

## 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 7

WET (suggested 1-1.5 hours)

- q 4x25m head-up sprint
- q DNS carries
- q The Brick
- q 6x shallow spinal rollovers
- q 6x vomiting spinal procedure
- q Review what to do in simulations

DRY (suggested 1-1.5 hours)

- q Pool Maintenance take-home Quiz
  - q The answers are in the notes and the textbook
- q WHMIS Assignment
  - q Need to use internet to get info
  - q Either print off quiz then fill it in, or just write out the answers
- q Liability Assignment
- q Project
  - q The project is due in two weeks, so make sure that you know what you plan to do for it by next week.

Sign here when you have completed all of the listed items, and hand this paper to me at the beginning of class #8.

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

Please list any other students that you worked with:

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