north of Stockholm. You can get there by taking the train called Roslagsbanan. More info at <http://sl.se> The stop where to get off is called Lindholmen. The address to Orkesta Bygdegård is: Lindholmsvägen 245, 186 94 Vallentuna, Sweden.

**Google Maps:**

<https://www.google.com/maps/place/Orkesta+Bygdeg%C3%A5rd/@59.5917853,18.1035214,17z/data=!3m1!4b1!4m5!3m4!1s0x465f96ba5a753c13:0xd971eebf691e40b5!8m2!3d59.5917826!4d18.1057154>

**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 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.

**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 400,000 students around the world.

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. To date we have run courses internationally in USA, Australia, Canada, Nepal, Bhutan, Columbia, Costa Rica, Chile, India, Singapore, Malaysia, Kenya, Mexico, Norway, Switzerland, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, Hungary, Slovenia, Denmark, UK, Ireland, Italy and Tanzania.

NOLS Wilderness Medicine is an internationally recognized program and we train 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. 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 expect you to take good care of our equipment. We hope you will ask us if you don't understand.

We ask that all participants' cell phones and computers will be turned off during class time. No smoking during our class time (which includes outside scenario time).

We expect you to have read and agreed to the above NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students. 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 don't show up for the course you will receive zero of your coursefee back.
- If Crossing Latitudes or NOLS Wilderness Medicine cancel the course you will receive full refund.

**ACKNOWLEDGMENT AND ASSUMPTION OF RISKS RELEASE AND INDEMNITY AGREEMENT:** Please download **this agreement from 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 are a minor, a parent or guardian must sign the document. Failure to provide a signed document will result in you not being able to participate in the course. We do have extra forms at the course if you can't print. <http://www.nols.edu/en/filer/public/1481655159/906/>

NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

**No smoking or tobacco is allowed during course hours. No dogs are allowed in the classroom or during class outside. If you have a service dog please contact us.**

#### **Wilderness First Aid Course Curriculum**

Infection Control

Cardiopulmonary Resuscitation

Introductions Wilderness

Initial Assessment A B C D E

Focused Exam (Head-to-Toe assessment)

Vital Signs (LOR, HH, RR, SCTM)

Focused Medical History (SAMPLE)

Documentation, Emergency and Evacuation Plans

Spine- and Spinal Cord Injuries

Head Injuries  
Shock  
Wilderness Wound Management  
Burns  
Infections  
Athletic Injuries  
Fractures  
Dislocations  
Heat Illness & Cold Injury  
The Medical Patient: Diabetes, Epilepsy, Asthma, Heart Related problems, Abdominal issues  
Anaphylaxis  
Wilderness First Aid Kits

### **Suggested Equipment List**

Day pack with extra layers (sweater, socks, long johns)  
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  
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  
Food for all your meals  
Sleepingbag and pad if you are staying at Orkesta  
Tent if you decide to camp out  
Towel and personal toiletries

**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](http://www.crossinglatitudes.com) Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)  
NOLS Wilderness Medicine: <https://nols.edu/en/courses/wilderness-medicine/>

**CrossLat July 2022**