



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER (WFR) COURSE

HOSTED BY HUMAK ADVENTURE EDUCATION PROGRAM & CROSSING LATITUDES

Nurmijärvi Campus, Kiljava, Finland November 15-25, 2021

This [NOLS Wilderness Medicine](#) Wilderness First Responder course is designed specifically to provide you with the tools to make critical medical and evacuation decisions in remote locations. Half of your time will be spent completing practical skills and scenarios designed to challenge your decision-making abilities. CPR is included in this course. We do encourage you to browse the textbook before the course.

Course Dates: November 15-25, 2021

Location: Nurmijärvi Campus, Kotorannantie 49, 05250 Kiljava, Finland.

Course fee: The course fee is USD \$1150.00 per person. The tuition covers the NOLS Wilderness Medicine Medical Handbook, the NOLS Wilderness Medicine textbook, a bandana with the patient-assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR certification. The textbook will be sent to you once you have paid the course fee. Lodging & food is not included. See more information below.

Signing up: Please read the NOLS Student Agreement it before paying us the course fee. Another important document to read before signing up is the NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students. In this form there is a link to the 3-minute long video of what you can expect from NOLS Wilderness Medicine in COVID-19 times. Please watch it and email us if you have any questions.

COVID-19 Disclosure, Practices and Expectations for Students.

<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit>

Video: <https://youtu.be/LRuRwaAeOsE> Please watch and email us if you have questions.

Student Agreement: https://www.nols.edu/media/filer_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf

You get a spot on the course by paying the full course fee to Crossing Latitudes. We can invoice you or you can call us and pay with a VISA/MasterCard through our office in the Bozeman, Montana, USA. You can also transfer the course fee to our Swedish bank. See info below. Once we have received your course fee we will email you a receipt and a course confirmation. See our cancellation policies below.

If we don't have enough number of sign-ups by December 1st the course might be cancelled. Full refund if you signed-up.

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

International Transfer to Crossing Latitudes Swedish Nordea 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.

Food & Lodging: Food & Lodging is **not** included in your course fee. You can stay in Kiljava at the Nurmijärvi Campus (where our classroom is) in a private room with bath for approximately €70.00 per night (breakfast is included). If you want to share a room with bath each person pays approximately €43.00 (breakfast is included) per night.

The lunch cost €13,50 and is a full meal with different choices as well as a salad bar, coffee, tea and desert.

The dinner is a smaller meal with soups, salad bar, coffee, tea and a cookie and costs €10.00 per meal.

If you decide to book a room or eat meals at Nurmijärvi Campus make sure to mention that you are taking the NOLS Wilderness First Responder course. You need to book your lodging and meals on your own. Email: info@kiljavanranta.fi

Another option for Lodging is a caravan park about 10-15 minutes walk away from the Campus. If you have a caravan / Recreational vehicle you can park here for €20.00 per night + pay for the electricity you use. In order to park at the Caravan Park you need to be a member of a European Caravan Association – preferably the Finnish Association. Please contact us if you are interested in parking your caravan / RV at the caravan park.

Other options for lodging are to stay at one of the many Air B&B's, Guesthouses or hotels in Helsinki. Helsinki is located 45-60 minutes from Kiljava and the Nurmijärvi campus.

How to get to Kiljava: Here is the location according to Google Map.

<https://www.google.com/maps/place/05250+Kiljava,+Finland/@60.5041271,24.6808742,15z/data=!3m1!4m5!3m4!1s0x468de2416a077649:0x2600b5523c190151!8m2!3d60.5041173!4d24.6896504>

Course Language: English. Our NOLS Wilderness Medicine instructors teach all over the world and are usually bilingual. The NOLS Wilderness Medicine textbook is in English and will be sent to you pre course and we highly recommend that you start reading it.

Course Description: A Wilderness First Responder (WFR) is an essential wilderness first aid education for anyone who spends significant time in remote places or who has a professional career in the outdoors. The WFR course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue.

NOLS Wilderness Medicine curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days.

The intensive 80-hour curriculum is internationally recognized and supported by the Wilderness Medical Society. Your instructors are dynamic educators who have practiced both wilderness and urban medicine. This 80-hour course is ideal for all professionals operating in remote environments. Adult CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS (see more info below).

For more information about NOLS Wilderness Medicine and the WFR course, please visit:

<https://nols.edu/en/courses/courses/wilderness-first-responder-WFR/>

Class time & Scenarios: The Course language is English. We will start at 08:00 each day and go to 17:00. Many hours will be spent indoors learning in-depth about different topics. 50% of the time will be spent outdoors with practical sessions and scenarios.

All participants will be playing both "patients" and "rescuers" each day. We use fake blood to make the scenarios more realistic. The fake blood will come off clothing but you might have to wash twice. There will be one evening session and one night exercise where you might encounter "patients" you never met before (special invited folks). Discussions about leadership, group dynamics and evacuation procedures are part of this 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.

NOLS Wilderness Medicine Mission: The Wilderness Medicine's goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies.

For over a decade, NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been the most recognized and respected teacher of wilderness medicine, training over 300,000 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 trains participants to respond to emergencies in remote settings.

