

Schedule of Activities

Dates: May 16th - 23rd, 2020

***** Conference Starts on May 16th*****

Day 1: Sat. May 16th, 2020

Travel Day / Depart USA : Plan arrival for afternoon

Arrive Nassau, Bahamas

Pick-up at Airport and transportation to LiveAboard - Aqua Cat

Group Introduction & Dinner

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| Sat. May 16th | Afternoon Arrival Transport to Boat |
| 7pm-8pm | Introduction to Wilderness & Expedition Medicine This lecture will review the key components of travel preparation and specifically relate it to typical water / diving injuries and prevention. A good introduction to expedition medicine. |

Day 2: Sun. May 17th, 2020

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| Sunday | Morning Diving Introduction to Dive Gear |
| 6:00 pm | Group Dinner |
| 1:00 pm - 2:00pm | Preparation for Diving: (Medical Kits) This lecture will review the key components of travel preparation and specifically relate it to typical water / diving injuries and prevention. |
| 2:00 pm - 3:00pm | Dive Physiology and Physics of Depth Discuss physiology and physics of Diving. |

Day 3: Monday May 18th, 2020

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| Monday | Conference Schedule |
| 7:00 am | Breakfast |
| 8:00 - noon | Recreational Diving / Snorkeling |
| 12:30pm | Lunch |
| 1:30pm - 3:00pm | Shark Attacks & Hemorrhage Control This lecture will review specific concerns, injuries, and medical problems related to shark attacks and how to control bleeding. |
| 3:15-4:15 pm | HEENT (Ear & Sinus Problems in Diving) This lecture will review proper evaluation of the HEENT injuries while diving including ear barotrauma and sinuses. |
| 4:30-5:30 pm | Diving Ophthalmology This lecture will review proper evaluation of the HEENT injuries while diving including ear barotrauma and sinuses. |
| 5:00pm | Free Time and Dinner |

Day 4: Tuesday May 19th, 2020

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| Tuesday | Conference Schedule |
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| 7am | Breakfast |
| 8:00am - noon | Recreational Diving / Snorkeling |
| 2:00 - 3:30 pm | Oxygen Toxicity and Nitrox This lecture will provide understanding of oxygen toxicity including signs and symptoms and concerns with mixed gases. |
| 3:30 - 4:30 pm | Dysbarisms and Barotrauma This lecture will focus on specific injury patterns related to decompression illness and ways to identify and treat these problems. |
| 5:00 pm | Dinner and Free Time |

Day 5: Weds. May 20th, 2020

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| Weds. | Conference Schedule |
| 8:00-9:00am | Breakfast |

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| 9:00 - 12:00 pm | Diving & Other Activities |
| 1:00 - 2:00 pm | Case Scenarios in Diving Accidents The lecture will review common dive medical problems in a case discussion format covering some of the key points in diagnosis and management. |

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| 6:00 - 7:00pm | Breath-Hold Diving This lecture will discuss the risks and injuries of breath holding while diving. |
| 7:30 pm | Dinner |

Day 6: Thursday May 21st, 2020

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| Thursday | Conference Schedule |
| 7 am | Breakfast |
| 8:00 - noon | Recreational Diving / Snorkeling |
| 12:30 pm | Lunch |
| 2:00 - 3:00 pm | Sea Sickness Prevention, Recognition and treatment of sea sickness. |
| 3:00 - 4:00 pm | Panic and stress reactions while diving Assessing the risk of panic, how to prevent and manage the panicked diver. |
| 5:00 pm | Captains Dinner |

Day 7: Friday May 22nd, 2020

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| Mon. Aug. 22nd | Conference Schedule |
| 7:00 am | Breakfast |
| 8:00 - 9:00 am | Morning Dive |

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| 11:00 - 12:00 pm | Marine Creatures and Envenomations Discuss bites, stings, and other ocean animal related problems and the treatment of these injures. |
| 10:00 - 5:00pm | FREE TIME & Transport back to Port |
| 5:00 pm | Dinner |

Day 8: Sat. May 23rd, 2020

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| Sat. | Conference Schedule |
| 8:00 - 9:00am | Breakfast / Evaluations / Final Discussion |
| 10am | Transport Back to Airport |