Participant Guide

National High Adventure Sea Base, BSA

Sea Base Scuba
Scuba Adventure, Scuba Certification, Scuba Live Aboard
Islamorada, Florida
Mission of the Boy Scouts of America

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetime by instilling in them the values of the Scout Oath and Law.

Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

Scout Law

A Scout is:

Mission Statement of Sea Base, BSA

It is the mission of the Florida National High Adventure Sea Base to serve councils and units by providing an outstanding high adventure experience for older Boy Scouts, Varsity Scouts, Venturers, Sea Scouts and their leaders.

Sea Base programs are designed to achieve the principal aims of the Boy Scouts of America:
- To build character
- To foster citizenship
- To develop physical, mental and emotional fitness

Keys Blessing

Bless the creatures of the Sea
Bless this person I call me
Bless the Keys, you make so grand
Bless the sun that warms the land
Bless the fellowship we feel
As we gather for this meal
Amen
Sea Base History

**Florida Gateway to High Adventure, EST 1974** In 1974 a collection of Boy Scout volunteers from Miami, FL and Atlanta, GA along with South Florida Council District Executive Sam Wampler began offering ocean-based adventure programs with rented and borrowed equipment in South Florida and the Bahamas. In 1977 the program was extended to include sailing aboard chartered vessels.

**Florida Gateway to High Adventure becomes Florida National High Adventure Sea Base, EST 1979** Due to the excitement surrounding the unique adventures offered, it quickly became evident that a permanent site was needed to facilitate Florida Gateway to High Adventure programs. With a legacy gift by the Fleishman Foundation in 1979, Toll Gate Inn and Marina on Lower Matecumbe Key was secured, its building renovated, and dormitories built. Florida National High Adventure Sea Base was born.

**Big Munson Island, EST 1982** In 1982 Homer Formby donated a mangrove barrier island, Big Munson Island, located due south of Summerland Key. Situated in the NOAA Florida Keys National Marine Sanctuary, Big Munson is home to several rare species of plants and wildlife including Key Deer and sea turtles.

**Bahamas Sea Base, EST 1990** Sam Wampler and his colleague Joe Maggio began offering sailing programs in Marsh Harbour, Abaco, Bahamas as an extension of Florida National High Adventure Sea Base in 1990. The Sea of Abaco is world renowned for its beautiful protected sailing waters and the Abacos, or Friendly Islands, are equally celebrated for their stunning beaches, settlements and welcoming people.

**World Organization of Scouting (WOSM) SCENE Centre, EST 1990’S** Recognized for its superior commitment to conservation and education, Sea Base became a Scout Centre of Excellence for Nature and Environment in the 1990’s and continues as the lone WOSM SCENE Centre in the United States.

**Florida Sea Base Conference and Training Center, EST 1995** Sea Base Conference and Training Center hosts BSA professional and volunteer conferences each winter and spring. Located in the Adams Building, a building gifted in honor of William Adams, the Conference and Training Center serves roughly 1,000 individuals annually.

**Brinton Environmental Center (BEC), EST 2001** With funding from the Brinton Trust in honor of J. Porter Brinton, Sea Base completed construction of the Brinton Environmental Center in 2001. Located at Mile Marker 23.8 on Summerland Key, BEC is home to the Keys Adventure, Out Island, Keys Fishing and Marine STEM programs.

**Sea Base St. Thomas, EST 2014** Under the direction of General Manager Captain Paul Beal and Program Director Mike Lucivero, Sea Base St. Thomas began sailing operations in 2014. Crews board vessels in beautiful St. Thomas, USVI and then circumnavigate St. John, USVI. Celebrated globally for its waters, winds, coral reefs and beaches, the US Virgin Islands offer participants amazing opportunities for adventure and exploration.
Dry Tortugas, Order of the Arrow Ocean Adventure, EST 2017 Sea Base and the National Order of the Arrow offer Arrowmen one of the most exciting and unique high adventure experiences in Scouting. Participants travel to Dry Tortugas National Park by vessel and spend their adventure at Historic Fort Jefferson providing service while pursuing adventure.

Sea Base St. Croix, EST 2019 In partnership with the National Capital Area Council, Sea Base will launch its newest program location at BSA Camp Wall in Christiansted, St. Croix, USVI beginning in 2019. Participants will choose between scuba and “Keys Adventure” style programs. Home to Buck Island National Reef National Monument, East End Marine Park, Historic Fort Christianvaern, amazing coral reefs and breathtaking vistas Sea Base St. Croix will offer youth limitless opportunities for discovery.

BSA Scuba Policy
The BSA scuba policy recognizes scuba industry standards and implements them by using outside agencies for training and certification.

Trained Supervision: Any person possessing, displaying, or using scuba (self-contained underwater breathing apparatus) in connection with any Scouting-related activity must be either currently certified by a recognized agency or enrolled in an instructional scuba program, such as Scuba BSA or the Scuba Diving merit badge, which must be conducted by an insured recreational diving instructor in good standing with a recognized agency and approved by the council.

Recreational diving activities by BSA groups must be supervised by a responsible adult currently certified (renewed) as a divemaster, assistant instructor, or higher rating from a recognized agency. Dive environments, equipment, depths, procedures, supervision, and buddy assignments must be consistent with each individual’s certification. Because dives by recreational divers may be infrequent, the divemaster or instructor supervising a BSA scuba activity should screen participants prior to open-water activities and provide remedial instruction and practice as appropriate. Such remedial instruction and practice should be in accordance with the policies and standards of the divemaster’s or instructor’s agency for Scuba Review, Scuba Refresher, or similar program.

Diving using surface-supplied air systems is not authorized in connection with any BSA activity or facility except when done under contract by commercial divers.

Medical Contradictions: Each scuba training agency recognized by the BSA requires a specific health history form prior to enrollment in a certification program. The BSA requires review and approval of the completed form by a physician even if the scuba agency itself does not require physician approval. Various risk factors identified on the forms may exclude a person from scuba training, either temporarily or permanently. Risk factors include, but are not limited to, ear and sinus problems, recent surgery, spontaneous pneumothorax, asthma or reactive airway disease (RAD), seizure disorders, diabetes, leukemia, sickle-cell disorder, pregnancy, panic disorders, and active psychosis.

The divemaster or instructor supervising a BSA recreational scuba activity must review the health information for each participant that is required annually of all BSA members on the Annual Health and Medical Record, No. 680-001, and evaluate risk conditions using medical standards consistent with those used by his or her certifying agency.
Additional tests or physician consultations may be required to confirm fitness for diving. Consultation with medical specialists knowledgeable about diving medicine also may be needed for participants taking psychotropic drugs for treatment of attention deficit disorder, depression, or other conditions.

**Scuba diving is prohibited for the following conditions:**
- Use of medication to control seizures or seizure occurrence within the past five years
- Use of insulin to control diabetes
- History of asthma or RAD unless resolution confirmed by methacholine testing (People who have been asymptomatic and medication free for the previous five years are exempt from the methacholine testing requirements.)

Because scuba agencies recognized by the BSA may allow exceptions to general medical prohibitions based on individual diving fitness evaluations by a medical specialist who is knowledgeable about diving medicine *does not mean they will be accepted under BSA Medical Policy for Scuba Diving.* Scouts, parents, dive supervisors, and physicians with questions or concerns about diving with specific medical conditions should consult the Recreational Scuba Training Council (RSTC) Guidelines for Recreational Scuba Diver’s Physical Examination and the Divers Alert Network (DAN) at [www.diversalertnetwork.org](http://www.diversalertnetwork.org). DAN medical professionals are available for nonemergency consultation by telephone at 919-684-2948 during business hours or through the contact form on the Divers Alert Network website.

**Age Appropriate Restrictions:** Youth members in Cub Scouting, including Webelo Scouts, are not authorized to use scuba in any activity.

Boy Scouts may participate in the introductory Scuba BSA program and may obtain open-water certification as part of Scuba Diving merit badge.

Varsity and Venturing groups may participate in introductory and certification scuba programs conducted by recognized agencies appropriate to their ages and current levels of certification.

Standards of the recognized scuba agencies require students for open-water certification programs to be at least 15 years of age but allow special certification programs for younger students. Since all instruction for BSA scuba programs must be conducted by professionals certified by a recognized agency, additional agency-specific, age-related restrictions and protocols apply to students under 15 years of age. Boy Scouts, Varsity Scouts, and Venturers may participate in recreational group dives as unit, district, or council activities, provided such dives are consistent with their certifications and under direct, on-site supervision of a responsible adult currently certified as a divemaster, an assistant instructor, or a higher rating from a recognized agency.

The divemaster or instructor supervising a recreational dive by a BSA group must implement the following policies for all divers under 15 years of age, as well as any additional junior diver restrictions and protocols adopted by that person’s certifying agency:

- Depths are limited to 40 feet for divers under 12 years of age and to 60 feet for divers 12 to 14 years of age.
- Each diver under 15 years of age must have an adult buddy certified as an open-water diver who is either the junior diver’s parent or an adult approved by the parent.
- Additional divemaster’s or instructors are present to maintain a ratio of one trained supervisor to four buddy pairs (eight divers) containing one to four divers under 15 years of age.
**Council Programs:** When scuba diving is taught in connection with any local council program, instructors should provide the training on a contract basis. Such instructors should have dive store or another commercial affiliation that provides liability insurance coverage. Direct employment of scuba instructors is not recommended.

Local council programs may not compress or sell air for scuba use, or sell, rent, or loan scuba equipment (e.g., scuba cylinders, regulators, gauges, dive computers, weights, or BCDs). All air and equipment for local council program use must be obtained from professional sources (e.g., dive stores, resorts, dive boats, etc.) affiliated with a scuba agency recognized by the BSA.

Scuba equipment may be used by certified summer camp aquatics program personnel for installation and maintenance of waterfront equipment, or for search and recovery operations. Search and recovery could include lost equipment, as well as rescue efforts.

Recognized agencies are:

- PADI: Professional Association of Diving Instructors
- NAUI: National Association of Underwater Instructors
- SSI: Scuba Schools International
- IDEA: International Diving Educators Association
- PDIC: Professional Diving Instructors Corporation
- SDI: Scuba Diving International
- YMCA Scuba Program (discontinued in 2008, but certification cards are still recognized)
- NASDS: National Association of Scuba Diving Schools (merged with SSI, but certification cards are still recognized)

In addition to the agencies listed by name, any current member of the World Recreational Scuba Training Council (WRSTC), which includes all Recreational Scuba Training Council (RSTC) members, is also recognized.

**FAQ: What if I have a certification from an agency that is not a member of the RSTC?**

_Unfortunately, BSA and Florida Sea Base only accept those agencies that are a member of the RSTC. Your card will not be recognized, and you cannot scuba dive at Florida Sea Base if the certification agency is not a member of the RSTC._

Other agencies wishing to be recognized by the BSA may contact the Outdoor Programs Team of the National Office. Recognition by a certifying body such as the RSTC or European Underwater Federation (EUF) that the agency adheres to ANSI/CEN/ISO standards would be expected.

For the most recent version of the BSA Scuba Policy, visit the Guide to Safe Scouting at [www.scouting.org/scoutsource/healthandsafety/gss/toc.aspx](http://www.scouting.org/scoutsource/healthandsafety/gss/toc.aspx).
Sea Base General Eligibility Requirements

Registered: To attend Sea Base, youth and adult participants must be registered in one of the following programs:

- Exploring, BSA
- Learning for Life
- BSA Merit Badge Counselor
- Scouts, BSA
- Sea Scouts, BSA
- STEM Scouts, BSA
- Varsity, BSA
- Venturing, BSA

Age Requirement: Every participant must be at least 13 years of age by their date of arrival at Sea Base. No exceptions can or will be made.

FAQ: What if I am turning 13 during the middle of my adventure? All participants must be 13 before the start of their adventure.

Swim Test: Every participant, youth and adult, must complete the BSA Swim Test as a Swimmer within a year of the start of their adventure. Non-swimmers and Beginner Swimmers will not be allowed to participate and will be sent home at their own expense. Every Sea Base crew must provide a completed BSA Unit Swim Classification Record.

Swim Review: Upon arrival every participant must complete a Sea Base Swim Review in a strong manner. This review does not take the place of the BSA Swim Test. Individuals who do not pass the Sea Base Swim or Snorkel Review will not be permitted to participate and will be sent home at their own expense.

FAQ: If we are certified scuba divers do we still have to do the BSA Swim Test prior to our arrival? Yes

Completed BSA Annual Health and Medical Record: Sea Base participants must be in good health. All participants must provide a current and complete BSA Annual Health and Medical Record (BSA AHMR). BSA AHMR’s are current for 12 months from the end of the month in which they are completed. Further, scuba participants must meet all BSA Scuba requirements to scuba dive as Sea Base. Participants who do not meet BSA Scuba requirements may be allowed to participate as snorkelers if medically approved.

Completed PADI or RSTC Medical Statement: Sea Base participants must be fit for scuba diving. All participants must provide a current and complete RSTC/PADI Medical Statement per BSA Scuba Policy, the Medical Statement must be signed by a physician even if the participant answers NO to all questions on the form.

Weight Requirements: Sea Base participants should meet the BSA Height and Weight Guidelines. Exceptions may be made for individuals who do not exceed the BSA H&W Guidelines by more than
20lbs. To receive an exception, the participant must provide a letter from their physician (MD or DO only) stating that they are in good health and are approved for participation.

### Maximum Weight for Height

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Max. Weight</th>
<th>Height (inches)</th>
<th>Max. Weight</th>
<th>Height (inches)</th>
<th>Max. Weight</th>
<th>Height (inches)</th>
<th>Max. Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>166</td>
<td>65</td>
<td>195</td>
<td>70</td>
<td>226</td>
<td>75</td>
<td>260</td>
</tr>
<tr>
<td>61</td>
<td>172</td>
<td>66</td>
<td>201</td>
<td>71</td>
<td>233</td>
<td>76</td>
<td>267</td>
</tr>
<tr>
<td>62</td>
<td>178</td>
<td>67</td>
<td>207</td>
<td>72</td>
<td>239</td>
<td>77</td>
<td>274</td>
</tr>
<tr>
<td>63</td>
<td>183</td>
<td>68</td>
<td>214</td>
<td>73</td>
<td>246</td>
<td>78</td>
<td>281</td>
</tr>
<tr>
<td>64</td>
<td>189</td>
<td>69</td>
<td>220</td>
<td>74</td>
<td>252</td>
<td>79 and over</td>
<td>295</td>
</tr>
</tbody>
</table>

**Absolute Weight Requirement:** Most swim ladders and rescue equipment are rated for a maximum of 295lbs. As a result; **no participant, regardless of height, may weigh more than 295lbs.** Anyone weighing more than 295lbs. will be sent home at their own expense. Absolutely no exceptions will be made.

### Submission of Scuba Paperwork:

At Sea Base our number one priority is your safety. Sea Base is responsible to review and pre-screen thousands of scuba medical documents each year. Once reviewed, hundreds of documents must be sent to the Sea Base Medical Director for further review. The Medical Director often requires additional information to be submitted by the treating physician. It is imperative that each participant FULLY COMPLETE and upload BSA AHMR and RSTC Medical Forms months in advance. Failure to submit medical documents on time may result in the individual or crew not being cleared to scuba dive at Sea Base.

- Winter Crews must submit paperwork online no later than October 1.
- Spring Crews must submit paperwork online no later than January 1.
- Summer Crews must submit paperwork no later than March 1.

### General Eligibility at a Glance

<table>
<thead>
<tr>
<th>Registered Member of the BSA</th>
<th>13 Years of Age or Older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passed BSA Swim Test as a Swimmer</td>
<td>Meet BSA Height &amp; Weight or within 20lbs</td>
</tr>
<tr>
<td>Meet Sea Base Risk Advisory Medical Requirements</td>
<td>Medically Approved for Participation</td>
</tr>
<tr>
<td>Submitted BSA AHMR by deadline</td>
<td>Submitted RSTC Medical by deadline</td>
</tr>
</tbody>
</table>

*Sea Base Medical Director has final approval*

### Sea Base Adult Leader Eligibility Requirements

**General Eligibility Requirements:** Adult leaders must meet all General Eligibility Requirements.

**Proper Adult Supervision:** As required by BSA Youth Protection, every crew must have at least two adult leaders over the age of 21. Sea Base crews with co-ed (male & female) youth participants, must have at least one female adult leader over the age of 21. **For 2019 adventures ONLY, a second adult leader may be 18 years old. This is made possible by the availability of Sea Base staff members over the age of 21. For adventures in 2020 and beyond, BSA YPT requires two adult leaders over the age of 21.**

**Adult Leader Training:** Every adult leader must be a registered member of the BSA and complete Youth Protection Training, BSA Safe Swim Defense, BSA Safety Afloat, and BSA Hazardous Weather Training.
**Adult Leader Medical Training:** At least one adult leader in each crew must complete Wilderness First Aid Training (WFA) and Basic CPR/AED from an agency approved by the American Camping Association or hold a higher professional license such as MD, DO, EMT, RN, LPN or WFR. Multiple crews require multiple trained leaders. Sea Base highly recommends that every adult leader completes WFA and CPR/AED.

<table>
<thead>
<tr>
<th>Registered Member of the BSA</th>
<th>21 Years of Age or Older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passed BSA Swim Test as a Swimmer</td>
<td>Meet BSA Height &amp; Weight or within 20lb (pg. 8)</td>
</tr>
<tr>
<td>Meet Sea Base Medical Requirements</td>
<td>Medically Approved for Participation</td>
</tr>
<tr>
<td>Completed BSA Youth Protection Training</td>
<td>Completed BSA Safe Swim Defense Training</td>
</tr>
<tr>
<td>Completed BSA Safety Afloat Training</td>
<td>Completed BSA Hazardous Weather Training</td>
</tr>
<tr>
<td>One Adult Must Complete Wilderness First Aid</td>
<td>One Adult Must Complete CPR/AED</td>
</tr>
<tr>
<td>Submitted BSA AHMR by deadline</td>
<td>Submitted RSTC Medical by deadline</td>
</tr>
</tbody>
</table>

**Sea Base Risk Advisory**

**Sea Base Experience:** Each high-adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of yourself and others. Climatic conditions at Sea Base include temperatures ranging from 50 to 95 degrees, high humidity, heat indexes reaching to 110 degrees, and frequent, sometimes severe, afternoon thunderstorms. Activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and others; all of these have potential for injury. Refer to the Sea Base website for specific information.

**Risk Advisory:** Sea Base has an excellent health and safety record and strives to minimize risks to participants by emphasizing appropriate safety precautions. **Each crew is required to have at least one adult member trained in wilderness first aid and CPR.** Medical and search-and-rescue services are provided in response to an accident or emergency. However, response times can be affected by location, terrain, weather, or other emergencies and could be delayed for hours. If there is a question about the advisability of participation, contact the family physician first, then call Sea Base at 305-664-5625. **The Sea Base Medical Director reserves the right to make final medical decisions regarding the participation of individuals at Sea Base.**

**Food:** Sea Base offers food appropriate for the experience. If a participant has specific diet restrictions, please contact the Sea Base food service department at fsb.galley@scouting.org and submit a dietary restrictions notification form. It may not always be possible to accommodate individual preferences (likes and dislikes) that are not of a medical or religious nature.

**Medications:** Each participant who has a condition requiring medication should bring an appropriate supply for the duration of the trip. Consider bringing duplicate or even triplicate supplies of vital medications. People with allergies that have resulted in severe reactions or anaphylaxis must bring with them sufficient unexpired EpiPen’s to last for up to three hours.
**Recommendations Regarding Chronic Illnesses:** Sea Base requires that this information be shared with the parents or guardians and examining physician of every participant. There are no on-site facilities for extended care or treatment; therefore, participants who cannot meet these requirements will be sent home at their expense. **Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history.** Adults or youth who have chronic conditions should undergo a thorough evaluation by a physician before considering participation at the Sea Base or any BSA high adventure activity.

**Hypertension (High Blood Pressure):** Participants should have blood pressure less than 140/90. **Persons with significant hypertension (greater than 140/90) should have the condition treated and controlled before attending any high-adventure base and should continue medications while participating.** Those taking beta-blocker medications should consider a change of medication before participating in any scuba program.

**Insulin-Dependent Diabetes Mellitus:** Both the person with diabetes and one other person in the group need to be able to recognize the signs of excessively high blood sugar and adjust the dose of insulin. An insulin-dependent person who has been newly diagnosed (within the last six months) or who has undergone a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate until better control of the diabetes has been achieved.

Diabetes and Scuba Diving: Persons with diabetes who are 18 years of age or older who wish to scuba dive should be assessed by a physician familiar with both hyperbaric issues related to diabetes and medications used for the control and treatment of diabetes. **Persons 18 years old or older who are determined to be candidates for scuba diving must submit four hemoglobin A1c (HbA1c) tests, each with HbA1c values less than 7, taken within the previous 12 months.** Any test within the past 12 months with an HbA1c value greater than 7 disqualifies a person from scuba diving as part of a BSA activity. **Persons younger than 18 years of age with Type 1 diabetes will not be allowed to scuba dive.** Persons under the age of 18 who control their diabetes with exercise and diet (no medications) and can provide three sequential hemoglobin tests with HbA1c values less than 6 may be approved to scuba dive.

**Seizures (Epilepsy):** A seizure disorder or epilepsy does not exclude an individual from participating at a high-adventure base. However, the seizure disorder should be well controlled by medication. A minimum one-year seizure-free period is considered adequate control. Exceptions to this guideline may be considered on an individual basis and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. **Any seizure activity within the past five years, regardless of control and/or medication, disqualifies an individual from participation in any scuba program.** A person with a history of seizure activity who has been asymptomatic AND medication-free for five years, as evidenced by a physician, will be allowed to dive.
**Asthma:** Asthma must be well-controlled before participating. This means: 1) the use of a rescue inhaler (albuterol) less than two times per week (except use for the prevention of exercise induced asthma); 2) nighttime awakenings for asthma symptoms less than two times per month. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate. Asthma and Scuba Diving: Persons being treated for asthma (including reactive airway disease) no matter the severity, cause, controlled with medications or intermitted are disqualified from BSA scuba programs. Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive as part of a BSA activity upon submission of evidence from their treating physician. Persons with a history of asthma who have been asymptomatic and have not used medication to control asthma for fewer than five years may be allowed to scuba dive as part of a BSA activity upon submission of a methacholine challenge test showing the asthma to be resolved to the satisfaction of the Sea Base physician.

**Allergy or Anaphylaxis:** Persons who have had an anaphylactic reaction from any cause must contact the Florida Sea Base before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

**Recent Musculoskeletal Injuries and Orthopedic Surgery:** Individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval to participate. Permission is not guaranteed. A person with a cast on any extremity may participate only if approved by their physician AND Sea Base.

**Psychological and Emotional Difficulties:** A psychological disorder does not necessarily exclude an individual from participation. Any condition should be well-controlled without the services of a mental health practitioner. Under no circumstance should medication be stopped immediately prior to participation, and medication should be continued throughout the entire high-adventure experience. Participants requiring medication must bring an adequate supply for the duration of the trip. SPECIAL NOTE ON SCUBA DIVING: Several psychotropic medications are NOT COMPATIBLE with the hyperbaric stresses of scuba diving. All medications MUST be listed on the BSA Annual Health and Medical Record. Particular attention is paid to those with anxiety and on multiple medications for ADD/ADHD or depression.

**Weight Limit:** Sea Base participants should meet the BSA Height and Weight Guidelines. Exceptions may be made for individuals who do not exceed the BSA H&W Guidelines by 20 or more pounds.
an exception, the participant must provide a letter from their physician stating that they are in good health and are approved for participation. **No participant, regardless of height, may weigh more than 295 pounds.**

### Maximum Weight for Height

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Max. Weight</th>
<th>Height (inches)</th>
<th>Max. Weight</th>
<th>Height (inches)</th>
<th>Max. Weight</th>
<th>Height (inches)</th>
<th>Max. Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>166</td>
<td>65</td>
<td>195</td>
<td>70</td>
<td>226</td>
<td>75</td>
<td>260</td>
</tr>
<tr>
<td>61</td>
<td>172</td>
<td>66</td>
<td>201</td>
<td>71</td>
<td>233</td>
<td>76</td>
<td>267</td>
</tr>
<tr>
<td>62</td>
<td>178</td>
<td>67</td>
<td>207</td>
<td>72</td>
<td>239</td>
<td>77</td>
<td>274</td>
</tr>
<tr>
<td>63</td>
<td>183</td>
<td>68</td>
<td>214</td>
<td>73</td>
<td>246</td>
<td>78</td>
<td>281</td>
</tr>
<tr>
<td>64</td>
<td>189</td>
<td>69</td>
<td>220</td>
<td>74</td>
<td>252</td>
<td>79 and over</td>
<td>295</td>
</tr>
</tbody>
</table>

**Concussions:** Those participants who have suffered a concussion and any side effects from the concussion should contact DAN and Florida Sea Base to discuss this issue. Please provide the following information on the BSA Medical:

1. When did the injury occur?
2. Was there any loss of consciousness, inability to recollect events?
3. Were there reports of disorientation after the incident?
4. Have there been any lingering affects?

**Sleep Apnea:** Prospective participants with sleep apnea may participate at Sea Base if they have been medically cleared for participation, **they understand that they are responsible to provide battery support for their CPAP and may not have access to electricity** if participating in Bahamas, St. Thomas, St. Croix, Florida Keys Sailing, Live Aboard Diving, Keys Adventure or Out Island programs.

### FAQ:

**If I am disqualified for scuba diving because of a medical condition is there a waiver or appeal process?** The Sea Base Medical Director’s decision is final. There is no appeal or waiver process. The staff of Florida Sea Base is unable to change, alter or deviate from the decision of the Medical Director or BSA policies regarding medical fitness for scuba diving.

**If I am disqualified from scuba diving may I participate as a snorkeler?** Yes, if you meet medical requirements to attend Sea Base.

**Can I bring my forms with me instead of sending them prior to my arrival?** No, doing so will not give us sufficient time to review your information. Sea Base Staff may not have the ability to resolve issues and it is likely we will not be able to clear you to dive. It is imperative that all forms are uploaded into the system on or before the stated deadlines.

**Is there a list of the medicines that will disqualify me from scuba diving?** There is no list. We look at the illness that is being treated and not the medications. However, there may be times when certain medications will prevent a person from scuba diving. Contact the Scuba Department for additional information.
Medical Issues that may disqualify an individual from scuba diving.
In addition to this booklet the following information is listed on the Florida Sea Base website and the BSA AHMR “High-Adventure Risk Advisory to Health-Care Providers and Parents” as part of the BSA Medical Release document. Please be aware that not every medical condition disqualifying an individual from scuba diving is listed.

This is meant to be a guide for the more common medical conditions and not an absolute list. If you have a medical condition that may be of concern, please contact the Scuba Department at Florida Sea Base for guidance.

To Limit Risk and the Possibility of Harm

Leadership: Crew leaders must have a strong understanding of every participant's limitations and be fully prepared to administer treatment for medical conditions.

Medical Treatment: Wilderness First Aid and CPR/AED trained crew leaders are the first line of treatment in any medical emergency. Adult crew leaders must be prepared to assume this role and responsibility. Any medical emergency requiring professional assistance will be referred to the United States Coast Guard or appropriate agency if at sea or local EMS if on land.

Medications: Participants who are prescribed medication, for any purpose, should continue use as prescribed while at Sea Base unless directed by his/her physician. It is the role of the unit leader to ensure that each participant takes medication as prescribed.

Storing and Dispensing Medications: Sea Base does not store or dispense medication. Prior to arrival the crew must develop a system for properly storing and dispensing medication, including refrigeration for medication as necessary.

Over the Counter Medication: Sea Base does not dispense any type of medication including over the counter medication. Each crew is responsible to bring a Sea Base specific first aid kit (pg. 14) including any over the counter medications that might be needed.
Health Insurance and BSA Campers Accident and Sickness Plan: Every Sea Base participant should have health insurance and provide front and back copies of their insurance card. All campers are covered by a limited Campers Accident and Sickness Plan. This plan is a secondary policy. When not insured, BSA Campers Accident and Sickness Plan becomes the primary policy. Please review the policy for details.

Sea Base Specific First Aid Kit: Every crew must provide their own first aid kit. A Sea Base specific first aid kit includes all items found in a traditional back country first aid kit along with 1) SPF 35 or greater sunscreen, 2) SPF 35 or greater lip balm, 3) small plastic bottle of vinegar, 4) sea sickness medication, 5) non-spray insect repellant, 6) swimmers ear drops, 7) Benadryl, 8) cooling cloths.

Special Needs: When required, individuals with special needs must have an advocate who is actively participating as a member of the crew and understands the individual’s limitations and needs.

Cleanliness: Participants should properly wash hands whenever possible and always after using the restroom, prior to cooking or putting their hands in their mouth.

Ear Care: After snorkeling, diving or swimming; participants should tilt their head to one side, gently pull on their earlobe until confined water is released and then repeat on the opposite side.

Motion Sickness: Due to the nature of ocean-based adventures, it is inevitable that some crew members will have issues with sea sickness. Vessels do not return to Sea Base because of sea sickness. Participants should speak with their physician regarding use of sea sickness medications.

Hydration: Severe dehydration can lead to significant illness, and in extreme cases, death. Crews should establish and utilize a clear hydration plan and ensure that every crew member has or purchases a 32oz or greater Nalgene style water bottle that can be clipped to a vessel.

Metal and aluminum water bottles are prohibited for Sailing programs due to the noise they create against the side of the boat. This may make sleeping difficult for some crews.

Sunscreen and Sun Coverage: Overexposure to sun can cause burns, blisters, and illness leading to discomfort and, in severe cases, suspension or cancellation of an individuals or crews adventure. In additional to biodegradable SPF 35 or greater sunscreen; Sea Base highly recommends that every participant wear a long sleeve UPF 30 or greater shirt (particularly while snorkeling), hat, buff, and polarized sunglasses. Please use only reef safe sunscreen.

Spray and aerosol sunscreens are prohibited at Sea Base as they make the deck of the vessel hazardous.

<table>
<thead>
<tr>
<th>Available at the Ship Store</th>
</tr>
</thead>
<tbody>
<tr>
<td>Custom Crew Long Sleeve UPF +30 Shirts</td>
</tr>
<tr>
<td>Custom Crew Hats</td>
</tr>
<tr>
<td>Sea Base Hats</td>
</tr>
<tr>
<td>Buffs</td>
</tr>
<tr>
<td>Swimmers Ear Drops</td>
</tr>
</tbody>
</table>
Wildlife and Toxic Plants at Sea Base

Sharks, Rays, Lionfish, Goliath Grouper and Eels: Sharks, rays, lionfish, goliath grouper and eels pose an extremely low risk to humans. Participants should give all marine species a wide berth and avoid touching, harassing or provoking marine animals.

Moon Jellyfish and Portuguese Man-O-Wars: Jellyfish and man-o-wars pose a limited risk during Sea Base Adventures. Moon jellyfish stings can cause skin irritation and minor pain. Treatment includes rinsing the affected area with vinegar. Man-o-wars can cause skin irritation, swelling and pain. Treatment includes removing the tentacles and rinsing the affected area with vinegar. If swelling worsens or an allergic reaction occurs, medical evaluation and/or treatment may be required.

Fire Coral: Sea Base participants should never touch any coral or coral like structure. When touched, Fire Coral shoots a coiled barb which releases a neurotoxin upon entering either prey or predator. In humans, the toxin can cause burning skin conditions or rashes that may last several days. Treatment includes rinsing the affected area with vinegar and keeping the affected area clean and dry. Open wounds or severe scraps require medical evaluation.

(NOAA Photos)
**Packing List:** Sea Base provides meals, scuba equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your adventure. Note that most items are available at the Ship Store or online at [www.fsbshipstore.com](http://www.fsbshipstore.com).

<table>
<thead>
<tr>
<th>What to Bring</th>
<th>Water bottle with carbiner, coffee mug</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 UPF +45 long Sleeve Shirt, Custom Crew Offered</td>
<td>1 sleeping cover, middle weight blanket</td>
</tr>
<tr>
<td>1 UPF +45 Short Sleeve Shirt, Custom Crew Offered</td>
<td>1 pillow and pillow case</td>
</tr>
<tr>
<td>Wide brimmed hat with strap</td>
<td>2 towels</td>
</tr>
<tr>
<td>Polarized sunglasses with strap</td>
<td>Toiletry kit</td>
</tr>
<tr>
<td>16 oz. +45 SPF biodegradable sunscreen, no sprays</td>
<td>Dive logbook and certification cards</td>
</tr>
<tr>
<td>2 pairs of shorts: 1 swim trunks or swimsuit, 1 land shorts</td>
<td>Copy of insurance card and prescription medication</td>
</tr>
<tr>
<td>Light pants, zip off trek pants recommended</td>
<td>Dive watch</td>
</tr>
<tr>
<td>Female participants should have a one piece or conservative tankini</td>
<td>Sea Base Specific Crew First Adi Kit and crew padlock</td>
</tr>
<tr>
<td>3 pairs of socks, Sea Base recommends 1 pair of neoprene socks</td>
<td>Wetsuit for winter and spring crews only</td>
</tr>
<tr>
<td>2 Locks per crew (combination or key)</td>
<td>Spending money ($125-$175)</td>
</tr>
<tr>
<td>Shoes or sandals</td>
<td></td>
</tr>
<tr>
<td>Rain Jacket and fleece for winter and early spring crews, light rain jackets for late spring and summer crews</td>
<td>Indicates items available in the Ships Store</td>
</tr>
</tbody>
</table>
Sea Base Emergency Procedures

**Medical Emergencies on Land:** Call 911, alert Sea Base staff. AED’s are clearly marked and located in each program office. Secure individuals BSA AHMR for EMS.

**Medical Emergencies while at Sea:** Call Channel 16, United States Coast Guard or 911. Secure individuals BSA AHMR for EMS.

**Fire on Land:** Pull fire alarm, call 911, keep your crew together and move to the defined evacuation point, alert Sea Base staff.

**Fire at Sea:** Follow direction of captain. If captain is incapacitated, call Channel 16: “US Coast Guard, US Coast guard this is Sea Base vessel _____ located at latitude/longitude _____ we have a fire aboard.” If the fire is small, the size of a wastebasket, all participants must don lifejackets and then a trained adult should use an onboard fire extinguisher to put out the fire. If the fire is larger than a wastebasket and the crew is forced to abandon ship, “May Day, May Day, May Day this is Sea Base vessel _____ located at latitude/longitude _____ we have a fire aboard and are abandoning ship. We have _____ adults _____ youth plus _____ crew.” Every participant must don USCG approved life jackets and in an orderly manner abandon ship. As participants abandon ship, the adult crew leader should count off to ensure that there is no one left aboard the vessel. Once in the water the adult crew leader must take a second headcount, form a circle by locking arms and stay together until rescue arrives.

**Man Overboard:** Maintain eye contact, point to the individual and yell, “Man Overboard.” Continue to point and maintain eye contact until the individual is safely back aboard the vessel.

**Aggressive Individual:** Move away from the person as quickly as possible. Once at a safe distance, alert Sea Base staff or in extreme circumstances call 911.

Sea Base Policies and Procedures

**Adult to Youth Ratios:** Sea Base Crews must have more or an equal number of youth to adult participants. Individuals under the age of 21 may be counted as youth participants. Special Needs Scouts are counted as youth participants regardless of age.

**Buddy System:** Adult and youth participants must adhere to the buddy system. While snorkeling or scuba diving, buddies must remain within arms distance. While onshore participants must travel in groups of two or more. In Key West, the Bahamas and US Virgin Islands units must travel as a group.

**Unit Leader Responsibilities:** Prior to arrival, unit leaders are responsible to ensure that all paperwork and trainings are up to date and complete. This includes requiring all participants to submit BSA AHMR and RSTC Medical forms by or before the deadline date (pg. 8 & 29) and inputting the unit roster 90 days prior to arrival. A PADI & medical document walkthrough is available on pages 28-40. Upon arrival, Unit Leaders are responsible to act as the first line of treatment when medical issues arise, fulfill Safe Swim Defense and Safety Afloat responsibilities, follow and enforce BSA Youth Protection Policies,
ensure that youth participants follow Sea Base policies and direction from Captains and staff members. Unit Leaders must also actively participate in the adventure, Sea Base is not a passive experience.

**Youth Crew Leader Responsibilities:** Sea Base should be a youth led adventure. Crews must elect a seasoned crew leader prior to onsite arrival. Sea Base should not be the youths first leadership experience. Youth will make duty assignments for both youth and adults, ensure that those duties are completed and follow up with the crew when they are not.

**Scout Oath, Scout Law, Outdoor Code:** Participants are expected to act in accordance with the Scout Oath, Scout Law and Outdoor Code.

**Alcoholic Beverages or Illegal Substances:** There is no place in Scouting for the possession or use of alcohol or illegal substances. **Anyone found in violation of this policy will be required to vacate their adventure and may be reported to local law enforcement and their local council.** If the unit is unable to provide proper leadership to satisfy BSA YPT, the entire crew will be required to vacate their adventure.

**Smoking, Vaping, Smokeless Tobacco:** Use of tobacco products and vaping is only permitted in designated areas. Sea Base strongly suggests users of such products purchase nicotine gum or use other alternatives while at Sea Base.

**Scout Appropriate Language:** Sexual conversations of any nature including “jokes” are prohibited. Racial, ethnic, religious, sexist and sexual orientation slurs are prohibited.

**Uniform:** All participants are expected to arrive in either field or activity uniform. (i.e. Class A’s or Class B’s).

**Attire:** Clothing worn by participants must not promote illegal drugs, alcohol, violence, sexual activity, racism, sexism or bigotry.

**Swimming Attire:** Swimsuits must be modest. For males, tight fitting swim briefs or swim bottoms short enough to allow exposure are not allowed. For females, bikinis are not allowed. Modest tankinis or one-piece swimsuits are appropriate.

**Footwear:** Footwear is required by all participants while onshore. Footwear requirements vary by program. Please review the provided Packing List on page 16. While on base, most crews choose to wear flip flops.

**Open Scuba:** Only individuals participating in Scuba Adventure, Scuba Certification, Scuba Live Aboard or St. Croix Scuba may scuba dive while at Sea Base.

**Unplug:** Use of phones, tablets and other transmission electronics should be restricted to emergency use. Please place phones on airplane mode and stow away.
**Lost, Stolen or Damaged Items:** Sea Base is not responsible for personal items. Please properly stow and safeguard your valuables.

**Intentional Damage to Sea Base Vessels, Facilities, Contracted Facilities, Public or Personal Property:** Anyone intentionally damaging property, including pranks that result in damage, will vacate their adventure and will be held financially liable for damages.

**Bullying, Hazing, Fighting, Play Fighting, Wrestling:** All forms of physical confrontation including “play” are prohibited.

**Sexual Contact:** Sexual contact of any kind, including public displays of affection is prohibited.

**Cleanliness:** Dorms, Base, Galley, marinas, and vessels are expected to be cleaned and maintained by participants. Youth and adults are expected to shower when they have the opportunity.

**Disposal of Trash:** Litter becomes marine debris and negatively impacts the Florida Keys National Marine Sanctuary, Everglades National Park, US Virgin Islands National Park, Sea of Abaco, marine life and our ocean. Participants must ensure that all recycling and garbage is secured and disposed of properly.

**Conservation:** For their own protection and the protection of the environment; Sea Base participants must not touch, harass or harm wildlife. Sea Base participants must not take or collect rocks, shells or marine species. Special care must be taken when snorkeling in sensitive areas such as coral reefs.

**Sea Base Traditions and Awards**

**Conservation:** Sea Base is recognized as the lone World Organization of Scouting Movement, Scout Centre of Excellence for Nature and Environment in the United States. As part of your adventure your unit will have the opportunity to earn the WOSM SCENE Award.

While not every unit will choose to earn the SCENE Award, it is imperative that each participant understands that Sea Base adventures are conducted in sensitive marine environments. Participants must not touch or harm wildlife including endangered sea turtles and coral. Participants must not take shells, coral, artifacts from Florida Keys National Marine Sanctuary, Dry Tortugas National Park, Everglades National Park, US Virgin Islands National Park, Buck Island National Reef National Monument, East End Marine Park or any adjacent waters.

**Sea Base Custom Crew Gear:** Every Sea Base participant should arrive with (2) long sleeved UPF 30 or greater shirts, a hat and buff. Sea Base provides the opportunity for units to order customized, official apparel at [www.bsaseabase.org](http://www.bsaseabase.org). Orders should be placed at least 6 weeks prior to onsite arrival to ensure on-time delivery.
**REEF:** Our Reef Survey Projects and fish identification are conducted using programs developed by REEF Environmental Education Foundation (REEF). For more information on REEF and the surveys use the following address [http://www.reef.org/](http://www.reef.org/)

**PADI Project AWARE:** One of our evening programs teaches the PADI Project AWARE Coral Reef Conservation course. Once completed, participants have the option of receiving a PADI Coral Reef Certification card. There is a processing fee of approx. $30 for the certification card. [http://www.projectaware.org/](http://www.projectaware.org/)

**Duty to God:** Sea Base encourages individuals and units to celebrate creation. The Duty to God Award is designed to enhance your units adventure by propelling participants to find evidence of Higher Purpose in the oceans, reefs and marine species encountered at Sea Base. Patches are available for purchase.

**Triple Crown and Grand Slam Award:** Individuals who attend Sea Base and two other BSA National High Adventure Bases are eligible for the Triple Crown Award. Individuals who attend all four BSA National High Adventure Bases are eligible for the Grand Slam Award. Applications for these awards can be found at [www.nationalhighadventureawards.org](http://www.nationalhighadventureawards.org).

**Advancement at Sea Base:** Advancement is not part of the formal Sea Base experience. Sea Base does not offer structured merit badge programs or merit badge instructors. If your unit is interested in advancement while at Sea Base, your crew will need to develop a plan for advancement prior to arrival.

**Careers at Florida Sea Base:** Florida Sea Base is continually looking for staff members to work in the Scuba Department. As you could guess, working as a part of the FSB Scuba Team involves some specialized training. This training will not only enable you to work as a part of our team but start you on a career in the recreational scuba industry. The [Divemaster Academy](http://www.projectaware.org/) is the first course you want to look at; followed by the [Instructor Development Course](http://www.projectaware.org/).

**Preparing for Sea Base**

**BSA Paperwork:** Participation for Sea Base requires significant paperwork. It is essential that your crew compiles all necessary documents and travel information in an easy to use and understand format. The following documents are required:

- Printed Crew Roster **(Crew Roster must be uploaded 90 days prior to arrival)**
- [BSA Safe Swim Certificates](http://www.projectaware.org/) for each adult leader
- [BSA Safety Afloat Certificates](http://www.projectaware.org/) for each adult leader
- [BSA Youth Protection Certificates](http://www.projectaware.org/) for each adult leader
- [BSA Hazardous Weather Certificates](http://www.projectaware.org/) for each adult leader
- [Wilderness First Aid Certificate](http://www.projectaware.org/) or greater certification
- [CPR/AED Certificate](http://www.projectaware.org/)
- [BSA Unit Swim Classification Record](http://www.projectaware.org/) with each participant listed
- [BSA Annual Health and Medical Records](http://www.projectaware.org/) for each participant
- [RSTC Medical Forms](http://www.projectaware.org/) for each participant
- Copies of Insurance Cards (front and back) for each participant
Sea Base highly recommends that all forms are duplicated and held by an adult leader who is not accompanying the crew to Sea Base. This adult leader should be available the date of check in in case forms are lost, misplaced or forgotten.

**SCUBA Paperwork:** Every scuba medical must be reviewed prior to arrival. Some individuals with specific medical conditions may take longer than others to be cleared or denied by Sea Base and the Sea Base Medical Director. As a result, participants and Crew Leaders are responsible to complete and input all necessary documents in a timely manner (deadlines on pages 8 & 29). Individuals and crews who submit after the deadline date risk not being cleared to scuba dive. Incomplete forms cannot and will not be accepted. Per BSA SCUBA Policy, forms must be signed by a physician (MD or DO) for the Scuba Certification Adventure.

Individuals who do not meet the BSA SCUBA Policy Medical Requirements/Restrictions, provide incomplete forms or do not turn in necessary paperwork by the deadline date will be allowed to participate as snorkelers provided they are medically cleared to do so. The following SCUBA documents are required:

- **PADI/RSTC Medical Statement** *(Inputted no later than the stated deadline on pages 8 & 29)*
- **PADI Release Form** *(Inputted no later than the stated deadline on pages 8 & 29)*
- **WRSTC Approved Agency Certification Cards** *(Not required for Scuba Certification)*
  - A PADI & medical document walkthrough is available on pages 29-40

### Required Paperwork at a Glance

<table>
<thead>
<tr>
<th>Crew Roster</th>
<th>Safe Swim Defense Certificates</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSA Annual Health and Medical Records</td>
<td>Front &amp; Back Copies of Insurance Cards</td>
</tr>
<tr>
<td>Safety Afloat Certificates</td>
<td>Youth Protection Certificates</td>
</tr>
<tr>
<td>Hazardous Weather Certificates</td>
<td>ID with Copy of Birth Certificate or Passport</td>
</tr>
<tr>
<td>Unit Swim Classification Record</td>
<td>PADI RSTC Medical Statement</td>
</tr>
<tr>
<td>PADI Release</td>
<td>Scuba Certification Card</td>
</tr>
<tr>
<td>Minimum of 1 Adult Leader Must Have</td>
<td>Minimum of 1 Adult Leader Must Have</td>
</tr>
<tr>
<td>CPR/AED Training Card</td>
<td>Wilderness First Aid Training or Greater Certification</td>
</tr>
</tbody>
</table>

*Certification Cards are NOT required for Scuba Certification Participants*
Sea Base Payment Plan

Payment Schedule: Crews are responsible to know, understand and adhere to the payment schedule. Failure to provide on time payment will result in cancellation. Deposits are non-refundable. Fees are non-refundable unless Sea Base rebooks the cancelled crew. All cancelled crews are subject to a cancellation fee in the amount of the deposit made.

First Payment: Within 30 days of reservation, each crew must send their first payment. The first payment is based upon the maximum number of participants per crew multiplied by $100. For example; if a crew has booked an adventure with 6-8 participants they must pay $800. If a unit has been awarded multiple crews, it must make payment for each crew awarded.

Second Payment: One half of each crews remaining balance is due on October 1.

Final Payment: February-April Crews due January 15 | May-September Crews due February 1 | December Crews due August 1

Online Payment: Sea Base accepts online e-check payment only. Sea Base does not accept credit cards.

Sea Base Travel Plan

Preparation: Each crew is responsible to plan, secure and finance travel to Sea Base including ground transportation. Travel Insurance is highly recommended. The unit chartering organization, unit committee, local council, parents and participants should be made aware of all travel plans.

Air Travel: Crews may fly into Fort Lauderdale (FLL), Miami (MIA) or Key West (EYW).

Ground Transportation to Sea Base: Sea Base does not recommend rental car companies or shuttle service providers. The following is a list of companies known to provide services to the Florida Keys:

- **Ace Tours** 888-641-4389
- **Blue Sky Adventures** 877-225-8375
- **Emerald Transportation** 305-852-1468
- **Keys Shuttle** 888-765-9997
- **Florida Keys Express Shuttle** 305-743-7454
- **Avis Rental Car** 800-230-4898
- **Budget Rental Car** 800-218-7992
- **Enterprise Rental Car** 800-261-7331

Arrival: It is essential for crews to arrive after 1:00pm, having already eaten lunch, and not later than 3:00pm. **Crews arriving after 3:00pm may have their adventure delayed up to 24 hours.**

Winter/Holiday Crews: **Expect to add 1-2 hours to your travel time** due to heavy traffic on the roads.
Departure: Sea Base crews may depart as early as necessary. Crews must depart by 10:00am. Scuba crews should allow 24 hrs. between their last dive (12:00pm) and scheduled flight to reduce the risk of decompression sickness (DCS). Winter/Holiday Crews: Expect to add 1-2 hours to your travel time due to heavy traffic on the roads.

Onsite Requirement: Participants are required to remain onsite. Individuals who leave Sea Base for non-medical or religious purposes will be required to vacate their adventure.

FAQ: Could we leave Florida Sea Base to go out to dinner one evening? No, Crews are not permitted to leave Sea Base once you arrive.

Could my crew skip part of its adventure and go to Key West, Key Largo or some other location? No, once your unit chooses to leave Florida Sea Base your adventure is forfeited, and you may not return.

Sea Base Training Plan

Prepared: Sea Base Adventures are aquatics based and require participants to be fit, competent swimmers. It is recommended that your unit, in consultation with your local council BSA Aquatics Director or qualified swim instructor, develops a crew training regimen that includes both swimming and snorkeling. An adequate plan includes:

- Safe Swim Defense Training
- Safety Afloat Training
- BSA Swim Test
- Monthly Swimming Sessions
- Complete 1 or more pool or open water dives
- Snorkeling BSA
- Watch NOAA: Blue Star Video
- Review FKNMS: Corals and Coral Reefs
- Review FKNMS: Plant Life
- Review FKNMS: Animal Life
- Review: Divers Alert Network Dan’s Smart Guide to Safe Diving
- Review appropriate Guide to High Adventure Scuba Power Point with leaders, participants and parents: Available HERE for each adventure.

Diver Responsibility

As scuba divers, you are responsible to follow safe diving practices and the rules set by Florida Sea Base and your guides/instructors. The rules are designed for the safety of each diver and all participants in the crew. Failure or unwillingness to follow those rules will result in termination of your diving activities, potentially for the remainder of your adventure.

Want to Earn College Credit for Scuba? Visit training@padi.com
General Scuba Program Overview

Planning: Epic Adventure begins with planning and preparation. Upon arrival (1:00pm- 3:00pm), each crew will have its paperwork reviewed and complete a gear shakedown. Any participant who does not meet the BSA Height and Weight Requirements (pg. 8) as outlined or has not passed the BSA Swim Test prior to arrival will forfeit their adventure. Please vet your crew to ensure that no one is disappointed.

<table>
<thead>
<tr>
<th>Required Paperwork at a Glance</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Crew Roster</td>
<td>Safe Swim Defense Certificates</td>
</tr>
<tr>
<td>BSA Annual Health and Medical Records</td>
<td>Front &amp; Back Copies of Insurance Cards</td>
</tr>
<tr>
<td>Safety Afloat Certificates</td>
<td>Youth Protection Certificates</td>
</tr>
<tr>
<td>Hazardous Weather Certificates</td>
<td>ID with Copy of Birth Certificate or Passport</td>
</tr>
<tr>
<td>Unit Swim Classification Record</td>
<td>PADI RSTC Medical Statement</td>
</tr>
<tr>
<td>PADI Release</td>
<td>Scuba Certification Card</td>
</tr>
<tr>
<td>Minimum of 1 Adult Leader Must Have</td>
<td>Minimum of 1 Adult Leader Must Have</td>
</tr>
<tr>
<td>CPR/AED Training Card</td>
<td>Wilderness First Aid Training or Greater Certification</td>
</tr>
</tbody>
</table>

Certification Cards are NOT required for Scuba Certification Participants
A PADI & medical document walkthrough is available on pages 29-40

Scuba Review: For Scuba Adventure and Scuba Live Aboard Adventures. It may have been some time since you or other members of your crew have been scuba diving. Completing a “scuba review” prior to arrival will help maximize your adventure. Upon arrival, every Scuba Adventure Crew will complete an in-water skills review.

Scuba Equipment: Sea Base provides masks, snorkels, fins, regulators, BCD with weight-integrated pockets, weights and tanks. Individuals are encouraged to bring their own equipment, other than tanks, for use at Sea Base provided the equipment is inspected and approved by Sea Base staff. Wetsuits can be rented at www.fsbshipstore.com. Each diver is required to bring a dive watch suitable for scuba diving. These watches may also be purchased at the Ships Store. Sea Base does not provide dive computers.

FAQ:
Do I need wet suit boots with the fins? Our fins are an open heal design (strap) but not meant to be worn with boot. For comfort we suggest you use neoprene socks instead of the booties, but it is not required.

Does Sea Base offer dive computers for rent? Florida Sea Base does not have dive computers on our equipment nor do we have them for rent.

If I have specialized equipment could I use it at Florida Sea Base? If you have specialized equipment (i.e.: dry suits, full face masks, side mount systems, etc.) you will be required to show proof of certification and experience.

Why do I need a dive watch? Everyone needs a dive watch to be able to plan and record their dives to ensure we are staying within the dive time/depth limits. Every diver needs his or her own watch and/or timing device (participants may bring their own computer if desired). It does not need to be an expensive watch and there are several inexpensive styles on-line. As long as it is water proof it should be fine. All Sea Basse regulators have a three-gauge console that includes a
pressure gauge (SPG), depth gauge and compass. Florida Sea Base does not supply dive computers.

May I bring my own equipment to dive with? We always encourage participants to bring their own equipment. They are normally more comfortable diving in their own equipment vs. borrowed equipment they have never worn before.

Scuba Adventure Program

Scuba Adventure Crew Size: Maximum of 8 individuals. This number includes both youth and adult participants. Crews may not exceed the maximum number allowed.

Packing for Scuba Adventure: While at Sea Base your crew will be housed in air-conditioned dormitories overlooking the Atlantic Ocean and Florida Bay. Showers and laundry facilities are available. All items should be packed into a small bag or backpack. Please do not bring any large suitcases. Limit items to those listed in “What to Bring” on page 16.

Scuba Adventure Arrival and Brief Overview: Scuba Adventure is a 7-night 8-day program, which includes your arrival and departure dates. Your first activity, as with any Scout activity, will be a review of paperwork. It is essential that paperwork is complete and accurate prior to arrival. Following completion of paperwork and gear shakedown, your crew will have its picture taken, receive a tour, check out dive gear, complete a FSB Swim Review, complete Scuba Review, eat dinner, and then complete a Scuba Adventure Orientation.

Each Scuba Adventure itinerary is different due to weather, season, experience and arrival time. Safety is the first priority of Sea Base. Provided optimal conditions, your crew will participate in as many as 11 open water dives while at Sea Base, including one night dive. All dives will be conducted within the PADI-recommended 60 ft. limit for Open Water Divers. There will not be any opportunity to work on advanced certifications. On Day 7 of your adventure your crew will clean and return dive gear and participate in a Sea Base closing ceremony: Conch Luau!

Scuba Adventure Packing List: Sea Base provides meals, scuba equipment and everything you will need on your adventure, but you will want to bring some additional spending money. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

Scuba Live Aboard Adventure

Scuba Live Aboard Crew Size: Maximum of 12 individuals. This number includes both youth and adult participants. Crews may not exceed the maximum number allowed.

Packing for Scuba Live Aboard: For travel, all items should be packed into a small bag or backpack. All items going aboard your vessel will be re-packed into a 12 x 24 inch duffle bag provided by Sea Base. Custom Crew duffle bags are available for purchase at www.fsbshipstore.com. If you plan on purchasing a custom crew bag, orders must be placed no later than six weeks prior to arrival. While there are no
showers or laundry facilities available aboard, there are at Florida Sea Base. All other items brought to Florida Sea Base that will not fit into the 12 x 24” duffle will be stores in a 3’ x 3’ x 4’ locker. Please do not bring large suitcases. Limit items to those listed in “What to Bring”.

Scuba Live Aboard Arrival and Brief Overview: Scuba Live Aboard is a 7 night and 8-day program, including your arrival and departure date. Your first activity, as with any Scout activity, will be a review of paperwork. It is essential that paperwork is complete and accurate prior to arrival. Following completion of paperwork and gear shakedown, your crew will have its picture taken, receive a tour, check out dive gear, complete a FSB Swim Review, complete a Scuba Review, eat dinner, and then complete a Scuba Live Aboard Orientation. Each Scuba Live Aboard itinerary is different due to weather, season, and experience. All crews will overnight at Sea Base in Islamorada and then travel to and board their vessel (some crews may be split onto two boats instead of one vessel) on day 2. Scuba Live Aboard boats are working vessels. Your unit, youth and adults, will learn what it is to crew aboard a vessel. The elected Youth Leader will assign duties to youth and adult crew members, which will include preparing meals, cleaning the boat—including the head, anchor watch, and any other duties assigned by the captain. While aboard, the captain is the final authority figure.

Over the course of the next 5 days, your unit will explore the waters and reefs surrounding the Florida Keys. Safety is the first priority of Sea Base. Provided optimal conditions your crew will have 10–15 dives while at Sea Base including one or more night dives. All dives at Sea Base are conducted within the PADI-recommended 60 ft. limit for Open Water Divers. There will not be any opportunity to work on advanced certifications. On Day 7 your crew will return to Sea Base, clean and return dive gear, and participate in a Sea Base closing ceremony: Conch Luau!

Special Note: Scuba Live Aboard crews will be assigned to either one or two vessels depending on availability. Most captains will not allow participants to wear shoes aboard. Please do not purchase expensive deck or sailing shoes for your adventure.

Sleeping on the boats: Most participants choose to sleep under the stars instead of below deck. There also may not be enough bunks below deck for everyone. It is a good idea to bring a sleeping pad and a light blanket. Do not bring hammocks.

Scuba Live Aboard Packing List: Sea Base provides meals, scuba equipment and everything you will need on your adventure, but you will want to bring some additional spending money. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

Scuba Certification

Scuba Certification Adventure Crew Size: Maximum of 8 individuals. This number includes both youth and adult participants. Crews may not exceed the maximum number allowed.

Prior to arrival: Scuba Certification participants must read the PADI Open Water Manual, complete all PADI Open Water Knowledge Reviews and watch the PADI Open Water Diver video. *Failure to complete all required materials will result in loss of dive time or may result in not becoming scuba certified.* All participants must bring their completed PADI Open Water Manual, logbook and RDP with them to Sea Base.
Scuba Certification Arrival and Brief Overview: Scuba Certification is a 7 night 8 day program including your arrival and departure dates. Your first activity, as with any Scout activity, will be a review of paperwork. It is essential that paperwork is complete and accurate prior to arrival. Following completion of paperwork and a gear shakedown, your crew will have its picture taken, receive a tour, complete a Sea Base Swim Review, eat dinner and complete a Scuba Certification Orientation. Day 2-3 your crew should complete classroom and pool sessions. Given optimal conditions, day 5-7 your crew will participate in multiple open water dives daily. After your final dive on day 7 our crew will clean and return dive gear and participate in a Sea Base closing ceremony Conch Luau!

IMPORTANT! SCUBA Certification participants MUST NOT fly for at least 18 hours after their last dive. To reduce your risk of Decompression Sickness, your flight home should be scheduled for noon or later.

Sea Base Frequently Asked Questions

Are scholarships available? YES! Scholarships are available to those with a demonstrated financial need. Sea Base has limited scholarship funds, complete and forward all applications in a timely manner. The scholarship form can be found here.

Who can be awarded a Sea Base Scholarship? Any youth or adult with a demonstrated financial need.

I have a youth who will turn 18 years of age prior to arrival at Sea Base. Will the youth count against our youth to adult ratio? No. Participants may be considered as youth or adults until their 21st birthday as they are eligible to register in Exploring or Venturing as youth participants.

Can an 18-year-old youth serve as a second adult leader? For adventures in 2020 and beyond, BSA YPT requires two adult leaders over the age of 21. For 2019 adventures ONLY, a second adult leader may be 18 years old. This is made possible by the availability of Sea Base staff members over the age of 21.

Can two adult males take a co-ed or female unit to Sea Base without an adult female leader? No. Any crew with youth female participants must have an adult female over the age of 21 present.

Must parents register with the BSA to participate? Yes. Without exception, every adult leader participating in a Sea Base program must be registered with the BSA and complete Youth Protection, BSA Safe Swim, BSA Safety Afloat, and BSA Weather Hazards trainings.

How old must I be to participate in a Sea Base Adventure? 13 years of age prior to date of arrival.

What if I am not a strong swimmer? Sea Base does not offer programs for non-swimmers or beginner swimmers. For your protection; if you have not passed the BSA Swim Test or are unable to complete the Sea Base Swim Review you will be sent home at your own expense.
May I use a work or sports physical instead of a BSA Annual Health and Medical Record? No. You will not be allowed to participate in Sea Base programs unless you use the BSA Annual Health and Medical Record found in the link above.

What if my doctor has not or will not sign PART C of the BSA Annual Health and Medical Record? You will not be permitted to participate.

What if I arrive at Sea Base without a completed BSA Annual Health and Medical Record? You will not be allowed to participate.

What if I arrive at Sea Base and exceed the maximum weight limit by 20lbs. or less and do not have a note from my physician? You will not be allowed to participate.

What if I arrive at Sea Base and weigh more than 295lbs? You will not be allowed to participate.

Can I bring my CPAP Machine on my Adventure? Participants who with a CPAP machine may participate at Sea Base if they have been medically cleared for participation. CPAP users must understand that they are responsible to provide battery support for their CPAP and may not have access to electricity if participating in Bahamas, St. Thomas, St. Croix, Florida Keys Sailing, Live Aboard Diving, Keys Adventure or Out island programs.

Where does my unit check in? 73800 Overseas Highway, Islamorada, Florida, Mile Marker 73.8

What time should my crew check in? See Base Crews should check in no earlier than 1:00 pm and no later than 3:00 pm.

Should our unit travel in uniform? Absolutely. Units must arrive in BSA Uniform. Field or Activity Uniforms are acceptable.
**Scuba Medical Document System**

All documents that are needed for the Scuba Adventure Programs are to be completed using our online system. There are two parts to completing your online medical.

1. **The BSA online medical questionnaire.**
   
   This questionnaire is comprised of questions from the BSA Medical Parts A & B, and the PADI Medical Statement. This is the first step to completing your online medical.
   
   a. For Spring crews this is due no later than **January 1st**
   
   b. For Summer crews this is due no later than **March 1st**
   
   c. For Winter crews this is due no later than **October 1st**

   *As a special note:* if you would like to print your completed BSA Medical to take with you for your annual physical, you may do so by selecting “Download Health Form” and printing the PDF once you have completed the questionnaire. Printing the form is for your convenience and is not required.

2. **Scuba Participant Uploads.**
   
   The uploads will consist of documents pertinent to your specific crew, including the PADI Medical Statement & BSA Medical Part C signed by a physician.
   
   a. All uploads are to be completed no later than **30 days prior** to your arrival

   *As a special note:* your account will have a specific PADI Release for your adventure. Please be sure to use the PADI Release provided by your account.

Here’s how it works:

Once your Primary Adult Crew Leader has registered your unit within the [Sea Base Scuba Medical Submission Site](#), you will receive an email with a link and a request code prompting you to complete your online BSA Medical.

You will **not** receive this email until your Primary Adult Crew Leader has registered your crew on the medical site.

To create an account (if you are logging in for the first time):

1. Click the [link above](#) to create your account
2. You will be asked to confirm the information of the participant that has been invited. If this information is correct, select “Continue.”
3. This will direct you to the log in page. Select ‘Create New Account’
   
   a. You are creating the account for the parent or guardian NOT the Scout
4. Follow the prompts on the screen and select “Create.”

To complete your medical (if you are attending Sea Base with your Scout):

1. Once you have created your account, and have logged in select “Enter Request Code”
2. Enter the request code that was sent to you by the Primary Adult Crew Leader
3. Select your name from the drop-down bar or add your name if it does not appear.
4. Once you have selected your name, click “Continue.” You will be directed to begin your medical.
5. Once you have completed this “Health Form” section, you will have completed your BSA Medical Parts A & B.

To complete a family member/Scout’s medical:
1. Once your account has been created, click "My Account"
2. Click "My Profile"
3. Click "Add New Family"-here is where you will add your Scout
4. Once you have created the Scout’s profile be sure to save their information
5. Click "My Account"
6. Next, click "Enter a Request Code"-here is where you will enter your Scout’s request code
7. Confirm Scout’s information
8. Proceed to enter the Scout’s medical information
9. Once you have completed this “Health Form” section, you will have completed your BSA Medical Parts A & B.

Note: You will still need to bring a paper copy of all medical documents with you for travel purposes.

To manage your “Scuba Participant Uploads:”
1. Once you have logged in, under “My Account Dashboard” select “View Medicals.”
2. Click on the name of the participant.
3. Click “Scuba Participant Uploads.”
4. Upload the corresponding document to the correct section.

NOTE: Make sure to review the following pages as samples before you upload your required documents. Incomplete or inaccurate documents will be sent back and will delay your processing.

Note: All “Scuba Participant Uploads” are due no later than 30 days prior to your adventure.

**FAQ:** Why do we ask for these documents this far in advance of your adventure?
This gives the Florida Sea Base staff time to review BSA Part A and B for any issues that may restrict or disqualify an individual from participation in their adventure. Doing this gives the participant and parents enough time to resolve the issue or decide on an alternative option.

**These dates are too early for us to see our physician because of health insurance rules?** This is not an issue because BSA Parts A and B are completed by the participant and parents. No physician signature is required. The BSA Part C and PADI Medical Statement are required to have a physician’s signature but those are due no less than 30 days prior to arrival at Florida Sea Base.
The BSA Part A (see above) will be completed by using the on-line system. There is no need to print this form and upload it.
The BSA Part B page 1 (see above) will be completed by using the on-line system. There is no need to print this form and upload it.
The BSA Part B page 2 (see above) will be completed by using the on-line system. There is no need to print this form and upload it.
Please make sure all highlighted and circled sections are completed prior to uploading. Any omitted items will cause the form to be sent back and this will delay your processing. **This form** must be completed and uploaded to our [on-line system](#).
Please make sure all lines are marked with a complete “YES” or “NO”. “Y” or “N” will cause your document to be returned and delay your processing. Also ensure both the participant and adult have signed the form. This is page one (1) of a two (2) page document. Both pages must be uploaded to the system. It is best to scan both pages into one document to upload.
Please make sure the physician marks the “Physicians Impression box” and signs and dates the form. The form must be signed regardless of the answers on the first page of the document. For those in the Scuba Certification Adventure this must be signed by a physician only (MD or DO) as per BSA requirements. Incomplete forms will be sent back and delay your processing. This is page two (2) of a two (2) page document. Both pages must be uploaded to the system. It is best to scan both pages into one document to upload.
This form is used when participants are on medications for ADD, ADHD, anxiety, depression or medications that may not be suitable to be used while scuba diving.
The PADI Release for Certified Divers is for **Scuba Adventure and Scuba Live Aboard only**. This is page one (1) of a two (2) page document. Both pages must be uploaded to the system. It is best to scan both pages into one document to upload.
The PADI Release for Certified Divers is for **Scuba Adventure and Scuba Live Aboard only**. This is page two (2) of a two (2) page document. Both pages must be uploaded to the system. It is best to scan both pages into one document to upload.
The PADI Release for General Training is for the Scuba Certification Adventure only. It is a one-page document that must be completed and uploaded to our on-line system.
The PADI Safe Diving Practices is for the Scuba Certification Adventure only. It is a one-page document that must be completed and uploaded to our on-line system.