



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE (WFA)

VILLA TAMMIKKO, HELSINKI, FINLAND

APRIL 12-14, 2024

NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings. 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?"

DATES: April 12-14, 2024 (Friday, Saturday and Sunday). Start Friday at 16:00.

PRICE: €475.00 (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 CPR certification. Food & lodging is **not** included.

LANGUAGE: This three day Wilderness First Aid course is taught in English. The instructors speaks English, Swedish and Finnish and can help out with translations if needed.

COURSE LOCATION: Villa Tammikko, Tuusula, Maisalantie 209, 04360 Tuusula, Finland (25 km north of Helsinki) https://villatammikko.johku.com/en_US See Travel Directions further below.

FOOD & LODGING: Food and lodging is not included in your course fee. We recommend that you contact Villa Tammikko (where the course is held) direct and either rent a room, a chalet or a tentsite. info@villatammikko.fi You are of course welcome to stay in Helsinki or inbetween the city and Tuusula where there are many hotels, campgrounds, B&Bs and guesthouses. Villa Tammikko has a small kitchen you are welcome to use during the course.

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. Once we have received your course fee we will email you a receipt and a course confirmation. See our cancellation policies further below.

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 transfer the course fee to Crossing Latitudes bank in Sweden (PlusGiro 100 75 14-1 or BankGiro 525-6573) or do an **International Transfer** to our 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 Webpage: <http://www.crossinglatitudes.com>
Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

An important document to read before paying the course fee, is our Student Agreement:

<http://www.nols.edu/en/filer/public/1481655159/906/> You do not need to print or email it is to us. We have documents you can sign at the course start.

CLASS FORMAT: We start our Wilderness First Aid course Friday April 12 at 16:00. We will have class until 20:00. On Saturday and Sunday classtime is 09:00 to 18:00 with a few short breaks and one hour lunch.

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 WFA 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.

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 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 (WFA) or Wilderness First Responder (WFR) - meaning you hold a WFA or WFR card from NOLS Wilderness Medicine - you must do both a written and a practical test. Please email us if you are interested in recertifying.

TRAVEL DIRECTIONS: Villa Tammikko is located only 15 minutes from the Helsinki Airport. If you drive from Helsinki it will take you about 30 minutes. The bus takes about an hour from Helsinki, and you need to walk the last 900 meters.

Google Maps Bus Helsinki to Villa Tammikko:

<https://www.google.com/maps/dir/Helsinki,+Finland/Villa+Tammikko,+Maisalantie+237,+04360+Tuusula,+Finland/@60.2921032,24.6434811,10z/data=!3m1!4m1!4m13!1m5!1m1!1s0x46920bc796210691:0xcd4ebd843be2f763!2m2!1d24.9383791!2d60.1698557!1m5!1m1!1s0x468df8c5f2d2ec49:0x1e1aec6b4dcd58f1!2m2!1d24.9878576!2d60.3623125!3e3?entry=ttu>

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 over 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 all over the world. Last year we taught in 40 different countries.

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). No dogs are allowed in the classroom or during class outside, unless it is a service dog.

CROSSING LATITUDES CANCELLATION AND REFUND POLICY: If you cancel or withdraw from the 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 €150.00

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

After the course has started there is no refund.

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 the course.

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)

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)

Sunglasses, Head lamp with new batteries, Thermos & personal mug, Snacks, 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 Email: info@crossinglatitudes.com

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

CrossLat December 2023