

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 5

WET (suggested 1-1.5 hours)

- q 10x50m freestyle fast (15s rest)
- q 2x15m Brick carry
- q 3x10m DNS carry
- q 6x non-breathing flatboard procedure
- q 6x pulseless spinal (quickly)
- q Review what to do in simulations

DRY (suggested 1-1.5 hours)

- q Study for Anatomy Quiz
 - q Respiratory, Circulatory, Bones, Soft-tissue
- q Start working on First Aid Assignment
 - q Go through and do as many questions that you can
 - q Use class notes, or bronze medallion manual for information
- q Review secondary survey

Sign here when you have completed all of the listed items, and hand this paper to me at the beginning of class #6.

Candidate Signature _____
Candidate Name (print) _____

Please list any other students that you worked with:
