Channel Island Spring Break Pre-Med Program  
March 23 – March 30, 2019

SCHEDULE  
Very subject to change due to learning progression, weather, conditions, etc.

Day One - March 23  
Meet by 1 pm at Motel 6, Ventura Beach, 2145 East Harbor Blvd. 
SAR with Ventura County Sheriff’s Office (location TBA)  
Introductions and Orientation  
Spend night at Hotel or other Ventura area accommodations

Day Two – March 24  
Meet at ferry dock 7:00 am  
Ferry to Santa Rosa Island  
Settle in to dorms  
Classes  
  Intro to Emergency Medicine  
  Intro to Wilderness Medicine

Day Three – March 25  
Tide pooling – low tide 8 am  
Classes  
  Assessment Review  
  Leadership  
  Patient Movement  
  Drowning  
  Hike  
  Musculoskeletal  
  Splinting  
  Dislocations and reductions  
CPR (optional)

Day Four – March 26  
Classes  
  Heat Issues  
  Cold Issues  
  Scenarios  
  Altitude  
  Getting Into Med School (or PA or Nursing School)  
CPR (optional)

Day Five – March 27  
Classes  
  Wounds and Shock Review  
  Wound Treatment  
  Head Injuries Review (Case study)
Non-trauma Altered Mental Status (STOPEATS)
Spinal Issues
Litters & Carries
Scenarios
Suture Lab

Hike
Personal Statements & Med School Admissions

**Day Six – March 28**

Classes
- Water Treatment
- Infectious Diseases
- Bites & Stings
- Scenarios
- Physician Life Styles

**Day Seven – March 29**

Classes
- Survival
- Lightning
- Make-up
- Scenarios

Hike or Tide Pooling (low tide 1:15 pm)
Final Written Exam

**Day Eight – March 30**

Final Scenario(s)
Pack-up and cleaning
Tide pooling or hikes
Arrive at the pier at 2:00 pm for ferry back to mainland, back by 6 pm