

NLS Practice Schedule

For NLS it is necessary to practice and work on assignments outside of class time in order to absorb all the information within the given time. This is especially important for the 10-week course format, as there is lots of time to forget material learned in class if it is not practiced

*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 2

WET (suggested 0.5-1 hours)

- q 6x25m head-up sprint (1 minute pace)
- q 2x50m tow (with a partner)
- q 4x100m breaststroke
- q 6x5m DNS Carries
- q 3x5m Brick Recovery
- q Spinal Rollovers (shallow & deep)
- q Unconscious Removals (with a partner)
- q Review communication
- q Review search procedure

DRY(suggested 2-3 hours)

- q Pool Analysis assignment (1-2 hours)
- q Review notes from first 2 classes
- q Memorize steps of primary survey
- q Review CPR skills, be confident in steps for adult/child/infant:
 - q Rescue Breathing
 - q CPR
 - q Obstructed Airway
- q Go on the internet to welcome.to/lifeguardhome and click on "resources." Have a look at some of the handouts available on the site. (You can use this to help review)

Sign here when you have completed all of the listed items, and hand this paper to me at the beginning of class #3.

Candidate Signature _____
Candidate Name (print) _____

Please list any other students that you worked with:
