



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST AID COURSE (WFA) (can be used a recert of a NOLS WAFA or WFR)

### LIDA FRILUFTSGÅRD, TULLINGE, SWEDEN (30 minutes from Stockholm) MARCH 10-12, 2023

**DATES:** March 10-12, 2023 (Friday, Saturday and Sunday).

**PRICE:** SEK 6000:- (VAT included). Included in the course fee is NOLS Wilderness Medicine WFA 30 page handout, First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine WFA certification and Swedish CPR certification. Food & lodging is **not** included.

**LANGUAGE:** This three day Wilderness First Aid course is taught in English. The instructors speaks Swedish and is can help out with translations if needed. You can receive the course materials in Swedish or Finnish.

**COURSE LOCATION:** Lida Friluftsgård (Lida Outdoor Center), Tullinge, Sweden. <https://lida.se/>

**SIGNING UP:** You get a spot on the course by paying the full course fee to Crossing Latitudes. Email us to make sure we have space on the course. We can invoice you or you can call us and pay with a VISA/MasterCard through our office in the Bozeman, Montana, USA (+1-406-585-5356).

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 March 10 at 08:30. We will have class until 18:00 with a few short breaks and one hour lunch. On Saturday and Sunday classtime is 08:00 to 18:00.

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. The fake blood will come off skin and clothing with a wash or two.

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.

**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 6000 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 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:** Food and lodging is **not** included in your course price. We recommended that you contact Lida Friluftsgård (Outdoor Center) for either a spot for your tent and use of Service house, book a bed in the Hostel or book a cabin. You are of course welcome to stay elsewhere. <https://lida.se/> Email: [vardshuset@lida.se](mailto:vardshuset@lida.se)

**TRAVEL DIRECTIONS:** Lida Friluftsgård (Outdoor Center) is located 30 minutes drive from Stockholm, Sweden. You can travel with public transportation or drive. [Here is a link to Google Maps.](#)

**Driving:** From Stockholm take Road 226 (Huddingevägen) and turn off towards Lida at Botkyrka Hantverksby – the exit after Flemingsberg. From there, you will see signs for **Lida Friluftsgård**. For use of an GPS, the address is: **Lidavägen 1, 146 33 Tullinge.**

**Public Transportation:** Take the commuter train towards Södertälje but hop off at Tullinge station. From here take the bus: **buss 721 or 721X** to Lida. You find timetables at [SL.se](http://SL.se).

**COVID-19:** NOLS does no longer require students, participants, or employees to be vaccinated for COVID-19. Vaccination and being up-to-date on boosters is strongly encouraged but not required. We will continue to prioritize practices aimed at reducing COVID-19 transmission on our courses. NOLS provides KN95 masks and nitrile gloves to be used in all scenarios. We ask you to bring protective eyewear such as glasses, goggles, carpenter protection, readers ... We will do everything we can but the risk can't be eliminated 100%.

**COVID Student Disclosure (ENGLISH):**

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

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

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

**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 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 550,000 students around the world. In Europe we have had 6000 participants.

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, Malasia, Kenya, Mexico, Norway, Switzerland, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, Hungary, Slovenia, Denmark, UK, Ireland, Italy, The Netherlands, and Tanzania.

**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. First Aid happens on skin level. We will be touching each other so respect and professional touch is very important.

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.

### **CROSSING LATITUDES CANCELLATION AND REFUND POLICY**

If a student cancels or withdraws from a course:

- Prior to 7 days pre-course, sponsor will retain a SEK 1000:- administrative fee.
- If you cancel 7 days before or you don't show up for the course you will receive 50% of your fee.
- If Crossing Latitudes or NOLS Wilderness Medicine cancel the course you will receive full refund.

We 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.

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 alcohol 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, Scarf, hat, gloves  
Hiking boots or waterproof boots  
Indoor shoes (sneakers or sandals – the floor can be a bit cold)  
Head lamp with new batteries, Thermos & personal mug, Water bottle, Pen and paper

**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 December 2022**