

NLS Practice Schedule

***For this week's practice, you will need at least 3 people together in order to work on spinal removals. Feel free to come in more than once with different people.*

*It is your responsibility to practice and study, as there is not a lot of class time free for review. If you have any questions or concerns throughout the week, do not hesitate to contact me. I prefer email at joel@sutcliffe.ca or if urgent by cell phone at 604-626-1414.
GOOD LUCK!*

Week 3

WET (suggested 1-1.5 hours)

- q 8x50m freestyle fast (15s rest)
- q 2x10m Brick carry
- q 4x5m DNS carry
- q 6x basic slantboard spinal procedure
- q Review what to do in simulations

DRY (suggested 1-1.5 hours)

- q Study for Basic Lifeguarding Quiz
 - q Review notes and handouts on all topics covered
 - q You don't have to label diagrams of the lungs and heart for this quiz
- q Review primary survey skills
- q Practice spinal immobilization clamps and rolls
- q Practice Walking-Talking Spinals

Sign here when you have completed all of the listed items, and hand this paper to me at the beginning of class #4

Candidate Signature _____
Candidate Name (print) _____

Please list any other students that you worked with:
