



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER - RECERTIFICATION (WFR-R)

APRIL 24-26, 2023, FLÅM, NORWAY

Hosted by Njord AS, Flåm Camping & Hostel and Crossing Latitudes

DATES: April 24-26, 2023 (Monday, Tuesday and Wednesday)

PRICE: NOK 5500:- or USD \$565.00 (VAT included). Included in the course fee is NOLS Wilderness Medicine Wilderness Handbook, a patient assessment bandana, NOLS Wilderness Medicine WFA or WFR & Epinephrine certification and CPR certification. Food and lodging is **not** included in your price.

COURSE LOCATION: Flåm Samfunnshus, Flåm, Norway. The Flåm Samfunnshus (community building) is about 10-15 minute's walk from the Flåm Camping & Hostel.

LANGUAGE: This three day WFR-R course is taught in English. The course can be used as a WFAA recert as well.

COVID-19: All participants are required to be fully vaccinated against COVID-19 prior to the course start. 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.

If you want to apply for an exemption, please email info@crossinglatitudes.com first and we will help you out.

COVID-19 Disclosure, Practices and Expectations for Students:

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

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

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

COURSE TIMES: We start our WFR-R course Monday April 24 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 Tuesday and Wednesday as well.

RECERTIFICATION: All students are required to submit a photocopy of their WAFAs or WFR certification cards on the first day of the course. This course is open to WAFAs and WFRs from any organization where a WFA was at least 40 hours and a WFR was 70 hours. It is **your** responsibility to make sure your WFA / WFR certification meets this standard. If you are unsure, please contact NOLS Wilderness Medicine before enrolling in a course and review the recertification portion of our website: <https://www.nols.edu/en/courses/wilderness-medicine/recertify/>

You can also email info@crossinglatitudes.com and we will try to help you out.

NOLS Wilderness Medicine WFR certifications has a “re-entry year” which means you have a one-year period after your expiration within to recertify. This course will also recertify those who hold a valid WEMT (wilderness portion only) or a WFA certification.

After successful completion you will receive a NOLS Wilderness Medicine WFA or WFR, Epinephrine and CPR certification.

If you hold a current WFR certification from any other wilderness medicine organization with less than a 70 hour certification, you will receive a letter of course completion in lieu of a NOLS Wilderness Medicine WFR certification. This letter of completion may allow you to recertify with your original certifying organization. You must contact that organization prior to your NOLS Wilderness Medicine course to ensure that our course will meet their requirements for recertification.

Please contact us if you are unsure whether you are eligible to take this WFR-R course or not.

REGISTRATION: We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes Swedish Bank account (PG 100 75 14-1 or BankGiro: 525-6573) or by VISA / MasterCard or check to our office in the USA. We can also invoice you. Please read our cancellation policies below before you sign up.

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>

MEALS & LODGING: Meals and lodging is **not** included in the WFR-R course fee. Flåm Camping & Hostel supports our courses and they offer both private and shared rooms and great cabins. Phone: +47 57 63 21 21 Email: camping@flaam-camping.no

Contact Flåm Camping & Hostel and mention that you are taking the NOLS WFR-R course and you will receive a discount on the rooms and cabins. There is a nice common room and a great kitchen available where you can socialize with other participants and cook your meals. Grocery stores and restaurants are within 10 minutes walking distance. The Flåm Camping & Hostel is only 10-15 minute's walk from our classroom.

No discount is given for pitching a tent at the Campground. **There is NO discount if you book on [booking.com](https://www.booking.com) or other similar websites.** Book your room/cabin by contacting: camping@flaam-camping.no

Sharing a room with 4 other folks (4 beds) with bath and shower costs approximately NOK 320:- per night per person (towel and bedding included).

TRAVEL DIRECTIONS: The community of Flåm is located at the head of the Aurlandsfjord in the county of Sogn & Fjordane and is easily accessible by car, train, bus or boat. You can also fly into the city of Oslo or Bergen and then take a bus, a train or a boat to Flåm. More info further down. <http://www.visitflam.com/about-flam/>

COURSE DESCRIPTION: Are your wilderness medicine protocols on the tip of your tongue or in the bottom of your pack? Join the leader in wilderness medicine for a three-day scenario-based course to review and practice evacuation and decision making guidelines. Our dynamic, experienced instructors will refresh you on the current techniques, protocols and controversies in the wilderness medicine field. You'll have opportunities to ask questions based on your real life experiences and practice scenarios and case studies that will challenge you.

The WFR Recertification course also includes Adult/child CPR & AED. This course is the most popular recertification program in Wilderness Medicine and is ideal for current Wilderness First Responders and Wilderness EMTs. The WFR Recertification course is pre-approved for 18 hours of EMT CEU's by CECBEMS.

The format for this WFR recertification is scenario based learning. Scenarios and practice sessions will take place both inside and outside. Please bring clothing appropriate for laying on the potentially wet, snowy, cold ground playing the role of both rescuer and patient.

You are required to complete both **written and practical testing** to recertify on this WFR-Recertification course. The written test is the very first thing we do on Friday morning. To achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials. Please come prepared!

Check the following web page for information and resources on how to best prepare for your course:
<https://nols.edu/en/resources/wilderness-medicine-resources/>

You will be required to complete a WRITTEN EXAM at the BEGINNING of the course. Check the following web page for information and resources on how to best prepare for your course. Please study and watch some of the Patient Assessment videos on the links below.

<https://nols.edu/en/resources/wilderness-medicine-resources/>

CROSSING LATITUDES CANCELLATION AND REFUND POLICY:

If a student cancels or withdraws from a course:

- Greater than or equal to 15 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of USD \$200.00
- Within 15 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 full tuition.

- If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course 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.

CONTINUING EDUCATION CREDITS: 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 18 hours CEU hours for their NOLS Wilderness Medicine WFR Recert course. Please bring a photocopy of your current EMT card(s) with you to your 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. After the course we sell NOLS Wilderness Medicine first aid kits, books and first aid materials.

NOLS WILDERNESS MEDICINE MISSION: The NOLS 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 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. 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. We have run courses internationally in USA, Australia, Canada, Nepal, Costa Rica, Chile, India, Mexico, Norway, Iceland, Denmark, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, England, Switzerland, Hungary, Slovenia, Tanzania and many more countries.

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 accept any kind of harassment. 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.

Smoking and Alcohol is not allowed on site during the course hours. Pets are not allowed at the teaching site during course hours. Any student bringing pets to class will be asked to leave class until the pet is safely situated – unless it is a service animal.

Topics during the WFR-Refresher course includes:

Infection Control
Patient Assessment System
Documentation and Medical Legal issues
Spinal Cord Injuries
Head Injuries
Chest Injuries
Shock
Wound Management

Athletic Injuries & Dislocations
Fracture Management
Cold & Heat Related problems
Altitude Illness
Cardiac, Respiratory and Neurological Emergencies
Abdominal Emergencies
Mental Health Emergencies
CPR

Suggested Equipment List: Expect the best weather but be prepared for the worst! Spring in Norway can be a mix of everything!

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
Head lamp
Towel and personal toiletries
Thermos & personal mug
Water bottle
Pen and paper
Sunglasses and clear protective eyewear

Crossing Latitudes, Inc. Phone USA: 1-406-585-5356 Phone Europe: +46-70-6701153
Web site: www.crossinglatitudes.com Email: info@crossinglatitudes.com

TRAVEL TO FLÅM: We recommend you check bus/train departure times before booking flights to Oslo or Bergen.

By car: Flåm is a 335 km drive to Oslo (via the RV 50/R7) and is 166 km from Bergen. Make sure you have a car that drives well on winter roads. You will have to drive over some high mountain passes in order to reach Flåm. More spectacular views are hard to find but the roads can be challenging as well.

By train: Take the Bergen Railway between Oslo and Bergen to Myrdal station and change there for the Flåm Railway. The Bergen Railway crosses the Hardangervidda (Hardanger Plateau), 1237 meters above sea level, and is one of the most spectacular main railway lines in Europe. This has repeatedly been named one of the world's finest and most exciting railway journeys.

By bus: There are several busses to Flåm. The “Sogn bus” has several daily departures and takes approx. 3 hours from Bergen to Flåm. You can find the correct bus route from your departure point to Flåm at NOR-WAY express bus and Fjord1. There are also buses from Oslo and these are often less expensive than the train.

By boat: The Norled Express Boat departs once daily from Bergen to Flåm. Departure is from Bergen Strandkai Terminal around 08:00 and return from around Flåm 15.30. The trip takes approximately five and a half hours.

CrossLat August 2022