



NOLS WILDERNESS MEDICINE

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

AUGUST 20-24, 2023 IN EGGUM, LOFOTEN ISLANDS, NORWAY

Hosted by Crossing Latitudes & Northern Explorer

DATES: August 20-24, 2023 (Sunday, Monday, Tuesday, Wednesday and Thursday). 08:00 to 18:00 each day.

LOCATION: Eggum, the Lofoten Islands, Norway

PRICE: Course fee is USD \$930 / € 875.00 / NOK 9100:-/ SEK 9500:-

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.

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. There are many private homes, AirB&B's in Eggum to rent. Furu Hostel is located 15 minutes drive from Eggum. Please contact our friends Carlos and Krisztina at Northern Explorer and they can help out with suggested "Rorbuer" (cabins) and AirB&B's.
Email: info@northern-explorer.com Phone: +47 90836785

In our classroom there is a small kitchen where you are welcome to prepare your lunch each day.

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

COVID-19: Effective Monday, 26 December 2022, NOLS will 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. Our existing COVID-19 field and classroom practices will remain in place.

COVID Student Disclosure:

<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4a19uBEys8m0cvg/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. If needed we might have to add an indoor evening session. One evening we will also have a “night scenario” starting around 19:00 to midnight.

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.google.com/maps/place/8360+Eggum,+Norway/@68.3069295,13.1038719,9z/data=!4m5!3m4!1s0x45de0afc8e81599d:0xb5f9a3b1bd9117b0!8m2!3d68.307497!4d13.6844546>

One can fly into either Narvik (Evenes Airport), Svolvær or Leknes and take the bus to Eggum. You can also fly into Bodø and take a ferry across to Moskenes and then a bus to Eggum. Another option is the train via Norway to Bodø, Norway and then the ferry across Vestfjord and buses. You can also travel by train to Narvik, Norway via Sweden and then buses.

The closest airport is Leknes (LKN) on the Lofoten Islands.

Driving is obviously also an option and will be a spectacular drive. We might be able to help you connect with people willing to share costs of car and gasoline.

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 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 in Scandinavia and 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 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. 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, 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.

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

Strees 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/>

Crossing Latitudes December 2022