

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 6

WET (suggested 0.5-1 hours)

- q 600m continuous swim
- q 25m Brick carry
- q 3x15m DNS carry
- q 6x any spinal procedure
- q 6x vomit rolls with spinal management in the water
- q Review what to do in simulations

DRY (suggested 1.5-2 hours)

- q Study for First Aid Quiz
 - q Respiratory, Circulatory, Bones, Soft-tissue
- q Finish First Aid Assignment
 - q Look at answer key for the multiple choice & true/false
 - q Make sure you understand the right answers
 - q Do the short answer section on a separate piece of paper
- q Review simulation standards, as next class you will be evaluated on your simulation

Sign here when you have completed all of the listed items, and hand this paper to me at the beginning of class #7.

Candidate Signature _____
Candidate Name (print) _____

Please list any other students that you worked with:
