



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST AID COURSE (WFA)

### APRIL 28-30, 2023 IN FLÅM, NORWAY

**Hosted by Crossing Latitudes & Supported by Flåm Camping & Hostel**

**DATES:** April 28-30, 2023 (Friday, Saturday and Sunday).

**COURSE LOCATION:** Flåm, Norway. The WFA course will be held at the Flåm Samfunnshus (community building) – about 10-15 minutes walk from the Flåm Camping & Hostel.

**PRICE:** NOK 5500:- or USD \$565.00 (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 & Epinephrine certification and CPR certification. Food and lodging is **not** included in your price.

**LANGUAGE:** This three day Wilderness First Aid course is taught in English. Our instructors are likely Scandinavians and are more than happy to help out with translations if needed. You can also receive the course hand-out in Swedish if you like.

**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.** 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](mailto:info@crossinglatitudes.com) first.

**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/>

**REGISTRATION:** You get a spot on the course by paying the full course fee (NOK 5500:- VAT is included in this fee) to Crossing Latitudes Swedish Nordea account PG: 100 75 14-1 or BankGiro: 525-6573. We can invoice you or you can send a check or call us in the USA and pay with a VISA/MasterCard. 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](mailto:info@crossinglatitudes.com) Webpage: <http://www.crossinglatitudes.com>

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

**MEALS & LODGING:** Meals and lodging is **not** included in the WFA course fee. Flåm Camping & Hostel supports our courses and they offer both private and shared rooms and great cabins (with full kitchens). Phone: +47 57 63 21 21  
Email: [camping@flaam-camping.no](mailto:camping@flaam-camping.no)

Contact Flåm Camping & Hostel and mention that you are taking the NOLS WFA course and you will receive a discount on the rooms and cabins. There is a nice commons 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 from the campground. The Flåm Camping & Hostel is only 10-15 minutes 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](mailto:camping@flaam-camping.no)

**CLASS FORMAT:** We start our Wilderness First Aid course course Friday April 28 at 08:00 in the morning. 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 Saturday and Sunday as well. If you take this course to recertify your NOLS WFA or WFR – be prepared to add a few hours on Saturday evening for recert classes.

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 WFA or WFR-Recertification if you hold a valid WFA or WFR card from NOLS Wilderness Medicine. If you want to recertify you need to add a few hours on Saturday evening. Contact us if you have questions in regards to being eligible or not.

**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!

If you take this course as Recertification for a NOLS Wilderness Medicine Wilderness Advanced First Aid or Wilderness First Responder you must do both a written and a practical test. 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 expiration date. Also plan on spending a few hours on Saturday evening for your recert.

**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 medical equipment and outdoor gear for setting up realistic scenarios. NOLS will provide you with one KN95 mask each day and Nitrile gloves but please bring your own protective eye wear. More info 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. 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 do not accept any kind of harassment – by either words or actions. 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). 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 your dog is a service dog.

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.

**REGISTRATION / POLICIES:** Tuition payment in full is required to reserve your spot in the course. Tuition is non-transferable. Tuition is payable by check to Crossing Latitudes, Visa/MasterCard or transfer to Crossing Latitudes Swedish Nordea Bank account. We can also invoice you.

The tuition fee cover hand-outs, a pocketguide, a patient assessment bandana, equipment and certification cards. NOLS Wilderness Medicine is not obligated to allow any student to attend a course until all NOLS Wilderness Medicine paperwork has been received, reviewed and approved by NOLS Wilderness Medicine. A full refund will be given if we are forced to cancel the course for any reason.

**CROSSING LATITUDES CANCELLATION AND REFUND POLICY:**

If a student cancels or withdraws from a course: We will help you transfer to another Crossing Latitudes hosted course within a year before you lose your tuition minus NOK 1500:-

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.

**Wilderness First Aid Course Curriculum**

- Infection Control
- Cardiopulmonary Resuscitation (CPR)
- Introductions Wilderness 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
- The Medical Patient
- Anaphylaxis
- Wilderness First Aid Kits

**Suggested Equipment List**

Protective eye wear (sunglasses, ordinary glasses, ski goggles, carpenter eye wear)

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, thermos, mug, water bottle, pen and paper, sunglasses

**TRAVEL DIRECTIONS:** <http://www.visitflam.com/about-flam/>

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. We highly recommend that you check into bus and train departure times before you book your flight 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.

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/>

**Crossing Latitudes August 2022**