



NOLS WILDERNESS MEDICINE
WILDERNESS FIRST RESPONDER COURSE (WFR)
HOSTED BY KANDERSTEG INTERNATIONAL SCOUT CENTRE &
CROSSING LATITUDES

KANDERSTEG, SWITZERLAND OCTOBER 12-22, 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, case studies and scenarios designed to challenge your decision-making abilities. Adult CPR is included in this course.

Course Dates: October 12-22, 2021.

Location: Kandersteg International Scout Centre ([KISC](#)), Kandersteg, Switzerland.

Course fee: The course fee is USD \$1450.00 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. **11 nights lodging in double rooms with shared bathroom and showers is also included.**

Lodging: Lodging from Monday October 11 after 15:00 to the morning of Friday October 22 (we end around 13:00) is included in your course fee. We will stay in the "KanderLodge" where you will share room with one other participant. Two of these double rooms share bath and shower. Solo rooms – first come first serve for an additional \$75.00. KISC provides sheet, duvet and pillowcase. You need to bring your own towel. Free WiFi.

We expect to end the course around 13:00 on Friday October 22. If you want to spend an extra nights before the 11th or after the 22nd contact KISC at reception@kisc.ch

Food: Your food is **not** included in your course fee. You can either choose to buy and cook your own meals (there is a full kitchen with two stoves, two fridges, freezers, pots and pans, micro ovens,

water boilers etc. in the "KanderLodge") or you can contact KISC (reception@kisc.ch or by phoning +41-33-675-8282) and book and pay for meals. Breakfast CHF7.00 / Lunch CHF13.00 / Dinner CHF13.00 (CHF33.00 per day X 11 days = CHF363.00 = approximate USD \$375.00).

If you book meals make sure to share that you are taking the NOLS WFR course. In the past several participants have booked meals for the first 3-4 days and then they decide if they want to cook their own meals or book more meals at KISC.

How to get to Kandersteg: Kandersteg is a small community with hotels, restaurants, cable-cars up the mountains, a bakery, 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.

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/>

Questions & Registration: We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes, USA by VISA/MasterCard. You can also transfer the course fee to Crossing Latitudes Swedish bank account. We can also invoice you. Please find more about payment information in the Reservation Form. See our cancellation policies below.

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

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.

COVID-19: Below is a link to our Student Agreement form - please read 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 a 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.

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

COVID-19 Disclosure, Practices and Expectations for Students:
<https://docs.google.com/document/d/1jCIoXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit>

Video: <https://youtu.be/LRuRwaAeOsE>

Course Language: English. Our NOLS Wilderness Medicine instructors teach all over the world and are 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 350,000 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 more than 40 countries.

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 expect you to help us minimize infections by following our COVID-19 guidelines.

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).

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, Crossing Latitudes will retain an administrative fee of USD \$250.00
- Within 35 days of the course start date and once the course has begun, tuition is non-refundable. We will help you transfer to another Crossing Latitudes hosted course within a year before you lose your tuition.
- 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 transaction fee of \$25.00 if you paid with a credit card).

We also 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 COURSE. THIS INCLUDES LEASHING THEM OUTSIDE. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility. **No alcohol or smoking is allowed during class hours.**

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:

- 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:

2 Face masks (surgical, cloth masks or a Buff is acceptable), Protective eye wear (sunglasses, ordinary glasses, carpenter glasses or ski goggles), 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:

Personal Face masks

Protective eyewear (sunglasses, ski goggles, carpenter glasses)

Outdoor gloves

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. (KISC provides sheets, duvet and pillowcase)

There is a coin laundry room at KISC.

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.

APPROXIMATE COURSE SCHEDULE 08:00 – 17:00**DAY 1: Tuesday Oct. 12**

Introductions: Wilderness vs. Urban

Initial Assessment

Patient Exam

Vital Signs: LOC, HR, RR, SCTM

Vital Signs: BP, Pupils

Focused History

Documentation

DAY 2: Wednesday Oct. 13

Spinal Cord Injuries

Lifting and Moving
Spinal Protection, Litter Packaging, Carrying, and Long-Term Care
Chest Injuries
Shock

DAY 3: Thursday Oct. 14

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

DAY 4: Friday Oct. 15

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

DAY 5: Saturday Oct. 16

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

DAY 6: Sunday Oct. 17 DAY OFF

Day 7: Monday Oct. 18

Cardiac Emergencies & CPR
Respiratory Emergencies
Altered Mental Status

DAY 8: Tuesday Oct. 19

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

DAY 9: Wednesday Oct. 20

Morning: Mock Rescue Debrief
Wilderness Drug and First Aid Kits
Mental Health Concerns
Poisoning
Communicable Disease

DAY 10: Thursday Oct. 21

Lightning
Submersion Incidents
Gender Medical Issues
Medical Legal Issues
Practical Exams

Day 11: Friday Oct. 22

Move out of bedrooms. 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 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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Crossing Latitudes December 2020