



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER - RECERTIFICATION (WFR-R)

SJÖVIKSGÅRDEN, SJÖVIK, SWEDEN NOVEMBER 1-3, 2024

DATES: November 1-3, 2024 (Friday, Saturday & Sunday)

COURSE LOCATION: Sjöviksgården, Sörviksvägen 47, 443 45 Sjövik. Located approximately 1,5 hours northeast of Göteborg – the second largest city in Sweden. <https://sjoviksgarden.nu/> Travel Directions further below.

PRICE: SEK 7650:- per person. If you want to pay in Euro or Dollars, please use [XE.com](https://www.xe.com/) for the exchange rate at the time of payment. Included in your course fee is NOLS Wilderness Medicine Wilderness Handbook, a patient assessment bandana, NOLS Wilderness Medicine WFR and Epinephrine and CPR certification.

Food and lodging is included in your price from Thursday evening with an evening meal to Monday morning breakfast. If you decide to arrive Friday morning (class start at 08:00) and not stay at all at Sjöviksgården, you may deduct SEK 1000:- from your course fee. If you decide to arrive Friday morning (class start at 08:00) or depart Sunday evening you may deduct SEK 1000:- from your course fee.

COURSE TIMES: We start our WFR-R course Friday November 1st at 08:00. We will have class until 18:00 with a few short breaks and an hour lunch. Same hours on Saturday and Sunday 08:00 to 18:00. If you plan to depart on Sunday evening and take a train from Göteborg or a flight from Landvetter – do not book anything before 21:00

LANGUAGE: This three day WFR-R course is taught in English.

REGISTRATION: We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes Swedish Bank account or by VISA / MasterCard or check to our office in the USA (if you call us – remember that Montana is 8-9 hours “behind Europe. Our morning is your afternoon). We can also invoice you. Please read our cancellation policies below before you sign up.

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.

For folks in Sweden can pay to Crossing Latitudes Plusgiro: 100 75 14-1 or BankGiro: 525-6573

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

MEALS & LODGING: Meals and lodging are included in the WFR-R course fee. **Please let us know by October 10 if you have food allergies or prefer special diet (vegetarian, gluten free, lactos free etc.).** You will be sharing room with a few other participants. You need to bring your own sheet, pillow case and towel. Pillow and blankett / duvet are provided. No sleepingbags please. Our classroom Sjöviksgården is an alcohol free center. **Please do not bring alcohol.**

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 or review the recertification portion of our website:

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

NOLS Wilderness Medicine WFR certifications has a “re-entry year” which means you have a one-year period after your expiration within to recertify. This course will also recertify those who hold a valid WEMT (wilderness portion only) or a Wafa certification.

If you hold a current (not expired) Wilderness First Responder certification from another organisation (of at least 70 hours), you will receive a two-year NOLS Wilderness Medicine WFR certification upon successful completion of your WFR Recert course.

Please contact us if you are unsure if you are eligible to take this WFR-R course or not. info@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.

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

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

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 WFR Recertification course also includes Adult/child CPR & AED. This course is the most popular recertification program in Wilderness Medicine and is ideal for current Wilderness First Responders and Wildereness EMTs. The WFR Recertification course is pre-approved for 18 hours of EMT CEU's by CECBEMS.

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.

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/>

You will be required to complete a **WRITTEN** test on Friday morning. To achieve a passing score (70%) on the written multiple-choice exam, you must review the WFR materials. Check the following web page for information and resources on how to best prepare for your course. Please study, do the practice tests, the quiz and watch some of the Patient Assessment videos on the link: <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 SEK 1500:-
- Within 7 days of the course start date and once the course has begun Crossing Latitudes will retain an administrative fee of SEK 3000: -
- 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 in the USA. Current USA 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.

For over a decade, the Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been 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 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 that you have prepared yourself for this WFR-R course. We start with the written test on Friday morning. 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 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).

Smoking and alcohol is not allowed on Sjöviksgården. Pets are not allowed at the teaching site during course hours. If you have a service dog, please let us know.

Here is Google Map directions:

<https://www.google.com/maps/place/S%C3%B6rviksv%C3%A4gen+47,+443+45+Sj%C3%B6vik,+Sweden/@57.9070403,12.0984418,10z/data=!4m5!3m4!1s0x464551aeee12eee9:0xb534b34951641d92!8m2!3d57.9070375!4d12.3785986>

TRAVEL DIRECTIONS:

<https://www.google.se/maps/place/Sj%C3%B6viksg%C3%A5rden/@57.9070346,12.3763769,17z/data=!4m5!3m4!1s0x464551aeee0cc019:0x64bf237cd79fbc3f!8m2!3d57.9070346!4d12.3785709!5m1!1e4?hl=en>

If you fly from Europe you can fly into Göteborg Landvetter Airport, Sweden. There are buses from Göteborg Landvetter Airport to the Central Station in Göteborg from where you can take the commuter train to Lerum and then the bus to Sörviksvägen 47, 44345 Sjövik.

Your total travel from Göteborg to Sjövik is about 1 hour and 20 minutes. First by commuter train from Göteborg Central Station to the town of Lerum and then switch to bus to Sörviksvägen 47, 44345 Sjövik. The price is about SEK 80:-. There are about 13 departure times after 12:00 (noon) on a Thursday up to midnight.

Returning to Göteborg on Sunday evening after we end at 18:00, there are some connections up to 22:00 but on Monday morning there are bus / train connection to Göteborg every 30 minutes starting at 00:40am

If you arrive by train and bus you must walk the last 1,5 kilometers to Sjöviksgården. Participants with vehicles might be able to help out with transportation this last stretch.

Link to Västtrafiken Travel Planner: <https://www.vasttrafik.se/en/travel-planning/> Your busdestination in Sjövik is called Sjöviks busstation, Lerum. From there you have to walk.

Let us know if you want to connect with other participants for car pooling. If so we will share your name, phone number and email address with others.

Topics during the WFR-Refresher course includes:

Infection Control
Patient Assessment System
Documentation and Medical Legal issues
Spinal Cord Injuries
Head Injuries
Chest Injuries
Shock
Wound Management

Suggested Equipment List: Expect the best weather but be prepared for the worst! The fall in Sweden can be a mix of heavy rain, sleet, windy and sunny!

Personal sheets, pillow case and towel
Day pack with extra layers (sweater, socks, long johns)
Outdoor clothing that will keep you warm and dry in all conditions
Rain jacket & pants
Hiking boots or waterproof boots

Athletic Injuries & Dislocations
Fracture Management
Cold & Heat Related problems
Altitude Illness
Cardiac, Respiratory and Neurological Emergencies
Abdominal Emergencies
Mental Health Emergencies
CPR

Indoor shoes (sneakers or sandals – the floor can be a bit cold)
Scarf, hat, gloves
Head lamp with fresh batteries. It will be dark!
Towel and personal toiletries
Thermos & personal mug
Water bottle
Pen and paper
Sunglasses

Crossing Latitudes, Inc. Phone USA: 1-406-585-5356 Phone Europe: +46-70-6701153
Web site: www.crossinglatitudes.com Email: info@crossinglatitudes.com

CrossLat December 2023