



Advanced surf life support™
ASLS Course 2023

7th - 14th October

Aquatic & Remote Acute Medicine



www.surflifesupport.com

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Instructors/ Speakers

| | |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Aidan McParland, MD | Resident Physician, University of British Columbia, Canada |
| Amrita Schäffler-Staud, MD | University Clinic of Anesthesiology & Intensive Care Medicine, LKH Graz, Austria |
| Bart Haveman, Lifeguard Instructor, Winchman - Technical Crew | Netherlands Coastguard Search and Rescue, Bristow Group, The Netherlands |
| Bob Verweij, MD | Emergency Physician, SEH-arts The Hague, The Netherlands |
| Christopher Lobo, MD | Orthopedics and Trauma Surgery, Herz-Jesu Hospital Vienna, Austria |
| Frederique Elffers-Tan, MD | ENT Surgeon & University Teacher, Erasmus MC and Clinical Technology TU Delft, The Netherlands |
| Hans van den Broek, Lifeguard Instructor | The Shore, Scheveningen, The Netherlands |
| Ingvar Berg, MD | Emergency Physician, Haaglanden Medisch Centrum The Hague, The Netherlands |
| Lena Hübl, MD | Bernhard Nocht Institute for Tropical Medicine & I. Dept. of Medicine, University Medical Center Hamburg-Eppendorf, Germany |
| Sebastian Heitkamp, Physiotherapist, MSc Manual Therapist | FysioSpot, Scheveningen, The Netherlands |

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| Day 1 | Start | End | Topic |
|------------|-------|-------|---------------------------------------------------------|
| 7.10.23 | | | |
| SATURDAY | 13:00 | 15:00 | Registration |
| | 17:00 | 19:00 | Physical Water Exercises, Training and Skill Evaluation |
| | 20:00 | 23:00 | Welcome & DINNER |
| TOTAL TIME | | | |

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| Day | Start | End | Topic |
|-------------------|-------|--------------------|--------------------------------------------------------------------------------------------|
| 8.10.23 | | | |
| SUNDAY | 10:00 | 12:15 | Warm-Up |
| | | | Practical Training @ beach: Release & Defense, Tows for conscious & unconscious casualties |
| | 12:30 | 13:30 | <i>LUNCH break</i> |
| | 13:30 | 14:55 | Pre-Exam Theory |
| | | | Patient Assessment |
| | 14:55 | 15:15 | <i>Coffee Break</i> |
| | 15:15 | 17:25 | Common injuries in surfers - top 10 injuries |
| | | | Hypothermia |
| | | | Scenarios - Focus: Patient Assessment |
| | 17:25 | 17:45 | <i>Coffee Break</i> |
| | 17:45 | 19:00 | Risk Analysis |
| | | | Presentation on rips |
| | | | Introduction to signals |
| 19:00 | | Wrap-up & Forecast | |
| | | Free Evening | |
| TOTAL TIME | | | |

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| Day | Start | End | Topic |
|-------------------|-------|--------------------|---------------------------------------------------|
| 9.10.23 | | | |
| MONDAY | 09:30 | 11:35 | Overview |
| | | | Practical Training @ beach: Board rescue |
| | 11:35 | 11:55 | <i>Coffee Break</i> |
| | 11:55 | 12:50 | Drowning |
| | 12:50 | 13:50 | <i>Lunch Break</i> |
| | 13:50 | 15:15 | Non-responsive Patient on land |
| | | | Head trauma & Neck Pain, Red Flags & Neurology |
| | 15:15 | 15:45 | <i>Coffee Break</i> |
| | 15:45 | 18:00 | Scenarios - Focus: Non responsive patient on land |
| | | | Wound management |
| | | Wrap Up & Forecast | |
| | 21:00 | — | MOVIE NIGHT - The North Shore |
| TOTAL TIME | | | |

