



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER – RECERTIFICATION (WFR-R)

HOSTED BY CROSSING LATITUDES

KANDERSTEG INTERNATIONAL SCOUT CENTRE, KANDERSTEG, SWITZERLAND

OCTOBER 25 - 27, 2024

DATES: October 25-27, 2024 (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 WFA, 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 Euro €650.00 per person. If you prefer to pay in US dollars or other currencies, the price is what the exchange rate is at the time you sign up. We use www.xe.com 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 double rooms with shared bathroom and showers are also included.

LODGING: Lodging from Thursday October 24th after 15:00, to the morning of Monday October 28 is included in your course fee (4 nights)

The rooms are in “KanderLodge”, the same building where our classroom is located. You will 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 a solo room, please add €160.00 to the course fee. For caravans and camping vans, please email us for price. If you prefer to stay elsewhere you may deduct €30.00 per night, from the full price. You are still welcome to hang in the kitchen and lounge with the others in during breaks and in the evenings.

We expect to end the course around 17:30'ish Sunday October 27. If you want to spend an extra nights before the 24th or after the 28th contact KISC at reception@kisc.ch directly. Do mention that you are taking the NOLS WFR-Refresher course. The hiking around Kandersteg is spectacular. An extra day or two is recommended.

FOOD: Your food is **not** included in your course fee. You can 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.

You also can cook your own meals in “KanderLodge”. There is a full kitchen with two stoves, two fridges, freezers, pots and pans, micro-ovens, water boilers etc. It will be crowded as we are also offering a WFA course at the same time, but it usually works out just fine, as folks often share meals.

There are two grocery stores in Kandersteg within 15 minutes’ walk or free bus. You can also enjoy the many near-by restaurants (pizza, pasta, pub food with burgers etc.).

LANGUAGE: English. Our NOLS Wilderness Medicine instructors teach all over the world and are often bilingual.

QUESTIONS & REGISTRATION: We ask for full payment (€650.00) 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). For international transfer see info below. We can also invoice you. Please read our cancellation policies further below.

The tuition fee cover NOLS Wilderness Medicine textbook, a 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

Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153. Webpage: <http://www.crossinglatitudes.com>

COVID-19: NOLS no longer require covid vaccinations. We focus on hygiene, and we will provide Nitril gloves and KN95 masks to be worn during some scenarios.

STUDENT AGREEMENT: An important document to read before signing up is our Student Agreement: No need to print or email to us. We have documents at the course start. <http://www.nols.edu/en/filer/public/1481655159/906/>

COURSE TIMES: We start our WFR-R course course Friday October 25th 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. Many participants fly in to Zurich and then take the train straight from the airport to Kandersteg (you might have to switch train in Bern).

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 €200.00

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

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course, we will refund you the full course fee.

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 off 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 600,000 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. Expect daily feedback from us instructors. Expect intense but rewarding days.

Expect a written and maybe a practical tests, in order to receive NOLS Wilderness Medicine international WFR certification. Check the following web page for information and resources on how to best prepare for your course: <https://nols.edu/en/resources/wilderness-medicine-resources/>

Here is a full Patient assessment without MOI of spine: <https://youtu.be/rzBTJp9NmH4>

At the bottom of NOLS Wilderness Medicine Resource page there is a pdf curriculum update worth reading. There is an old test that you can do and correct yourself (answer are at the bottom of the practice test) and there are also a quiz and videos of patient assessment, focused spine assessment etc.

Non-NOLS Wilderness Medicine grads are especially recommended to study as our curriculum might be a bit different from what you learned at SOLO, WMA, Aerie, Remote Medical, Desert Medicine or the organization you received your WFR from. We have high standards at NOLS Wilderness Medicine and yes - participants do fail our WFR-Refresher courses. <https://nols.edu/en/resources/wilderness-medicine-resources/> Please review the videos, read the curriculum updates and do the practice tests.

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 FROM 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. No harassment of any kind is accepted. We expect you will take care of the equipment. We hope you will ask us if you don't understand. We expect you to study pre course.

We ask that all participants' cell phones and computers will be turned off during class time. Smoking (which includes scenario time) and Alcohol is not allowed during the course hours. Pets are not allowed at the teaching site during course hours.

Topics during the WFR-Refresher course includes:

Infection Control
Patient Assessment System
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
Documentaion and Medical Leagal issues
And much more ...
Cardio Pulmonary Resusitation (CPR)

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
Sunglasses **and** Water bottle

Also bring to the classroom: 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:

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)

There are coin wash machines (CHF 3.00 per load), dryers and a great huge drying room at KISC.

If you bring 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.

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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