



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE (WFA)

KULTURHUSET SOFIA, HELSINKI, FINLAND

November 29 - December 1, 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: November 29th - December 1st, 2024 (Friday, Saturday and Sunday).

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 2,5 day long Wilderness First Aid course is taught in English. The instructors speaks Swedish and Finnish and can help out with translations if needed.

COURSE LOCATION: Kulttuurikeskus Sofia. Kallvikinniementie 35. 00980 Helsinki, Finland.

SIGNING UP: You get a spot on the course by paying the full course fee to Crossing Latitudes. Once we have received your course fee we will email you a receipt and a course confirmation. See cancellation policies below.

Email us to make sure we have space on the course. You can transfer the course fee to Crossing Latitudes bank in Sweden (PlusGiro 100 75 14-1 or BankGiro 525-6573) or make an international transfer. We can also 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). If you call – remember that Montana, USA is 8 hours “behind” Europe.

International Transfer to 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/>

CLASS FORMAT: We start our Wilderness First Aid course Friday November 29th at 16:00. We will have class until 20:00. On Saturday and Sunday classtime is 09:00 to 18:00 with 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. Contact us if you are interested.

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 have questions about your certification status.

MEALS & LODGING: Food and lodging is **not** included in your course price. The Culture House Sofia, where the course is held do offer rooms. Please visit their website or contact them directly for information about costs and how to book. <https://www.sofia.fi/hotelli/> info@sofia.fi

TRAVEL DIRECTIONS: From the city center you can take the metro to Vuosaari, from where you can get to Sofia either by taxi (approx. €12, the taxi rank is on the left side of the metro exit) or by bus 816 directly to Sofia's main door. Bus 816 runs once an hour in the morning and afternoon. On Saturdays and Sundays, bus 816 does not run.

Bus 560 runs daily from morning to evening with frequent shifts between Rastila and Vuosaari metro stations and stops at the Kallvikinniemi busstop, from there it's a 1.2 kilometer walk to Sofia. Bus 560 runs on Saturday and Sundays as well.

Google Maps:

https://www.google.com/maps/place/Kulttuurikeskus+Sofia/@60.1898368,25.1329174,17z/data=!3m1!4m6!3m5!1s0x46920f1af692d2e5:0xed8f91660e4026da!8m2!3d60.1898342!4d25.1354977!16s%2Fg%2F11fnwj00_t

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 6300 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. We teach in over 40 countries each year.

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).

CROSSING LATITUDES CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- Prior to 7 days pre-course, sponsor will retain a €150.00 administrative fee.
- If you cancel 7 days before course start you will receive 50% of your fee back.
- If Crossing Latitudes or NOLS Wilderness Medicine cancel the course you will receive full refund.

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.

NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

No smoking or alcohol is allowed during course hours. No dogs are allowed in the classroom or during class outside. If you have a service dog please contact us.

Wilderness First Aid Course Curriculum

Infection Control
Cardiopulmonary Resuscitation (CPR)
What does Wilderness Medicine mean
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)
1 Pair of protective eyewear (sunglasses, ski goggles, carpenter glasses or ordinary glasses)
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)
Head lamp with new batteries, Thermos & personal mug, 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 May 2024