



NOLS WILDERNESS MEDICINE

WILDERNESS ADVANCED FIRST AID (WAFA) COURSE (can be used as recertification of a WFR)

MAY 30 – JUNE 3, 2023 STF ABISKO TURISTSTATION, SWEDEN

Hosted by Crossing Latitudes

DATES: May 30 – June 3, 2023 (Tuesday, Wednesday, Thursday, Friday and Sunday). 08:00 to 18:00 each day.

LOCATION: STF Abisko Turiststation, Abisko, Sweden

PRICE: Course fee is USD \$910.00 / € 850.00 / NOK 8900:-/ SEK 9300:-

Included in the course fee is NOLS Wilderness Medicine *Wilderness Medicine book* and a hand-out, a patient assessment bandana, NOLS Wilderness Medicine WAFA certification, Epinephrine and CPR certification. 25% VAT is included. Included is also all gear that is used in scenarios like litters, sleepingbags, pads, first aid kits, fake blood, tarps, first aid materials etc. Your food & Lodging is **not** included.

REGISTRATION: This course is open to the public. If you are interested in attending please communicate with Crossing Latitudes at info@crossinglatitudes.com Please read this whole document before signing up.

We ask for full payment to receive 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 textbook, a workbook, hand-outs, pocket guide, bandana, equipment and WAFA, CPR and Epinephrine certification cards.

For course specific questions please contact: Crossing Latitudes: info@crossinglatitudes.com
Phone Europe: +46-70-670 1153. Phone USA: +1-406-585-5356 Webpage: <http://www.crossinglatitudes.com>

MEALS & LODGING: Meals & Lodging is **not** included in your course fee. We recommend that you book a bed in the STF Abisko Turiststation hostel or a room in their hotel. You can also book a cabin at the STF Abisko Turiststation. You find more information about lodging at [here!](#)

There are of course other B&B's and guesthouses around you are welcome to stay at.

LANGUAGE: This five day Wilderness Advanced First Aid (WAFA) course is taught in English.

COVID-19: NOLS do not require students, participants, or employees to be vaccinated for COVID-19 any longer. 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. Our existing COVID-19 field and classroom practices like wearing masks and gloves in all scenarios will remain in place.

COVID Student Disclosure:

<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/>

CLASS FORMAT: We start the course 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 all other days. We will have one indoor evening session for more curriculum and practise. One evening we will also have a “night scenario” starting around 19:00 to whenever ...

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 Advanced First Aid course can be used as a Wilderness First Responder (WFR) Recertification if you hold a non-expired WFR card from NOLS Wilderness Medicine (or are within your “re-entry year”) or have a valid not-expired WFR Certification from a program with a minimum 70 hour. You must do both a written and a practical test as well. Please email us if you have questions about this.

TRAVEL DIRECTIONS: <https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/>

More about travelling options (flights, trains, busses, rental cars) further down.

COURSE DESCRIPTION: Fast paced and hands-on, this Wilderness Advanced 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.

Learn to stabilize, treat, and make evacuation decisions for patients in backcountry environments, with an emphasis on long term patient care management and specific injury evaluation. In addition to plenty of time practicing skills and engaging in scenarios, you'll work in small teams and practice leadership.

You'll learn both in the classroom and in outdoor settings regardless of weather, so come prepared for wet, muddy, cold, or hot environments!

This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals working or living 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 courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 6000 participants in Europe since year 2000. Included in this course is CPR and a night scenario.

If you are recertifying a WFR on this course you will receive a WFR certification after successful completion of course.

TESTS: Yes - there is both a written and a practical test on this WFA course. If you are active during the days, ask questions when you don't understand, study in the evenings you will do well. It is the instructors job to make the class understandable for you and help you do well with the tests. You need to pass the written test (multiple choice answers) with at least 70%.

If you fail the tests you can not re-test during the same course. You need to reschedule your tests with NOLS Wilderness Medicine Admissions. If you fail you will receive a NOLS Wilderness First Aid (WFA) certification instead of the WFA certification. Don't stress – we are there to help you out.

If you take this course as Recertification for a Wilderness First Responder (meaning you hold a non-expired WFR card from NOLS Wilderness Medicine – or are within your “re-entry year” or have a valid not-expired WFR Certification from a program with a minimum 70 hour) you must do both a written and a practical test as well. Please email us if you have questions about this.

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 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. Equipment list 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.

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. 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. NOLS Wilderness Medicine is an internationally recognized program that trains 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. 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 harassment of any kind. We expect you to take good care of our equipment. We hope you will ask us if you don't understand as our goal is that all participants will gain confidence to help others in need.

We ask that all participants' cell phones and computers will be turned off during class time. No smoking during our class time (which includes scenario time). No pets are allowed at the class site. We expect you to follow our NOLS COVID-19 guidelines.

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 \$300.00

Within 7 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of USD \$500.00

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course for any reason, 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.

PETS, DOGS, ALCOHOL & SMOKING: Pets and dogs are not allowed during course times. This includes leashing them outside the classroom. Any student bringing pets to class will be asked to leave class until the pet is safely situated in your cabin, car, a kennel, or other facility. No alcohol or smoking is allowed on site during class hours. This includes our classes and scenarios outside.

Wilderness Advanced First Aid Course Curriculum

Infection Control & Communicable Disease

Introductions Wilderness Medicine

Cardiopulmonary Resuscitation (CPR)

Initial Patient 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

Spine- and Spinal Cord Injuries

Shock

Chest Injuries

Head Injuries

Focused Spine Assessment

Wilderness Wound Management, Burns & Infections

Athletic Injuries, Fractures & Dislocations

Stress Injuries / Psychological First Aid

Cold related problems & Frostbite

Heat Related problems

Submersion

Altitude Illness

Bites & Stings

The Medical Patient: Cardiac emergencies, Respiratory problems, Diabetis, Seizures, Asthma, Abdominal Pain

Anaphylaxis

Urinary & Reproductive problems

Poisoning

Medical Legal Issues

Written & Practical Exams & Closure

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 (folks in the past recommends sneakers and boots for outdoor scenarios).

Indoor shoes (sneakers or sandals)

Scarf, hat, gloves

Head lamp with new batteries
Thermos & personal mug, water bottle, pen and paper

We hope this information is helpful. Please contact us with any questions or concerns you may have.

Crossing Latitudes, Inc. Web site: www.crossinglatitudes.com

Phone USA:1-406-585-5356 Phone Europe: +46-70-670 1153 Email: info@crossinglatitudes.com

NOLS Wilderness Medicine: <https://nols.edu/en/courses/wilderness-medicine/>

TRAVEL: Directions to STF Abisko Turiststation

STF Abisko Turiststation is situated in the northern part of Abisko National Park, about 100 km from Kiruna, Sweden and 80 km from Narvik, Norway. How to get here:

CAR: By road from Kiruna: take the E10 road towards Narvik for 100 km. Drive through Abisko village and after 2 km turn right at the sign "Abisko Turiststation".

By road from Norway, Narvik: take the E10 road towards Luleå. Cross the Norwegian – Swedish border and continue for about 40 km, then turn left at the sign "Abisko Turiststation".

TRAIN: By Swedish rail, take VY which stops daily at "Abisko Turiststation". The train station, which has no staff onsite, is close to STF Abisko Mountain Station, a 5 minute walking distance to reception. For timetables and prices visit <https://www.vy.se/en>

FLIGHT: Closest airports are Kiruna (Sweden) and Narvik - Evenes (Norway). Flights are operated by SAS www.sas.se and Norwegian www.norwegian.se

TRANSFER: Transfer from/to Kiruna, Sweden Airport:

Visit Abisko www.visitabisko.com Phone: +46 980 40037

Regular bus service: Route 91, Länstrafiken i Norrbotten, www.ltnbd.se Phone: +46 771 100 110

Taxi Kiruna www.taxikiruna.se Phone: +46 980 12020

Transfer from/to Evenes Airport (Narvik), Norway:

Airport coach: Evenes - Narvik bus station www.flybussen.no/en/Narvik.

Onward to/from Abisko:

Visit Abisko www.visitabisko.com Phone: +46 980 40037

By train, SJ www.sj.se Phone: +46 771 757 575

Regular bus service: Route 91, Länstrafiken i Norrbotten, www.ltnbd.se Phone: +46 771 100 110

Narvik Taxi www.narviktaxi.no Phone:+47 075 50

RENTAL CAR Some of the rental car companies in Kiruna, Sweden and Narvik/Harstad, Norway.

www.avis.se

www.budget.se

www.europcar.se

www.hertz.se

www.sixt.se

GPS-coordinates N68.358392026314°, E18.783634440475°

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