



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST AID COURSE

**Nurmijärvi Campus, Kiljava, Finland March 29-31, 2021**

**DATES:** March 29-31, 2021 (Monday, Tuesday and Wednesday).

**WHO CAN TAKE THIS COURSE:** Students at the Humak Adventure Education Program in Finland.

If you are not a student – please contact us.

**INCLUDED:** Included in the course is NOLS Wilderness Medicine Wilderness First Aid 30 page handout, First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine WFA certification and CPR certification. Food and lodging is **not** included in your price.

**LANGUAGE:** This three day Wilderness First Aid course is taught in English. The instructor speaks Swedish and maybe Finnish and is more than happy to help out with translations if needed.

**CLASS FORMAT:** We start our Wilderness First Aid course Monday March 29th at **09:15 and go to 18:00**. The same hours goes for Tuesday and Wednesday. We break for an hour lunch (11:00 - 12:00) and will have a few shorter breaks each day. Make sure to bring snacks for the afternoon – this course is intense.

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.

This Wilderness First Aid course can be used as a WFR or WAFA-Recertification course if you hold a valid (not expired or within your “re-entry” year) WFR or WAFA card from NOLS Wilderness Medicine. Contact us if you have questions in regards recertifying.

**COURSE LOCATION:** Room C203. Nurmijärvi Campus, Kotorannantie 49, 05250 Kiljava, Finland.

**COVID-19:** An important document to read is the NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students and the Student Agreement form. Below 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>

**Student Agreement:** [https://www.nols.edu/media/filer\\_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf](https://www.nols.edu/media/filer_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf)

**FOR MORE INFORMATION OR QUESTIONS:** Contact Crossing Latitudes Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Webpage: <http://www.crossinglatitudes.com> Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

You can also communicate with the Adventure Education Program.

Eeva Mäkelä at [Eeva.Makela@humak.fi](mailto:Eeva.Makela@humak.fi) or Sini Lahti at [Sini.Lahti@humak.fi](mailto:Sini.Lahti@humak.fi)

**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.

This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. NOLS Wilderness Medicine courses are pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies. In Europe NOLS Wilderness Medicine Wilderness First Responder and Wilderness First Aid courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 3500 participants Wilderness First Aid 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!

**If you** take this course as Recertification for a Wilderness Advanced First Aid or Wilderness First Responder (meaning you hold a non-expired WFA or WFR card from NOLS Wilderness Medicine) you must do both a written and a practical test. Please email us if you have questions about this.

**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. At the end of the course we will sometimes sell NOLS Wilderness Medicine first aid kits, T-shirts, books and first aid materials.

**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 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 is an internationally recognized program that 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, Singapore, Malasia, Kenya, Mexico, Norway, Switzerland, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, Denmark, England, Italy, Ireland, Slovenia, Hungary and Tanzania.

**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.

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. No form of harassment is accepted. 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).

We expect you to respect and follow NOLS Wilderness Medicine COVID-19 guidelines:

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

**REGISTRATION / POLICIES:** Tuition payment in full is required to reserve your spot in the course. Tuition is non-transferable. Tuition is payable by check to Crossing Latitudes, Visa/MasterCard or transfer to Crossing Latitudes Swedish Nordea Bank account. We can also invoice you.

The tuition fee cover syllabus, equipment and certification cards. NOLS Wilderness Medicine is not obligated to allow any student to attend a course until all NOLS Wilderness Medicine paperwork has been received, reviewed and approved by NOLS Wilderness Medicine. A full refund will be given if we are forced to cancel the course for any reason.

**ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & INDEMNITY AGREEMENT:**

Please download this agreement from [https://www.nols.edu/media/filer\\_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf](https://www.nols.edu/media/filer_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf) and read it very carefully as it affects your legal rights. Bring the **two-page** signed document to the first day of the course. If you can't print – don't worry – we have extra forms at the course. If you are a minor, a parent or guardian must sign the document. Failure to provide a signed document will result in you not being able to participate in the course.

**No smoking is allowed during class – inside or outside. Pets are not allowed at site. This includes leashing them where we have our scenarios outside.**

Please contact us with any questions or concerns you may have.

**Crossing Latitudes, Inc.**

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Web site: [www.crossinglatitudes.com](http://www.crossinglatitudes.com) Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

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

**Wilderness First Aid Course Curriculum**

Communicable Diseases & Infection Control

Cardiopulmonary Resuscitation (CPR)

Introductions Wilderness vs. Urban Medicine

Initial Assessment A B C D E

Focused Exam (Head-to-Toe assessment)

Vital Signs (LOR, HH, RR, SCTM)

Focused Medical History (SAMPLE)

Emergency and Evacuation Plans  
Documentation  
Spinal Cord Injuries  
Head Injuries  
Shock  
Wilderness Wound Management, Burns & Infections  
Muscle- & Bone injuries: Athletic Injuries, Fractures & Dislocations  
Heat Illness & Cold Injury  
Altitude Illness  
The Medical Patient, Epilepsy, Diabetes, Respiratory, Acute Abdominal problems  
Anaphylaxis  
Wilderness First Aid Kits  
Closure

### **Suggested Equipment List**

2 Personal Face masks (Medical, Surgical, Cloth or double folded Buff is acceptable)  
Protective eye wear (Ordinary glasses, sunglasses, ski goggles are acceptable)  
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  
Indoor shoes (sneakers or sandals)  
Scarf, hat, gloves  
Head lamp  
Towel and personal toiletries  
Thermos & personal mug  
Water bottle  
Pen and paper  
Sunglasses  
Snacks, fruit, tea, coffee, water to stay hydrated and have energy for long afternoons.

**Crossing Latitudes November 2020**