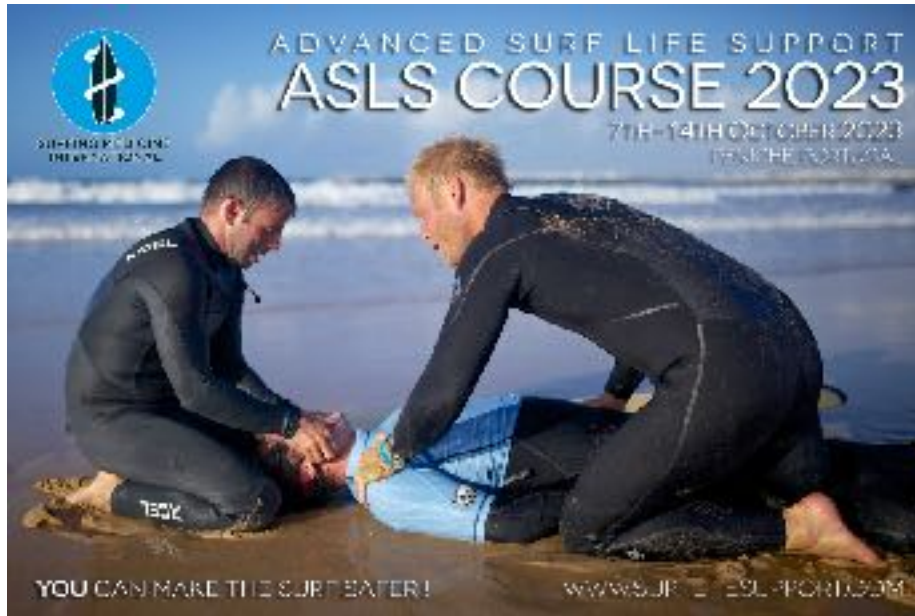




Advanced surf life support™ **ASLS Course 2023**

7th - 14th October

Aquatic & Remote Acute Medicine



www.surflifesupport.com

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Advanced surf life support
ASLS Course 2023
7th - 14th October
Aquatic & Remote Acute Medicine

Instructors/ Speakers

Aidan McParland, MD

Amrita Schaeffler-Staud, MD

Bart Haveman, Lifeguard Instructor, Winchman - Technical Crew

Bob Verweij, MD

Christopher Lobo, MD

Frederique Eiffers-Tan, MD

Hans van den Broek, Lifeguard Instructor

Ingvar Berg, MD

Lena Huebl, MD

Sebastian Heitkamp, Physiotherapist, MSc Manual Therapist

Tom Francis, MD

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Resident Physician, University of British Columbia, Canada

University Clinic of Anesthesiology & Intensive Care Medicine, LKH Graz, Austria

Netherlands Coastguard Search and Rescue, Bristow Group, The Netherlands

Emergency Physician, SEH-arts The Hague, The Netherlands

Orthopedics and Trauma Surgery, Herz-Jesu Hospital Vienna, Austria

ENT Surgeon & University Teacher, Erasmus MC and Clinical Technology TU Delft, The Netherlands

The Shore, Scheveningen, The Netherlands

Emergency Physician, Haaglanden Medisch Centrum The Hague, The Netherlands

Bernhard Nocht Institute for Tropical Medicine & I. Dept. of Medicine, University Medical Center Hamburg-Eppendorf, Germany

FysioSpot, Scheveningen, The Netherlands

Emergency Physician, Royal Cornwall Hospital, UK



Advanced surf life support
ASLS Course 2023
7th - 14th October
Aquatic & Remote Acute Medicine

| Day 1 | Start | End | Topic | Instructor |
|-------------------|-------|-------|---|---|
| 7.10.23 | 07:39 | 19:13 | | |
| SATURDAY | 13:00 | 15:00 | Registration | All faculty |
| | 16:00 | 17:00 | ASLS Overview | A Schaeffler-Staud, MD F Elffers, MD |
| | 17:00 | 18:30 | Physical Water Exercises, Training and Skill Evaluation | S Heitkamp, Physio B Haveman, LG |
| | 20:30 | 23:00 | Welcome & DINNER | All faculty |
| TOTAL TIME | | | | |

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Advanced surf life support
ASLS Course 2023
 7th - 14th October
 Aquatic & Remote Acute Medicine

| Day | Start | End | Topic | Instructor |
|-------------------|-------|-------|--|---|
| 8.10.23 SUNDAY | 07:40 | 19:11 | | |
| | 09:00 | 11:15 | Overview | All faculty |
| | | | Warm-Up | S Heitkamp, Physio H van den Broek, LG |
| | | | Release & Defense | H van den Broek, LG B Haveman, LG |
| | | | Tows for conscious & unconscious, casualties, 2-man lift | H van den Broek, LG B Haveman, LG |
| | 11:15 | 11:45 | <i>Coffee Break + changing clothes</i> | |
| | 11:45 | 13:10 | Pre-Exam Theory | All faculty |
| | | | Patient Assessment | A McParland, MD T Francis, MD |
| | 13:10 | 14:10 | <i>LUNCH break</i> | |
| | 14:10 | 15:45 | Common injuries in surfers - top 10 injuries | S Heitkamp, Physio |
| | | | Hypothermia | T Francis, MD |
| | 15:45 | 16:10 | <i>Coffee Break</i> | |
| | 16:10 | 18:00 | Scenarios - Focus: Patient Assessment | All faculty |
| | | | Risk Analysis | H van den Broek, LG |
| | | | Presentation on rips | H van den Broek, LG |
| | | | Introduction to signals | H van den Broek, LG |
| | 18:00 | | Wrap-up & Forecast | All faculty |
| | | | Free Evening | |
| TOTAL TIME | | | | |

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| TIDES | |
|-------|-------|
| LT | 05:01 |
| HT | 11:20 |
| LT | 18:06 |



Advanced surf life support ASLS Course 2023

7th - 14th October

Aquatic & Remote Acute Medicine

| Day | Start | End | Topic | Instructor |
|-------------------|-------|-------|--|---------------------------------------|
| 9.10.23 | 07:41 | 19:10 | | |
| MONDAY | 10:00 | 11:20 | Overview | All faculty |
| | | | Drowning | I Berg, MD |
| | 11:20 | 11:45 | <i>Coffee Break</i> | |
| | 11:45 | 13:00 | Non-responsive Patient on land | A McParland, MD |
| | | | Head trauma & Neck Pain, Red Flags & Neurology | I Berg, MD |
| | 13:00 | 14:00 | <i>Lunch Break</i> | |
| | 14:00 | 15:55 | Wound management | B Verweij, MD |
| | | | Scenarios - Altered Mental Status | All faculty |
| | 15:55 | 16:15 | <i>Coffee Break</i> | |
| | 16:15 | 17:45 | Intro to Board Rescue | H van den Broek, LG |
| | | | Demo Board Rescue | H van den Broek, LG B Havemann, LG |
| | | | Board rescue un/conscious casualty | H van den Broek, LG B Havemann, LG |
| | 17:45 | | Wrap Up & Forecast | All faculty |
| | | | Free Evening | |
| TOTAL TIME | | | | |

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| TIDES | |
|-------|-------|
| HT | 00:19 |
| LT | 6:18 |
| HT | 12:29 |
| LT | 19:00 |



Advanced surf life support
ASLS Course 2023
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 Aquatic & Remote Acute Medicine

| Day | Start | End | Topic | Instructor |
|----------|-------|-------------|---|---|
| 10.10.23 | 07:42 | 19:08 | | |
| TUESDAY | 09:00 | 11:00 | Overview | All faculty |
| | | | ENT | F Elffers-Tan, MD |
| | | | Skin / Severe Sunburn | L Huebl, MD |
| | | | Eyes | A Schaeffler-Staud, MD |
| | 11:00 | 11:30 | <i>Coffee Break + changing into wetsuits</i> | |
| | 11:30 | 12:30 | Board Rescue, Spinal lift, 5-man lift, ... | H van den Broek, LG B Havemann, LG |
| | 12:45 | 13:45 | <i>LUNCH break</i> | |
| | 13:45 | 15:25 | Manual Skills #1 - Wound Management | C Lobo, MD F Elffers-Tan, MD L Huebl, MD B Verweij, MD |
| | | | Manual Skills #2 - Airway | A Schaeffler-Staud, MD |
| | | | Manual Skills #3 - CPR (+ Mask Ventilation) | A McParland, MD T Francis, MD I Berg, MD |
| | | | Manual Skills #4 - Physiotherapy | S Heitkamp, Physio |
| | 15:25 | 15:50 | <i>Coffee Break</i> | |
| | 15:50 | 17:20 | Scenarios - Focus: ENT / Airway / EYE / CPR (AED) | All faculty |
| | 17:20 | | Wrap-up & Forecast | All faculty |
| 20:30 | | Movie Night | All faculty | |

TOTAL TIME

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| TIDES | |
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| HT | 1:09 |
| LT | 7:07 |
| HT | 13:17 |
| LT | 19:38 |



Advanced surf life support
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| Day | Start | End | Topic | Instructor |
|-------------------|-------|----------------------------------|--|--------------------|
| 11.10.23 | 07:43 | 19:07 | | |
| WEDNESDAY | 10:00 | 11:10 | Overview | All faculty |
| | | | Injury prevention | S Heitkamp, Physio |
| | | | Dental problems in the wild | L Huebl, MD |
| | 11:10 | 11:35 | <i>Coffee Break</i> | |
| | 11:35 | 12:40 | Hyperthermia & heat stroke & Dehydration | B Verweij, MD |
| | | | EVAC - Emergency Evacuation | I Berg, MD |
| | 12:40 | 13:40 | <i>LUNCH break</i> | |
| | 13:40 | 16:05 | Beach Scenarios | All faculty |
| | 16:05 | 16:30 | <i>Coffee Break</i> | |
| | 16:30 | 17:30 | Patient Packaging | All faculty |
| | 17:30 | | Wrap-up & Forecast | All faculty |
| | | Free Surf Session & Free Evening | | |
| TOTAL TIME | | | | |

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| TIDES | |
|-------|-------|
| HT | 1:46 |
| LT | 7:44 |
| HT | 13:54 |
| LT | 20:10 |



Advanced surf life support
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Aquatic & Remote Acute Medicine

| Day 06 | Start | End | Topic | Instructor |
|---|-------|-------|---|--|
| 12.10.23 THURSDAY | 07:44 | 19:05 | | |
| | 10:00 | 11:10 | Overview | All faculty |
| | | | Splinting & Dislocations (Lecture) | C Lobo, MD |
| | 11:10 | 12:20 | <i>Coffee Break</i> | |
| | | | Splinting & Dislocations (Hands-on) | C Lobo, MD L Huebl, MD A McParland, MD |
| | 12:20 | 13:30 | <i>LUNCH break + changing into wetsuits</i> | |
| | 13:30 | 15:00 | Full Rescue Scenarios (Beach) | All faculty |
| | 15:25 | 15:50 | <i>Coffee Break</i> | |
| | 15:50 | 18:10 | MCI Scenarios | All faculty |
| | | | Wrap-up & Forecast | All faculty |
| | 18:10 | 19:30 | Free Surf Session | |
| | | | Free Evening | |
| TOTAL TIME | | | | |

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| TIDES | |
|-------|-------|
| HT | 2:17 |
| LT | 8:16 |
| HT | 14:27 |
| LT | 20:38 |



Advanced surf life support
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| Day 07 | Start | End | Topic | Instructor |
|-------------------|-------|----------------|----------------------------------|-------------|
| 13.10.23 | 07:45 | 19:04 | | |
| FRIDAY | 10:00 | 11:45 | Overview | All faculty |
| | | | Practical Scenarios | All faculty |
| | 11:45 | 12:15 | <i>Coffee Break</i> | |
| | 12:15 | 13:45 | Final Exam - in 2 groups: | All faculty |
| | | | Group 1 - Written Exam | |
| | | | Group 2 - Scenario Testing | |
| | 13:45 | 14:45 | <i>LUNCH break (swap groups)</i> | |
| | 14:45 | 16:15 | Final Exam - in 2 groups: | All faculty |
| | | | Group 1 - Scenario Testing | |
| | | | Group 2 - Written Exam | |
| | 16:15 | 17:00 | <i>Coffee Break</i> | |
| | 17:00 | 17:45 | Discussing Exam Results | All faculty |
| | | | Evaluation of Course | All faculty |
| | 17:45 | 19:15 | Orals Posts | All faculty |
| 19:15 | 19:30 | Certificates | All faculty | |
| | 20:00 | Closing Dinner | | |
| TOTAL TIME | | | | |

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| TIDES | |
|-------|-------|
| HT | 2:46 |
| LT | 8:46 |
| HT | 14:57 |
| LT | 21:05 |



Advanced surf life support
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| Day 08 | Start | End | Topic | Instructor |
|------------|-------|-------|--|-------------|
| 14.10.23 | 07:40 | 19:09 | | |
| SATURDAY | 09:30 | 11:30 | Practical Session - Aquatic rescue, rips & aquatic skills (Optional Offer) | All faculty |
| | 06:00 | 12:00 | Checkout time until 12:00 | |
| | 12:00 | | End of Course, say goodbye! | |
| TOTAL TIME | | | | |

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