



Advanced surf life support™

ASLS Course 2025

4th - 11th October

Aquatic & Remote Acute Medicine

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Advanced surf life support ASLS Course 2025

4th - 11th October

Aquatic & Remote Acute Medicine

Day 1	Start	End	Topic	Instructor	Duration	Type	Medically centered lectures	
4.10.25	07:39	19:13						
SATURDAY	08:00	12:00	Arrival Time	All faculty	4:00	Social Programme	<input type="checkbox"/>	0:00
	13:00	15:00	Registration (2h)	All faculty	2:00	Organisation	<input type="checkbox"/>	0:00
	17:00	18:00	ASLS Overview	F Elffers-Tan, MD	1:00	Theory	<input checked="" type="checkbox"/>	1:00
	18:00	18:20	Risk Analysis	H van den Broek, LG	0:20	Theory	<input checked="" type="checkbox"/>	0:20
	18:20	18:50	Presentation on rips	H van den Broek, LG	0:30	Theory	<input checked="" type="checkbox"/>	0:30
	18:50	19:05	Introduction to signals	H van den Broek, LG	0:15	Theory	<input checked="" type="checkbox"/>	0:15
	19:30	22:00	Welcome Dinner @ Bar Ricle, Ferrel	All faculty	2:30	Social Programme	<input type="checkbox"/>	0:00
TOTAL TIME								2h 5m

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Aquatic & Remote Acute Medicine

Day	Start	End	Topic	Instructor	Duration	Type	Medically centered lectures	
6.10.25	07:41	19:10						
MONDAY	09:30	09:45	Intro to Board Rescue	H van den Broek, LG B Haveman, LG	0:15	Practical	<input checked="" type="checkbox"/>	0:15
	09:45	10:00	Demo Board Rescue	H van den Broek, LG B Haveman, LG	0:15	Practical	<input checked="" type="checkbox"/>	0:15
	10:00	11:00	Board rescue un/conscious casualty	H van den Broek, LG B Haveman, LG	1:00	Practical	<input checked="" type="checkbox"/>	1:00
	11:00	11:40	changing clothes + Coffee Break	Coffee Break	0:40	Break	<input type="checkbox"/>	0:00
	11:40	12:20	Hypothermia	B Verweij, MD	0:40	Theory	<input checked="" type="checkbox"/>	0:40
	12:20	13:20	Drowning	Jeroen Seesink, MD	1:00	Theory	<input checked="" type="checkbox"/>	1:00
	13:20	14:05	Lunch Break	Lunch Break	0:45	Break	<input type="checkbox"/>	0:00
	14:05	14:50	Non-responsive Patient on land	H Elsenga, MD	0:45	Theory	<input checked="" type="checkbox"/>	0:45
	14:50	15:35	Head trauma & Neck Pain, Red Flags & Neurology	T Francis, MD	0:45	Theory	<input checked="" type="checkbox"/>	0:45
	15:35	16:00	Coffee Break	Coffee Break	0:25	Break	<input type="checkbox"/>	0:00
	16:00	17:00	Scenarios 2	All faculty	1:00	Practical	<input checked="" type="checkbox"/>	1:00
	17:00	17:10	Wrap Up & Forecast & Evaluaiton	All faculty	0:10	Organisation	<input type="checkbox"/>	0:00
	17:10		Free Surf Session		3:00	Free Surf	<input type="checkbox"/>	0:00
	20:00		Group Dinner @ Taberna dos Almocreves, Ferrel	All faculty	2:00	Social Programme	<input type="checkbox"/>	
TOTAL TIME		7h 30m				5h 40m		

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Aquatic & Remote Acute Medicine

Day	Start	End	Topic	Instructor	Duration	Type	Medically centered lectures	
7.10.25	07:42	19:08						
TUESDAY	09:00	10:30	Board Rescue	H van den Broek, LG B Haveman, LG	1:30	Practical	<input checked="" type="checkbox"/>	1:30
	10:30	11:10	Coffee Break	Coffee Break	0:40	Break	<input type="checkbox"/>	0:00
	11:10	12:05	ENT	F Elffers-Tan, MD	0:55	Theory	<input checked="" type="checkbox"/>	0:55
	12:05	12:35	Wound management	B Verweij, MD	0:30	Theory	<input checked="" type="checkbox"/>	0:30
	12:35	13:20	LUNCH break	Lunch break	0:45	Break	<input type="checkbox"/>	0:00
	13:20	13:45	Manual Skills #3/1 - Wound Stitches	C Lobo, MD F Elffers-Tan, MD B Verweij, MD	0:25	Practical	<input checked="" type="checkbox"/>	0:25
	13:45	14:10	Manual Skills #3/2 - Wound Management	C Lobo, MD F Elffers-Tan, MD B Verweij, MD	0:25	Practical	<input checked="" type="checkbox"/>	0:25
	14:10	14:35	Manual Skills #4 - Physiotherapy	S Heitkamp, Physio	0:25	Practical	<input checked="" type="checkbox"/>	0:25
	14:35	15:05	Common injuries in surfers - top 10 injuries	H Elsenga, MD	0:30	Organisation	<input type="checkbox"/>	0:00
	15:05	15:30	Coffee Break	Coffee Break	0:25	Break	<input type="checkbox"/>	0:00
	15:30	16:45	Scenarios 3	All faculty	1:15	Practical	<input checked="" type="checkbox"/>	1:15
	16:45	16:50	Wrap-up & Forecast	All Faculty	0:05	Organisation	<input type="checkbox"/>	0:00
	16:50	20:30	Free Surf Session	All faculty		Free Surf	<input type="checkbox"/>	0:00
TOTAL TIME					7h 51m	5h 26m		

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Day	Start	End	Topic	Instructor	Duration	Type	Medically centered lectures	
8.10.25	07:43	19:07						
WEDNESDAY	09:00	10:00	Splinting & Dislocations (Lecture)	C Lobo, MD	1:00	Theory	<input checked="" type="checkbox"/>	1:00
	10:00	10:50	Splinting & Dislocations (Hands- on)	C Lobo, MD	0:50	Theory	<input checked="" type="checkbox"/>	0:50
	10:50	11:15	Coffee Break	Coffee Break	0:25	Break	<input type="checkbox"/>	0:00
	11:15	11:45	Injury prevention	S Heitkamp, Physio	0:30	Theory	<input checked="" type="checkbox"/>	0:30
	11:45	12:25	EVAC - Emergency Evacuation	B Haveman, Rescue Swimmer	0:40	Theory	<input checked="" type="checkbox"/>	0:40
	12:25	13:15	LUNCH break	Lunch break	0:50	Break	<input type="checkbox"/>	0:00
	13:15	15:15	Scenarios 4 (Beach)	All faculty	2:00	Practical	<input checked="" type="checkbox"/>	2:00
	15:15	15:40	Coffee Break	Coffee Break	0:25	Break	<input type="checkbox"/>	0:00
	15:40	17:10	Patient Packaging	All faculty	1:30	Practical	<input checked="" type="checkbox"/>	1:30
	17:10	17:15	Wrap-up & Forecast	All faculty	0:05	Organisation	<input type="checkbox"/>	0:00
	17:15		Free Surf Session		2:00	Free Surf	<input type="checkbox"/>	0:00
	20:00		Pizza and Movie night with Turtle @ Alex surf camp					
TOTAL TIME					4h 15m	6h 30m		

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Day 06	Start	End	Topic	Instructor	Duration	Type	Medically centered lectures	
9.10.25 THURSDAY	07:44	19:05						
	09:30	10:00	Demo Rebrief primary & secondary survey	All faculty	0:30	Theory	<input checked="" type="checkbox"/>	0:30
	10:00	10:25	Coffee Break	Coffee Break	0:25	Break	<input type="checkbox"/>	0:00
	10:25	12:25	Scenarios 5 (Beach and water)	All faculty	2:00	Practical	<input checked="" type="checkbox"/>	2:00
	12:25	13:25	LUNCH break	Lunch break	1:00	Break	<input type="checkbox"/>	0:00
	13:25	15:25	Mass Casualty Incident Scenarios	All faculty	2:00	Practical	<input checked="" type="checkbox"/>	2:00
	15:25	15:35	Wrap-up & Forecast	All faculty	0:10	Organisation	<input type="checkbox"/>	0:00
	15:35	17:35	Free Surf Session		2:00	Free Surf	<input type="checkbox"/>	0:00
	21:00	—	Free Evening				<input type="checkbox"/>	0:00
TOTAL TIME					5h 35m			4h 0m

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Day 07	Start	End	Topic	Instructor	Duration	Type	Medically centered lectures	
10.10.25	07:45	19:04						
FRIDAY	09:00	09:15	Overview	All faculty	0:15	Theory	<input checked="" type="checkbox"/>	0:15
	09:15	10:15	?Practice scenarios	All faculty	1:00	Theory	<input type="checkbox"/>	0:00
	10:15	11:15	Written Exam	All faculty	1:00	Theory	<input checked="" type="checkbox"/>	1:00
	11:15	11:45	Coffee Break	Coffee Break	0:30	Break	<input type="checkbox"/>	0:00
	11:45	13:15	Practical Exam	All faculty	1:30	Theory	<input checked="" type="checkbox"/>	1:30
	13:15	14:15	LUNCH break	Lunch break	1:00	Break	<input type="checkbox"/>	0:00
	14:15	14:45	Discussing Exam Results	All faculty	0:30	Organisation	<input checked="" type="checkbox"/>	0:30
	14:45	15:00	Evaluation of Course	All faculty	0:15	Organisation	<input type="checkbox"/>	0:00
	15:00	15:30	Coffee Break	Coffee Break	0:30	Break	<input type="checkbox"/>	0:00
	15:00	17:00	Free Surf		2:00	Free Surf	<input type="checkbox"/>	0:00
	20:00	--	Closing Party @ Bar Ricl�			Social Programme	<input type="checkbox"/>	0:00
TOTAL TIME					6h 0m		3h 15m	

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Day 08	Start	End	Topic	Instructor	Duration	Type	Medically centered lectures	
11.10.25 SATURDAY	07:46	19:02					<input type="checkbox"/>	0:00
	09:30	11:30	Practical Session - Aquatic rescue, rips & aquatic skills (Optional Offer)	All faculty	2:00	Practical	<input checked="" type="checkbox"/>	2:00
	06:00	12:00	Checkout time until 12:00		—	Organisation	<input type="checkbox"/>	0:00
	12:00	—	End of Course, say goodbye!		—	Organisation	<input type="checkbox"/>	0:00
	13:00	16:00	ASLS faculty meeting		3:00	Social Programme		0:00
TOTAL TIME					5h 0m			2h 0m

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