

## 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 4

WET (suggested 1-1.5 hours)

- q 400m freestyle
- q 4x25m head-up sprint (60s)
- q 3x10m DNS carry
- q 50m unconscious carry with partner
- q 6x non-breathing slantboard procedure
- q Review what to do in simulations

DRY (suggested 1-1.5 hours)

- q Study for Oxygen Quiz
- q Memorize steps of the secondary survey
  - q Vitals - T LOC PRES
  - q History – CHAMMIP
  - q Head to Toe
- q Review first aid notes from Bronze Cross
  - q Skim through chapter 8 in the Canadian Lifesaving Manual

Sign here when you have completed all of the listed items, and hand this paper to me at the beginning of class #5.

Candidate Signature \_\_\_\_\_  
Candidate Name (print) \_\_\_\_\_

Please list any other students that you worked with:

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