

## 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)

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

DRY (suggested 1-1.5 hours)

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

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