



# NOLS WILDERNESS MEDICINE

## WILDERNESS FIRST AID (WFA)

HOSTED BY CROSSING LATITUDES

VERBIER, SWITZERLAND APRIL 26-28, 2024

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?" Our WFA courses are scenario based and hands-on. CPR is included.

**DATES:** April 26-28, 2024 (Friday, Saturday & Sunday) Our course starts at 08:00 and we go to 18:00 each day, with an hour lunch break each day.

**LOCATION:** Our class room is the Cultural Centre Auditorium in the Copperfield International School, 10 Rue de la Bérarde, 1936 Verbier, Switzerland.

**COURSE FEE:** CHF 550.00 for participants not affiliated with Copperfield International School. Your course fee covers the NOLS Wilderness Medicine Hand-out, a waterproof Pocketguide, a bandana with the patient-assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFA & Epinephrine certification. Lunch is also included each day. If you rather not have lunch the course fee is CHF 450.00

**REGISTRATION & QUESTIONS:** You sign up by paying your course fee to Copperfield International School SA. Copperfield College SA CH95 0076 5001 0422 3480 6 BCVSCH2LXXX Please send attendee details and confirmation of payment to [finance@copperfield.education](mailto:finance@copperfield.education)

For questions about the curriculum, recertification etc. please email Crossing Latitudes at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Webpage: <http://www.crossinglatitudes.com>  
Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

**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!

**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. The course is ideal for trip leaders, camp staff, outdoor enthusiasts, and individuals in remote locations. NOLS Wilderness Medicine have taught over 6000+ participants in Europe since year 2000.

**LANGUAGE:** This three day Wilderness First Aid course is taught in English.

**WILDERNESS FIRST AID 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

**LODGING & FOOD:** Your lodging and food is not included in the course fee. There are numerous hotels, hostels, AirB&B's, campgrounds etc. in and around Verbier where you can stay. We break for an hour lunch each day. You are welcome to bring your own lunch, or you can go to one of the nearby restaurants.

**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/>

**CLASS FORMAT:** We start our Wilderness First Aid course course on Friday April 26 at 08:00. We will have class until 18:00 with a few short breaks and an hour lunch. The same schedule – 08:00 to 18:00 goes for Saturday and Sunday as well. 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.

**WHAT TO BRING:** Please bring comfortable outdoor clothing. We will be doing lectures inside and scenarios outside every day. We might be outside for an hour, then back in to the classroom, another hour or two outside and then back indoors again. Wear clothing appropriate for the weather. We will be outside no matter what the weather is. NOLS Wilderness Medicine will bring 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. NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings. 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 600,000 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, intensive and will challenge your decision-making skills.

**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. Our courses are scenario based. Lots of hands-on.

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 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). Smoking and Alcohol is not allowed on site during the course hours. Pets are not allowed at the teaching site during course hours (unless it is a service animal).

**CROSSING LATITUDES CANCELLATION AND REFUND POLICY:** For this course Copperfiled International School decides the cancellation guidelines.

If you are traveling to Verbier for this course, 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.

### **SUGGESTED EQUIPMENT LIST**

Day pack with extra layers (sweater, socks, long johns) You gear will be used in scenarios.  
Outdoor clothing that will keep you warm and dry  
Waterproof jacket and pants  
Hiking boots or waterproof boots

Indoor shoes (sneakers or sandals )  
Hat and gloves  
Head lamp  
Pen and paper  
Water bottle

If you bring a 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.

For questions about this NOLS Wilderness Medicine WFA course or our curriculum please contact Crossing Latitudes at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Phone in Europe: +46-70-670 1153 Phone in USA: +1-406-585-5356.

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

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