To date we have run courses internationally in USA, Australia, Canada, Nepal, Columbia, Costa Rica, Chile, India, Kenya, Mexico, Norway, Thailand, South Africa, Sri Lanka, Denmark, Sweden, Argentina, Brazil, Germany, England, Finland, Ireland, Malaysia, Bhutan, Korea, Iceland, Italy, Switzerland, Hungary, Slovenia and Tanzania. It is not unusual to have participants from the whole world on our WFR courses in Europe.

What can you expect of us? 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. There will be a written and a practical exam at the end of the course and we will do everything we can to help you get the skills to perform well. You need to pass both the written and the practical tests in order to receive NOLS Wilderness Medicine international WFR certification.

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 the equipment. We hope you will ask us if you don't understand. We expect you to study and do extra practice in the evenings.

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).

We expect you to will read and agree to the NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students – see above.

Continuing Education College credit and EMT CEUS: The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost. If interested, please check with the instructors on the first day of class for the necessary information.

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 70 CEU hours

for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

CROSSING LATITUDES CANCELLATION AND REFUND POLICY:

If a student cancels or withdraws from a course:

- Greater than or equal to 35 days prior to the course starting date we will help you transfer to another Crossing Latitudes hosted course within a year or we will refund your course fee minus an administrative fee of \$150.00.
- Within 34 days of the course start date and once the course has begun, we will help you transfer to another Crossing Latitudes hosted course within a year or we will refund your course fee minus an administrative fee of \$250.00.
- 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 (minus a admin fee of \$25.00 - if you paid with a credit card or you have received the WFR text book).

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.

Pets / dogs are not allowed at the class. Any student bringing pets to class will be asked to leave until the pet is safely situated in a kennel or other facility. **No alcohol or smoking is allowed during class.**

EQUIPMENT LIST:

Expect the best but be prepared for the worst! We will be outside each day even if it rains, snows or storms. Having quality clothing and equipment is important. 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 will provide each day. Your Backpack will be used every day in the scenarios.

In your backpack:

- 2 Personal Face masks (one on your face as you enter the classroom)
- 1 Protective eyewear (sunglasses, ski goggles, carpenter glasses)
- 1 pair of outdoor gloves
- 1 extra sweater or a fleece jacket
- 1 pair of long johns
- 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 (important for the night scenarios)
- Sunglasses
- Water bottle

Also bring to the classroom:

Indoor shoes or sandals (the floor can be cold), note pad, pens or pencils, water bottle and personal mug.

Other suggested gear:

Underwear

1-2 polypro or wool tops

1-2 polypro or wool bottoms (long johns)

1-2 warm sweaters or fleece jackets

1-2 quick drying outdoors pants

1-2 sweats or casual pants for evenings

Rain jacket & Rain pants

3-4 wool or synthetic socks

1-2 liner socks

2-3 ordinary socks

Outdoor boots (remember there might be some cold and wet days and evenings)

Indoor shoes (sandals or sneakers as our classroom floor might be chilly)

2-3 T-shirts or long sleeve casual shirts

Hat, gloves, mittens, neck warmer/scarf

Exercise clothing (running shoes etc.) if you want to take a run on the nearby trails.

Headlamp with extra batteries (important for the night scenario)

Camera (optional)

Note pad and pens

Knife (optional)

Sunglasses

Water bottle & Mug

Towel & toiletries

If you bring a phone, radio, iPod, laptop or other electronics you need a special adaptor. Plugs and electrical sockets are different in northern Europe.

COURSE SCHEDULE:**DAY 1:**

Welcome & Introductions

Infection Control & Communicable Disease

Wilderness Medicine

Initial Assessment

Patient Exam

Vital Signs: LOC, HR, RR, SCTM

Focused History

Documentation

DAY 2:

Vital Signs: BP, Pupils

Spinal Cord Injuries

Lifting and Moving, Spinal Protection

Litter Packaging, Carrying, and Long-Term Care

Chest Injuries
Shock

DAY 3:

Head Injuries
Focused Spinal Assessment
Athletic Injuries
Fracture Management
Evening: Dislocations and Splinting

DAY 4:

Wilderness Wound Management, Burns & Infections
Hypothermia
Frostbite and Non-Freezing Cold Injury
Heat and Hydration

DAY 5:

Altitude Illness
Bites and Stings
Leadership, Teamwork & Communication
Stress First Aid
MCI Practical Scenario

DAY 6: DAY OFF

DAY 7:

Cardiac Emergencies
CPR
Respiratory Emergencies
Altered Mental Status

DAY 8:

Acute Abdomen
Allergies and Anaphylaxis
Diabetes
Principles of Search and Rescue/Evacuation
Evening: Night Rescue

DAY 9:

Debrief of night rescue
Wilderness Drug and First Aid Kits
Mental Health Concerns
Poisoning
Lightning

Common problems with ears, nose, eyes, skin, teeth etc.

DAY 10:

Submersion Incidents
Gender Medical Issues
Medical Legal Issues
Practical Exams

Day 11:

Written Exam. Closing Ceremony
End around 13:00

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

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

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