



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER – RECERTIFICATION (WFR-R)

HOSTED BY CROSSING LATITUDES

KANDERSTEG INTERNATIONAL SCOUT CENTRE, KANDERSTEG, SWITZERLAND

OCTOBER 27-29, 2023

DATES: October 27-29, 2023 (Friday, Saturday & Sunday). 08:00-17:30 each day with an hour lunch break.

LOCATION: Kandersteg International Scout Centre ([KISC](#)), Kandersteg, Switzerland.

WHO CAN TAKE THIS WFR-R COURSE: Any one with a valid (not expired WAFA or WEMT or WFR certification). If you have a certification from NOLS you are allowed to take the course even if you are with in the “re-entry year” or “grace period”. If your WFR is from another organization like SOLO, Aerie, WMA, Desert Mountain Medicine, Remote Medical etc. your training must be at least 70 hours long and your card valid – not expired. See more info below.

COURSE FEE: The course fee is USD \$600.00 / €600.00 per person. The tuition covers the NOLS Wilderness Medicine Medical Handbook, a bandana with the patient-assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR & epinephrine certification. **4 nights lodging in solo or double rooms with shared bathroom and showers is also included.** If you prefer to stay elsewhere or park your caravan or camper, please email us.

LODGING: Lodging from Thursday October 26th after 15:00 to the morning of Monday October 30th is included in your course fee. We will stay in the “KanderLodge” (same building as our classroom is in) where you will either get a solo room - first come first serve - or share room with one other participant. Each two double rooms share bath and shower. KISC provides sheets, duvet, pillowcase, and towel. There is free WIFI.

If you want to spend an extra nights before the 5th or after the 9st contact KISC at reception@kisc.ch

FOOD: Your food is not included in your course fee. You need to either buy and cook your own meals (there is a full kitchen with two stoves, two fridges, freezers, pots and pans, micro-ovens, water boilers etc. in the “KanderLodge”)

or do take out from the near-by restaurants. There are two grocery stores in Kandersteg within 15 minutes' walk or free bus.

You can also book meals with the KISC Dining hall by emailing KISC info@kisc.ch Breakfast is served from 07:30 so you need to be first in line as we start 08:00 each morning. Lunch is served at 12:00 and dinner at 18:00. The cost per meal is approximately CHF 8.00, CHF 13.00 and CHF 14.00. Bookings or cancellations of meals must take place at least 24 hours before.

COVID-19: NOLS no longer require covid vaccinations. Vaccination are encouraged but not required. We focus on hygiene, and we will provide Nitril gloves and KN95 masks to be worn during some scenarios.

An important document to read before signing up is our Student Agreement:

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

QUESTIONS & REGISTRATION: We ask for full payment (\$600.00 / €600.00) to get a spot on the course. Payment can be done to Crossing Latitudes in the USA with a VISA or MasterCard. You can also transfer the course fee to Crossing Latitudes Swedish bank account (Plusgiro 100 75 14-1 or Bankgiro 525-6573). We can also invoice you. See our cancellation policies below.

The tuition fee cover NOLS Wilderness Medicine workbook, hand-outs, waterproof pocket guide, bandana, equipment and WFR, CPR, epinephrine certifications, and 4 nights of lodging.

International Transfer to Crossing Latitudes Swedish bank account:

Name of account: Crossing Latitudes, Inc. 420 West Koch Street, Bozeman, Montana 59715 USA.

IBAN: SE07 9500 0099 6034 1007 5141. BIC: NDEASESS

Bank address: Nordea Bank AB, SE-10571 Stockholm, Sweden.

Crossing Latitudes: Email: 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 Responder Refresher course is taught in English.

COURSE TIMES: We start our WFR-R course Friday October 27 at 08:00. We will have class until 17:30 with a few short breaks and an hour lunch. Same schedule – 08:00 to 17:30 goes for Saturday and Sunday as well.

RECERTIFICATION: All students are required to submit a photocopy of their WFR certification card on the first day of the course. It is **your** responsibility to make sure your 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/>

NOLS Wilderness Medicine WFR certifications will be afforded a one-year period after expiration (commonly called "Re-entry year" or "grace period") within which to recertify. This course will also recertify those who hold a valid WEMT (wilderness portion only) or WAFA certification.

If you hold a current Wilderness First Responder certification of at least 70 hours, you will receive a NOLS Wilderness Medicine WFR certification upon successful completion of your WFR Recert course.

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.

COURSE LOCATION: Kandersteg International Scout Centre (KISC). Kandersteg is a small community with several hotels, restaurants, cable-cars up the mountains, bakeries, two grocery stores – all within 20 minute walk from KISC. Kandersteg is centrally located in Europe – 65 km from Bern, the capital of Switzerland in the heart of the Bernese Alps. It is easy to reach Kandersteg by road, air or using the Swiss rail network.

On this link you can read about how to travel to Kandersteg by train, bus, car or plane: <http://www.kisc.ch/stay-at-kisc/travel-to-kisc/>

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 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. Frequently fake blood and make-up will be used to emphasize the reality of a scenario.

The WFR Recertification course also includes Adult/Child/Infant 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.

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!

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

CROSSING LATITUDES CANCELLATION AND REFUND POLICY:

If a student cancels or withdraws from a course for any reason: Greater than or equal to 7 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of USD \$150.00

Within 7 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of USD \$300.00

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course, we will help you transfer to another Crossing Latitudes hosted course within a year. If you prefer a refund, 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.

NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings. NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) is 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.

WHAT CAN YOU EXPECT? Expect dynamic instructors with lots of backcountry experience. Expect to spend lots of time outside with realistic scenarios. There will be intense but rewarding days. You need to pass both the written and the practical tests in order to receive NOLS Wilderness Medicine international WFR certification.

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 the equipment. We hope you will ask us if you don't understand. We expect you to study and do extra practice in the evenings. We expect you to help us minimize infections by following our COVID-19 guidelines.

We ask that all participants' cell phones and computers will be turned off during class time. There is a coin laundry room at KISC. If you bring a phone, radio, iPod, laptop or other electronics you need a special adaptor. Plugs and electrical sockets are different in Switzerland than in the European Union. Contrary to the rest of Europe, Switzerland uses the IEC 60906-1 norm. 230 V AC. No smoking during our class time (which includes 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.

Topics during the WFR-Refresher course includes:

Infection Control
Cardio Pulmonary Resuscitation (CPR)
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

Wilderness Drugs & First Aid kits

Suggested Equipment List: Expect the best but be prepared for the worst! We will be outside each day even if it rains, snows or storms. Come to class each morning prepared to be outside. You need a medium sized Backpack for personal extra clothing and First Aid gear that we provide.

In your backpack:

1 extra sweater or a fleece jacket
Rain jacket or winter waterproof jacket
Rain pants or waterproof winter pants
1 pair of extra wool or synthetic socks
Hat, gloves, mittens, neck warmer, buff or scarf
Flash light or Head lamp with extra batteries (important for the night scenarios)
Sunglasses **and** Water bottle

Also bring to the classroom:

Protective eye wear (clear glasses, ordinary glasses, carpenter glasses or ski goggles), indoor shoes or sandals (the floor is cold), note pad, pens or pencils, water bottle and personal mug (if you like to drink coffee or tea during class).

Other suggested gear:

Personal Face masks until you receive a KN95 from us
Protective eyewear (clear glasses, ski goggles, carpenter glasses)
Outdoor gloves
Underwear
Polypro or wool tops
Polypro or wool bottoms (long johns)
1 warm sweaters or fleece jackets
1 quick drying outdoors pants
1 sweats or casual pants for evenings
Rain jacket & Rain pants
2-3 wool or synthetic socks
1-2 liner socks

Ordinary socks
Outdoor boots (remember there might be cold and wet days)
Indoor shoes (sandals or sneakers as our classroom floor might be chilly)
T-shirts or long sleeve casual shirts
Hat, gloves, mittens, neck warmer/scarf
Headlamp with extra batteries
Camera (optional)
Note pad and pens
Sunglasses
Water bottle & Mug
Toiletries. (KISC provides towels, sheets, duvet and pillowcase)

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

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