**Outline for HeartCode ACLS Hands-on Skills (Option 1)**

**Approximate course duration: 4.75 to 5.75 hours (without breaks);   
student-to-instructor ratio for learning stations is 6:1**

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| **Lesson number** | **Course event** | **Duration (minutes)** | **Type of lesson** |
| **ACLS START** | Welcome, Introductions, and Course Administration | 15 |  |
| **ACLS 1** | ACLS Course Overview and Organization | 10 |  |
| **ACLS 2** | Learning Station: High-Quality BLS Practice (**Lesson 2A in ACLS Lesson Plans** ) | 30 |  |
| **ACLS 3** | Learning Station: Airway Management Practice (**Lesson 3A in ACLS Lesson Plans** ) | 30 |  |
| **ACLS 4** | Technology Review | 15 |  |
| **ACLS 5** | Learning Station: High-Performance Teams: Megacode Practice (**Lesson 9 in ACLS Lesson Plans**) | 138 |  |
| **ACLS T** | High-Quality BLS Testing—Testing Details (**Lesson 2B in ACLS Lesson Plans**) | 15 |  |
| **ACLS T** | Airway Management Testing—Testing Details (**Lesson 3B in ACLS Lesson Plans**) | 15 |  |
| **ACLS T2-T4** | High-Performance Teams: Megacode Testing and Megacode Testing Details | 12–75 |  |
| **ACLS REM** | Remediation | Variable |  |