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| Day | Start | End | Topic |
|-------------------|-------|-------|---------------------------------------------------|
| 10.10.23 | | | |
| TUESDAY | 09:00 | 11:00 | Practical Training @ beach |
| | | | <i>Coffee Break</i> |
| | 11:00 | 13:40 | Overview |
| | 13:40 | | ENT |
| | | | Skin / Severe Sunburn |
| | | | Eyes |
| | 13:40 | 14:30 | <i>LUNCH break</i> |
| | 14:30 | 17:15 | Manual Skills #1 - Wound Stitches |
| | | | Manual Skills #2 - Airway |
| | | | Manual Skills #3 - CPR (+ Mask Ventilation) |
| | | | Manual Skills #4 - Physiotherapy |
| | 17:15 | 17:35 | <i>Coffee Break</i> |
| | 17:35 | 18:45 | Scenarios - Focus: ENT / Airway / EYE / CPR (AED) |
| | | | Wrap-up & Forecast |
| TOTAL TIME | | | |

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| Day | Start | End | Topic |
|-------------------|-------|-------|------------------------------------------|
| 11.10.23 | | | |
| WEDNESDAY | 09:30 | 10:45 | Overview |
| | | | Injury prevention |
| | | | Dental problems in the wild |
| | 10:45 | 11:15 | <i>Coffee Break</i> |
| | 11:15 | 12:15 | Hyperthermia & heat stroke & Dehydration |
| | | | EVAC - Emergency Evacuation |
| | 12:15 | 13:15 | <i>LUNCH break</i> |
| | 13:15 | 15:30 | Beach Scenarios |
| | 15:30 | 16:00 | <i>Coffee Break</i> |
| | 16:00 | 17:30 | Patient Packaging |
| | | | Wrap-up & Forecast |
| | 17:30 | 19:30 | Free Surf Session |
| | | 19:30 | Free Evening |
| TOTAL TIME | | | |

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| Day 06 | Start | End | Topic |
|-------------------|-------|-------|-------------------------------------|
| 12.10.23 | | | |
| THURSDAY | 09:30 | 11:40 | Full Rescue Scenarios (Beach) |
| | 11:40 | 12:00 | <i>Coffee Break</i> |
| | 12:00 | 13:05 | Splinting & Dislocations (Lecture) |
| | 13:05 | 14:00 | <i>LUNCH break</i> |
| | 14:00 | | Splinting & Dislocations (Hands-on) |
| | 15:00 | 15:30 | <i>Coffee Break</i> |
| | 15:30 | 17:45 | MCI Scenarios |
| | | | Wrap-up & Forecast |
| | 17:45 | 19:30 | Free Surf Session |
| | 19:30 | — | Free Evening |
| TOTAL TIME | | | |

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| Day 07 | Start | End | Topic |
|-------------------|-------|-------|----------------------------------|
| 13.10.23 | | | |
| FRIDAY | 09:30 | 11:15 | Overview |
| | | | Practical Scenarios |
| | 11:15 | 11:45 | <i>Coffee Break</i> |
| | 11:45 | 13:15 | Final Exam - in 2 groups: |
| | | | Group 1 - Written Exam |
| | | | Group 2 - Scenario Testing |
| | 13:15 | 14:15 | <i>LUNCH break (swap groups)</i> |
| | 14:15 | 15:45 | Final Exam - in 2 groups: |
| | | | Group 1 - Scenario Testing |
| | | | Group 2 - Written Exam |
| | 15:45 | 16:15 | <i>Coffee Break</i> |
| | 16:15 | 17:00 | Discussing Exam Results |
| | | | Evaluation of Course |
| | 17:00 | 17:45 | Orals Posts |
| | 18:00 | 18:30 | Certificates |
| | 20:00 | | Closing Dinner |
| TOTAL TIME | | | |

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| Day 08 | Start | End | Topic |
|------------|-------|-------|----------------------------------------------------------------------------|
| 14.10.23 | | | |
| SATURDAY | 09:30 | 11:30 | Practical Session - Aquatic rescue, rips & aquatic skills (Optional Offer) |
| | 12:00 | | End of Course, say goodbye! |
| TOTAL TIME | | | |

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