Participant Guide

Keys Adventure
Out Island Adventure
Florida Fishing Adventure
Marine STEM Adventure

National High Adventure Sea Base, BSA

Brinton Environmental Center
Summerland Key, 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
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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.

General Eligibility Requirements

General Eligibility at a Glance

1. Registered member of the BSA
2. 13 years of age or older
3. Completed BSA Swim Test as a Swimmer, evidenced by the BSA Unit Swim Classification Record
4. Medically Approved for Participation, evidenced by the BSA Annual Health and Medical Record
5. Meets BSA Height & Weight Guideline, or within 20lbs, accompanied by a physician’s note.
6. Meets Sea Base Risk Advisory Medical Requirements

1. 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

2. 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.

3. 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. The BSA Swim Test should be documented on the
BSA Unit Swim Classification Record and submitted during check in. Non-swimmers and Beginner Swimmers will not be allowed to participate and will be sent home at their own expense. 

*Please note that Sea Base does not provide onsite BSA Swim Tests.*

Swim Review: Upon arrival every participant must complete a Sea Base Swim Review in a strong manner. This swim review does not take the place of the BSA Swim Test. **Individuals who do not pass the Sea Base Swim Review will not be permitted to participate and will be sent home at their own expense. No refund will be offered to Non-Swimmers.**

4. **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. For example, if the medical form is signed and dated on June 2, 2019, it is valid until June 30, 2020. No other medical form will be accepted.

5. **Weight Requirements:** Sea Base participants should meet 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 stating that they are in good health and are approved for participation. No persons exceeding the height and weight chart by 20 lbs. will be permitted to participate and will be sent home at their own expense. No refund will be given. Persons 78” and over will not be given an exception; no person over 295 lbs. is permitted to participate.

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**Maximum Weight for Height**

**Adult Leader Eligibility Requirements**

1. Registered Member of the BSA
2. 21 Years of Age or Older
3. Passed BSA Swim Test as a Swimmer
4. Meets Sea Base Medical Requirements and medically approved for participation.
5. Meet BSA Height & Weight or within 20lbs.
6. Proper adult supervision
7. Completed BSA Youth Protection Training
8. Completed BSA Safety Afloat Training
9. Completed BSA Safe Swim Defense Training
10. Completed BSA Hazardous Weather Training
11. CPR/AED Certification, Minimum of 1 Adult per Crew
12. Wilderness First Aid Certification, Minimum of 1 per Crew
**General Eligibility Requirements:** Adult leaders must meet **all** General Eligibility Requirements (see section above).

**6. 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.

**7-10. 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.

**11-12. 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.

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**Sea Base Risk Advisory**

**Sea Base Experience:** Sea Base Adventures are not risk free. Participants must follow safety measures and take personal responsibility for their health and safety. Climate conditions include temperatures ranging from 45 to 95 degrees, high humidity, heat indexes reaching 110 degrees, and frequent, sometimes severe tropical weather. Prolonged, rigorous activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and others.

It is the responsibility of participants, participants parents/guardians, participants healthcare teams and unit leaders to ensure that each individual, youth and adult, can safely participate in Sea Base Adventures.

**Adult Participants:** It is the role of accompanying adults to ensure youth safety. Because of this, adult participants must arrive in good physician condition and have no medical conditions that could result in diverting the Sea Base staff’s attention away from the youth participants.

**Sea Base participants must be able to:**
- Swim in a strong manner.
- Climb a 6 ft. ladder, unassisted, in inclement weather, from the water onto a rocking vessel.
- Self-rescue if found overboard in inclement weather.

**Location:** Sea Base adventures are conducted at sea, often far from land, with limited access to emergency services. **Response times can be affected by weather, seas, location, and can be delayed for hours.** Individuals with medical conditions that require immediate or nearly immediate access to professional medical care should not attend Sea Base.

**Right to Refuse:** Sea Base reserves the right to deny participation based on health and safety concerns and/or medical history.

**Special Needs or Medical Concerns:** Individuals with special needs or medical concerns must have an onsite advocate who understands the
individual’s condition and treatment who is prepared to provide support to the individual.

**Trained Leadership:** Each crew is required to have at least 1 adult trained in [Wilderness First Aid](#) and [CPR/AED](#) or who has a greater professional medical certification. This leader acts as the primary first response until emergency services arrive. There are no-on-site facilities for treatment or extended care at Sea Base. Sea Base does not staff professional medical personnel.

**Medications:** Individuals requiring medication should continue medications as prescribed and bring an appropriate supply. *Each crew must develop a plan to secure, lock and dispense medication.*

**Allergies:** Participants with allergies that may result in severe reactions or anaphylaxis should bring an adequate supply of epinephrine auto-injectors (EpiPen) to last up to three hours.

**Recommendations Regarding Chronic Illness and/or Compromised Immune System:** Persons with chronic conditions and/or compromised immune systems should seek medical advice and education regarding medical risks associated with harsh marine environments before participating. Individuals with open wounds or who are at risk for chronic illness or immune disease should not attend Sea Base.

**Hypertension (High Blood Pressure):** Participants should have a blood pressure less than 140/90. Individuals with hypertension should have the condition treated and well-controlled before attending.

**Insulin-Dependent Diabetes Mellitus:** Diabetes must be well-controlled. Hypoglycemia can lead to unconsciousness and drowning.
- Insulin-dependent persons who have been newly diagnosed or who have undergone changes in delivery systems in the last 6 months are advised not to participate.
- Persons with diabetes who have had frequent problems and/or hospitalizations should not participate.
- Persons with diabetes **will not be allowed to scuba dive.**

**Seizures (Epilepsy):** Seizures while snorkeling or scuba diving are extremely dangerous and often fatal.
- History of loss of consciousness often precludes snorkeling or scuba diving. Formal consultation with a neurologist and/or cardiologist is required.
- No participant with a history of seizures or taking anti-epileptic medication may snorkel or scuba dive.

Prospective participants with a history of infant febrile seizures **may be considered for snorkeling or diving** after formal consultation with a neurologist.

**Asthma:** Asthma must be well-controlled. Persons requiring use of medication and/or inhaler must bring an ample supply.
- Persons being treated for asthma (including reactive airway disease) are disqualified from scuba diving.
- 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** if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.

- Provocative testing can include exercise, hypertonic saline, hyperpnea, etc.

**Recent Musculoskeletal Injuries & Orthopedic Surgery:** Persons with musculoskeletal problems or orthopedic surgeries within the last 6 months must provide a letter from their treating physician to participate.

**Psychological & Emotional Difficulties:** Any condition should be well-controlled without the services of a mental health practitioner.
Participants requiring medication must bring an ample supply and take as prescribed for the duration of their trip.

- Many psychotropic medications are not compatible with scuba diving.
- Persons taking more than one psychotropic medication will not be cleared to scuba dive.
- Persons with anxiety will not be cleared to scuba dive.

**Weight Limits:** Participants must meet BSA H&W Guidelines. Exceptions may be made for individuals who do not exceed the BSA H&W by more than 20lbs. Due to rescue equipment weight restrictions, individuals 78 inches (6.5 feet) and taller cannot be offered an exception.

**Scuba Participants:** Persons with conditions listed as severe by the Recreational Scuba Training Council (RSTC) will not be permitted to scuba dive. Persons with condition prohibited by BSA scuba policy will not be permitted to scuba dive. Various risk factors may exclude a person from scuba diving, 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, seizure disorders, diabetes, leukemia, sickle-cell disease, pregnancy, panic disorders, active psychosis, certain medications, and narcolepsy.

**Closing:** Sea Base, BSA is an industry leader in maritime adventures with an excellent safety record. If you have questions regarding medical policies, medical concerns, or medical approval please contact Sea Base at 305-664-4173.
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, dive buddies must remain within arms distance. While onshore, participants must travel in groups of two or more.

**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 uploading the crew roster 90 days prior to arrival.** Upon arrival, Unit Leaders are responsible to act as the first line of treatment when medical issues arise, fulfill Safe Swim 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 youth crew leader prior to onsite arrival. Sea Base should not be the youth’s first leadership experience. Youth will make duty assignments for both youth and adults, and ensure that those duties are completed, following 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.

**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.

**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 for your chosen adventure under Program Overview in this guide. While on base, most participants choose to wear flip-flops.

**Open Swimming:** Open Swimming at any Sea Base owned or contracted marina is prohibited.
**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 or camera use. Please place phones on airplane mode and stow away. Sea Base is not responsible for damage to phones by salt, sand, water or wave motion damage. Please keep Big Munson Island native and keep phones stowed away.

**Lost, Stolen or Damaged Items:** Sea Base is not responsible for personal items. Please properly stow and safeguard your valuables. Sea Base is not responsible for lost, stolen or damaged items.

**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 display 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 your 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.
Preparing for Sea Base

Travel and Preparation Plan

Please place copies of all necessary check-in paperwork in a notebook or folder to be submitted on your arrival day. Plastic sleeves are discouraged to ensure a timely check in process. Sea Base Crew Number, Participant Emergency Contacts, Travel Information, and Training Certificates should be duplicated and placed into a secondary book held by a unit leader or parent who is not accompanying the crew to Sea Base, and should be available to contact on the day of check in. Parents, guardians, spouses should keep a copy of the BSA Annual Health and Medical Record for each participant. Please remember, while you are traveling you are not only representing your unit, but also the Boy Scouts of America.

**Travel:** Each crew is responsible to plan, secure, and finance travel to Sea Base. Travel Insurance is strongly recommended. The Unit Chartering Organization, Unit Committee, parents of participants, and participants should all be made aware of travel plans.

**Arrival:** All Sea Base Crews are to arrive between 1:00 pm and 3:00 pm, having already eaten lunch. Crews arriving after 3:00 pm may be unable to complete necessary pre-adventure training and will force their adventure to be delayed. **Winter/Holiday Crews:** *Expect to add 1-2 hours to your travel time* due to heavy traffic on the roads.

Please arrive at:

**Brinton Environmental Center**
23800 Overseas Highway
Summerland Key, FL 33042

**Departure:** Crews may depart the Brinton Environmental Center as early as travel dictates. Early breakfast can be served any time before regular breakfast. Regular breakfast is at 8:00 am. All crews must vacate Sea Base before 10:00 am. **Winter/Holiday Crews:** *Expect to add 1-2 hours to your travel time* due to heavy traffic on the roads.

**Airports:** Sea Base Crews can choose from multiple South Florida Airports, with estimated travel time indicated below:

- Key West International Airport (EYW); 30 - 45 minute drive
- Miami International Airport (MIA); 3 - 3.5 hour drive
- Ft. Lauderdale International Airport (FLL); 3.5 - 4 hour drive

**Car Rental:** Below is a list of rental car companies with locations on the Florida mainland and in Key West:

- [Avis Rental Car](http://www.avis.com) 800-230-4898
- [Budget Rental Car](http://www.budget.com) 800-218-7992
- [Enterprise Rental Car](http://www.enterprise.com) 800-261-7331
Shuttle Services: Several agencies provide travel to and from the Florida Keys. Sea Base does not provide a shuttle to or from the airports. Sea Base Crews are responsible to research tour providers and choose those that best suit crew needs. When booking, it is extremely important to demand that your unit arrive at the Brinton Environmental Center between 1:00 pm and 3:00 pm. Below is a list of service providers.

- **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
- **Southern Bus Line** 1-888-352-2873
- **Spring’s Island Taxi**, local only 305-664-4331
- **Davis Tours** 954-472-2858

THE BSA DOES NOT GUARANTEE THE QUALITY OF ANY SERVICE PROVIDER NOR DOES THE BSA RECOMMEND ANY PROVIDER.

Side Trips and Additional Adventures: South Florida is an amazing location for discovery. Side trips can add depth to your unit’s experience. However, do not plan to leave Sea Base until your adventure is complete. If you or your unit chooses to leave Sea Base for any reason other than medical emergency or religious observance your adventure will be vacated, and you will not be permitted to return.

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Check-In Paperwork at a Glance

All crews should arrive with copies of the following check-in paperwork. Paperwork should be organized in a notebook or folder. *Plastic sleeves are discouraged to ensure a timely check-in process.* All paperwork will be submitted upon arrival. The following documents are required:

1. Completed Roster (submitted 90 days prior to arrival)
2. Copies of Training Certificates for each adult leader (Safe Swim Defense, Safety Afloat, Hazardous Weather, Youth Protection)
3. **Wilderness First Aid** (WFA) Certificate (One adult leader per crew)
4. **CPR/AED Training** Certificate (One adult leader per crew)
5. **BSA Unit Swim Classification Record(s)** with each participant listed
6. Completed **BSA Annual Health and Medical Records** for each participant
7. Copies of Medical Insurance Cards for each participant
Sea Base Training Plan

Sea Base Adventures are aquatics-based and require participants to be fit, competent swimmers. It is recommended that your unit, in consultation with physicians and local council BSA Aquatics Director or a qualified aquatic professional, develops a crew training regimen. This regimen should include frequent pool training sessions, basic snorkeling instruction and the BSA Swim Test, which is a requirement.

Program Specific Training

1. Become strong, competent swimmers (monthly swimming sessions are recommended).
2. Snorkel. Practice clearing a mask and snorkel. (Snorkel BSA)
3. Practice fishing knots. Ex. Palomar Knot, Uni Knot, Uni-to-Uni Knot
4. Become proficient with nautical map and compass navigation.
5. Seek local instruction regarding the use of VHF marine radios, safety flares, man overboard procedures and drill potential emergency situations.
6. Adult leaders play an important role in ensuring safety aboard and in the water. Adults must understand BSA Safe Swim Defense and Safety Afloat Guidelines and be prepared to assist in emergency situations.
7. Watch: A Reef Etiquette Video produced by NOAA.

Program Overview

Epic Adventures begin with planning and preparation. Upon arrival (1:00-3:00pm), each crew will have paperwork reviewed, complete a gear shakedown and then complete a Sea Base Swim Review and snorkel lesson. Any participant, youth or adult, who do not meet the height and weight requirement outlined on page 5 or cannot pass the BSA Swim Test and/or Sea Base Swim Review, for safety purposes, will be required to forfeit their adventure. Please inform your crew to ensure that no one is disappointed. The crew will have dinner on site. The following morning, each crew will have their photo taken. Photos are available for purchase onsite at the Ship Store.

Sea Base Captains: Every captain under charter at Sea Base is licensed by the United States Coast Guard. His or her primary responsibility is to keep your unit safe. It is essential that each crew understands that a request by the captain is an order delivered kindly. The captain is the final authority while aboard.

Sea Base Vessels: Every vessel chartered or owned by Sea Base either goes through a United States Coast Guard Inspection or Examination prior to providing charters. Each vessel is also pre-screened by Sea Base. Only vessels deemed safe and capable are chartered.

Youth Crew Leaders: Sea Base Adventures should be youth led. Please elect a seasoned youth crew leader prior to arrival. The youth crew leader will work hand in hand with Sea Base Staff to ensure that all duties are assigned and completed.

Cell Phones/Electronic Devices: We strongly encourage all participants to “unplug” for the entirety of their Sea Base Adventure, especially on primitive Big Munson Island. Please keep in mind that the ocean environment is not conducive to phones and other electronic devices.
**Dorm Sleeping Arrangements:** Both male and female dormitories are available at Sea Base. All dormitories are air-conditioned.

**Tent Sleeping Arrangements:** For Out Island and Keys Adventures, participants will be provided with tents. Youth and adults may not share tents unless the adult is a legal guardian of the youth. Youth more than 2 years apart in age cannot share a tent. Non-married males and females may not share a tent.

**Snorkeling Gear:** All snorkeling gear is provided by Sea Base. Individuals may bring their own gear if they choose to do so. Full face masks are not permitted at any Sea Base location.

**Fishing Equipment:** All fishing tackle and equipment is provided by Sea Base. Please do not bring personal fishing gear.

**Fishing License:** Required for all Adventures at the Brinton Environmental Center, including Keys Adventure, Out Island Adventure, Fishing Adventure, and Marine STEM Adventure. All participants ages 16 and over must purchase a valid Florida Fishing License. Go to [gooutdoorsflorida.com](http://gooutdoorsflorida.com) and purchase the appropriate saltwater fishing license for the dates of your adventure:

- **Winter & Spring Crews** (December - April): Purchase a 7-day, saltwater fishing license.
- **Summer Crews** (May - August): Purchase a 3-day, saltwater fishing license, beginning on the third day of your adventure.
- **Fishing Adventure Crews** (Spring & Summer): All Florida Fishing Adventure crew members, ages 16 and over, must purchase a 7-day saltwater fishing license regardless of when the adventure takes place.

If you are participating during lobster season from **August 6 through March 31**, you may wish to purchase a lobster stamp as a part of your fishing license. Sea Base does not participate in the lobster sport/mini season in July. **Sea Base does not sell fishing licenses on site.** Fishing licenses must be purchased through the Florida Fish & Wildlife Conservation Commission, or the FWC; [gooutdoorsflorida.com](http://gooutdoorsflorida.com).

**Storage:** Sea Base provides a limited amount of storage adequate for a single piece of checked luggage per crew and a single piece of carry-on luggage per person. Please limit items to those listed on the packing list.

**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 the following items:

- SPF 35 or greater sunscreen
- SPF 35 or greater lip balm
- Small bottle of vinegar (less than 3oz.)
- Sea sickness medication
- Non-aerosol insect repellant
- Swimmers ear drops
- Benadryl
Keys Adventure

**Overview:** The Keys Adventure is our most diverse program and offers a sample of all the activities provided at Brinton Environmental Center. Crews will spend sunny days sailing, fishing, paddle boarding, kayaking, snorkeling, camping on primitive Big Munson Island, and sightseeing in Key West and local State Parks. This adventure allows crews to explore the diverse environment and culture of the Florida Keys. During your stay at the Brinton Environmental Center, you will be spending all but one night in air-conditioned dorms overlooking the Atlantic Ocean or Florida Bay. Shower and laundry facilities are available. Please note that daily activities are dictated by weather, tides, and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.

**Key West:** Your adventure will include a trip to the southernmost city in the continental United States, rich in history and culture. Brinton Center Staff will provide lunch and transportation for Fort Zachary Taylor State Park in Key West, and after lunch, crews will have time to explore the city on their own. Keys Adventure crews should research things to do in advance but be sure not to miss the Sunset Festival on Mallory Square. Dinner in Key West is the only meal not provided during your adventure.

**Big Munson Island:** Your adventure includes an overnight stay on Big Munson Island. Big Munson Island is a barrier island comprised of hardwood hammocks, low mangrove swamps and sandy beaches. Your crew will wade to shore from our vessels and depending on the tide, the water may be knee high to chest deep. Your campsite will already be set up, including four-person tents to house up to two participants and all cooking equipment needed for your stay.

**Keys Adventure Crew Size:** 6–8 individuals. This number includes both youth and adult participants. Because of US Coast Guard Regulations, crews may not exceed the maximum number allowed.

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates.

**Fishing License:** All participants ages 16 and over must purchase a valid Florida Fishing License.

**Accommodations:** All Keys Adventure participants will stay in air-conditioned dormitories for all but one night of your adventure. The dorms are equipped with bunk beds and twin-size mattresses. Linens are not provided.

**Storage:** Each Keys Adventure dormitory is equipped with one foot locker per crew. The foot locker is provided to stow valuables during day trips and the single overnight trip on Big Munson Island. Please provide a lock if preferred.

**Packing:** All Keys Adventure participants will be provided a 24” x 12” diameter dry bag for their island gear. Keys Adventure crews will be provided a dry bag the night before their fishing day. Remaining crew gear not taken out to Big Munson Island is stored in their assigned dormitories.
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3 or 6</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 3 or 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrive 1-3 PM</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Check In</td>
<td>Paddle Boarding</td>
<td>Snorkeling</td>
<td>Fishing</td>
<td>Mangrove Maze</td>
<td>Sailing</td>
<td>Clean Dorm Room</td>
</tr>
<tr>
<td>Base Tour</td>
<td>Lunch at Fort Zachary Taylor in Key West</td>
<td>Lunch on Snorkel Boat</td>
<td>Lunch on Fishing Boat</td>
<td>Island Tour</td>
<td>Lunch on Sail Boat</td>
<td>Depart by 10 AM</td>
</tr>
<tr>
<td>Swim Review</td>
<td>Snorkel Lesson</td>
<td>Free time to explore in Key West</td>
<td>Visit Bahia Honda State Park</td>
<td>Dropped off at Big Munson Island</td>
<td>SCENE Project</td>
<td>Conch Luau</td>
</tr>
<tr>
<td>Dinner on Base</td>
<td>Dinner in Key West</td>
<td>Dinner on Base</td>
<td>Dinner on Big Munson Island with fresh catch</td>
<td>Dinner on Base</td>
<td>Dinner at Conch Luau</td>
<td></td>
</tr>
<tr>
<td>Opening Program</td>
<td>Sunset Festival</td>
<td>Bridge Fishing</td>
<td>Overnight on Big Munson</td>
<td>Night Snorkel</td>
<td>Closing Ceremony</td>
<td></td>
</tr>
</tbody>
</table>

Please note that program is dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.
Keys Adventure Packing List:

Sea Base provides meals, fishing equipment, snorkeling gear and nearly everything else you will need on your adventure. Below is a list of personal and crew items required or recommended for your adventure.

**WHAT TO BRING: (Personal Items)**

- 1 UPF +30 long sleeve shirt
- Wide brimmed hat with strap
- 16oz +45 Biodegradable sunscreen **NO SPRAYS. REEF SAFE.**
- Insect Repellent, non-aerosol
- Polarized Sunglasses with strap
- Wide-mouth water bottle with carabiner
- 2 pairs of shorts: (1) swim trunks or swimsuit (1) dry pair for land
- 1 light pair of pants, zip off trek pants recommended
- 3 pairs of socks
- 2 pairs of shoes
  - (1) Teva or Chaco style sandals
  - (1) good walking shoes (open-toed shoes are permitted)
- 1 pair of water shoes or dive booties. Participants will be wading in shallow water around Munson Island. **Water shoes need to be hard-soled and closed-toe.**
- 1 Conch Luau Shirt
- Rain Jacket
  - Winter/Early Spring Crews: Rain Jacket and fleece
  - Late Spring/Summer Crews: Light Rain Jackets
- 1 sleeping cover
  - Winter/Early Spring Crews: Middleweight sleeping bag.
  - Late Spring/Summer Crews: Sleeping bag insert
- 1 Small pillow, backpacking recommended
- 2 Towels:
  - (1) Regular
  - (1) Microfiber sham/Camp Towel
- Toiletry Kit
- Flashlight, headlamp recommended
- Prescription Medications
- Spending money ($125-$175)
- Camera, waterproof recommended
- Sleeping pad
- Hammock (optional)

**WHAT TO BRING: (Crew Items)**

- Sea Base Specific First Aid Kit
- Combination Lock for Crew Foot Locker
- Copies of all required paperwork:
  - BSA Medical Forms
  - Medical Insurance Cards
  - Adult Leader Training Certificates
  - CPR/AED Training Certificate
  - Unit Swim Classification Record
  - Fishing Licenses

**WHAT NOT TO BRING:**

- We encourage ALL participants to “unplug” during the entirety of their adventure. Phones and all electronic devices are strongly discouraged, especially on Big Munson Island.
- Firearms or fireworks
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear Guns are prohibited

[www.fsbshipstore.com](http://www.fsbshipstore.com)
Out Island Adventure

Overview: The Out Island Adventure is a once-in-a-life-time opportunity to live on a rugged barrier island. You begin your adventure by paddling roughly 6 miles out to Big Munson, an island only inhabited by Scouts. During your stay you have opportunities to fish for your dinner, fish for sharks, snorkel, kayak through a mangrove maze, explore the island, and work on your survival skills. Please note that activities are dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.

Big Munson Island: Your adventure includes 4 nights, 5 days camping on Big Munson Island. Big Munson Island is a barrier island comprised of hardwood hammocks, low mangrove swamps and sandy beaches. Your crew will wade to shore from our vessels and, depending on the tide, the water may be knee high to chest deep. Your campsite will already be set up, including four-person tents to house up to two participants and all cooking equipment needed for your stay.

Accommodations: Your crew will be staying in air-conditioned dormitories on the first and last night of your Out Island Adventure. The dormitories contain bunk beds with twin-size mattresses. Linens are not provided. Your crew will be staying in tents on Big Munson Island for the other 4 nights, 5 days of your adventure.

Storage: There is a 4’ x 4’ x 4’ storage locker available for each Out Island Adventure crew to stow items not taken to Big Munson Island. Please provide a lock if preferred.

Out Island Adventure Crew Size: 6–8 individuals. This number includes both youth and adult participants. Because of US Coast Guard Regulations, crews may not exceed the maximum number allowed.

Length of Adventure: 6 nights, 7 days including arrival and departure dates.

Fishing License: All participants 16 and over must purchase a valid Florida Fishing License.

Packing: All participants in the Out Island Adventure program will be provided a 24” x 12” diameter dry bag for their island gear. Crew members will be issued dry bags on the evening of their arrival day. Storage lockers are available for Out Island crews to stow bags, suitcases and gear that will not be going to Big Munson Island. Please provide a lock for your storage locker if preferred.
# Out Island Adventure Tentative Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrive 1-3 PM</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Check In</td>
<td>Gear &amp; Food Shakedown</td>
<td>Kayak through Mangrove Maze</td>
<td>Fishing</td>
<td>Snorkeling</td>
<td>Clean campsite and pack up</td>
<td>Clean Dorm Room</td>
</tr>
<tr>
<td>Base Tour</td>
<td>Early Lunch</td>
<td>Lunch</td>
<td>Lunch on Boat</td>
<td>Lunch on Boat</td>
<td>Paddle to Brinton Center</td>
<td>Depart by 10 AM</td>
</tr>
<tr>
<td>Swim Review Snorkel Lesson</td>
<td>Paddle to Big Munson Island</td>
<td>Shark Fish</td>
<td>Dropped off at Big Munson Island</td>
<td>SCENE Project</td>
<td>Lunch at Base</td>
<td></td>
</tr>
<tr>
<td>Dinner on Base</td>
<td>Settle into Camp</td>
<td>Island Tour</td>
<td>Cook your Catch for Dinner</td>
<td>Dinner</td>
<td>Conch Luau</td>
<td></td>
</tr>
<tr>
<td>Opening Program</td>
<td>Island Campfire</td>
<td>Dinner</td>
<td>Night Snorkel</td>
<td>Crab Race</td>
<td>Closing Ceremony</td>
<td></td>
</tr>
</tbody>
</table>

*Please note that program is dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.*
Out Island Packing List:

Sea Base provides meals, fishing equipment, snorkeling gear and nearly everything else you will need on your adventure. Below is a list of personal and crew items required or recommended for your adventure.

WHAT TO BRING: (Personal Items)

- 1 UPF +30 long sleeve shirt
- Wide brimmed hat with strap
- 16oz +45 Biodegradable sunscreen **NO SPRAYS. REEF SAFE.**
- Insect Repellent, non-aerosol
- Polarized Sunglasses with strap
- 2 Wide-mouth water bottles with carabiner
- 2 pairs of shorts: (1) swim trunks or swimsuit (1) dry pair for land
- 1 light pair of pants, zip off trek pants recommended
- 3 pairs of socks
- 2 pairs of shoes:
  - (1) Teva or Chaco style sandals
  - (1) good walking shoes (open-toed shoes are permitted)
- 1 pair of water shoes or dive booties. Participants will be wading in shallow water around Munson Island. **Water shoes need to be hard-soled and closed-toe.**
- 1 Conch Luau Shirt
- Rain Jacket
  - Winter/Early Spring Crews: Rain Jacket and fleece
  - Late Spring/Summer Crews: Light Rain Jackets
- 1 sleeping cover
  - Winter/Early Spring Crews: Middle weight sleeping bag.
  - Late Spring/Summer Crews: Sleeping bag insert
- 1 Small pillow, backpacking recommended
- 2 Towels:
  - (1) Regular
  - (1) Microfiber sham/Camp Towel
- Toiletry Kit
- Flashlight, headlamp recommended
- Prescription Medications
- Spending money ($125-$175)
- Camera, waterproof recommended
- Sleeping pad
- Hammock (optional)

WHAT TO BRING: (Crew Items)

- Sea Base Specific First Aid Kit
- Combination Lock for Crew Storage Locker
- Copies of all required paperwork
  - BSA Medical Forms
  - Medical Insurance Cards
  - Adult Leader Training Certificates
  - Wilderness First Aid Training Certificate
  - CPR/AED Training Certificate
  - Unit Swim Classification Record
  - Fishing Licenses

WHAT NOT TO BRING:

- We encourage ALL participants to “unplug” during the entirety of their adventure. Phones and all electronic devices are strongly discouraged, especially on Big Munson Island.
- Firearms or fireworks
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear Guns are prohibited

www.fsbshipstore.com
Fishing Adventure

Overview: The Fishing Adventure will immerse you into the world of saltwater angling of the Florida Keys. You will spend most days fishing for mahi-mahi, tuna, mackerel, snapper and much more! You will also have the opportunity see fish in their natural habitat while snorkeling at our majestic coral reefs and enjoy some local seafood while exploring Key West. Fishing Adventure is a great opportunity to learn more about the sport, conservation, and fish, in one of the greatest fishing destinations in the world. Please note that activities are dictated by weather, tides, and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.

Key West: Your adventure will include a trip to the southernmost city in the continental United States, rich in history and culture. After the crew snorkels at one of the nearby reefs, your Brinton Center mate will provide transportation to Key West. Crews will have time to explore the city on their own. Fishing Adventure crews should research things to do in advance but be sure not to miss the Sunset Festival on Mallory Square. Dinner in Key West is the only meal not provided during your adventure.

Accommodations: Your crew will be staying in air-conditioned dorms for the duration of your adventure. The dormitories are equipped with bunk beds with twin-sized mattresses. Linens are not provided.

Storage: The Fishing Adventure dormitory is equipped with one foot locker per crew. The foot locker is provided to stow valuables during day trips. Please provide a lock if preferred.

Fishing Adventure Crew Size: 6–8 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations, crews may not exceed the maximum number allowed.

Length of Adventure: 6 nights, 7 days including arrival and departure dates.

Fishing License: All participants 16 and over must purchase a valid 7-day saltwater Florida Fishing License.

<table>
<thead>
<tr>
<th>Fishing Adventure Tentative Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
</tr>
<tr>
<td>Arrive 1-3 PM</td>
</tr>
<tr>
<td>Check In</td>
</tr>
<tr>
<td>Base Tour</td>
</tr>
<tr>
<td>Swim Review Snorkel Lesson</td>
</tr>
<tr>
<td>Dinner on Base</td>
</tr>
<tr>
<td>Opening Program</td>
</tr>
</tbody>
</table>

Please note that program is dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these external factors.
Fishing Adventure Packing List:

Sea Base provides meals, fishing equipment, snorkeling gear and nearly everything else you will need on your adventure. Below is a list of personal and crew items required or recommended for your adventure.

WHAT TO BRING: (Personal Items)

- 2 UPF +30 long sleeve shirt
- Wide brimmed hat with strap
- 16oz +45 Biodegradable sunscreen
  NO SPRAYS. REEF SAFE.
- Insect Repellent, non-aerosol
- Polarized Sunglasses with strap
- 2 pairs of shorts: (1) swim trunks or swimsuit (1) dry pair for land
- 1 light pair of pants, zip off trek pants recommended
- 3 pairs of socks
- 2 pairs of shoes:
  - (1) Teva or Chaco style sandals
  - (1) good walking shoes (open-toed shoes are permitted)
- Wide-mouth water bottle with carabiner
- 1 Conch Luau Shirt
- Rain Jacket
  - Early Spring Crews: Rain Jacket and fleece
  - Late Spring/Summer Crews: Light Rain Jackets
- 1 Small pillow, backpacking recommended
- Twin-size linens or Sleeping bag
- 2 Towels:
  - (1) Regular
  - (1) Microfiber sham/Camp Towel
- Toiletry Kit
- Flashlight, headlamp recommended
- Prescription Medications
- Spending money ($125-$175)
- Camera, waterproof recommended

WHAT TO BRING: (Crew Items)

- Sea Base Specific First Aid Kit
- Combination Lock for Crew Foot Locker
- Copies of all required paperwork
  - BSA Medical Forms
  - Medical Insurance cards
- Adult Leader Training Certificates
- Wilderness First Aid Training Certificate
- CPR/AED Training Certificate
- Unit Swim Classification Record
- Fishing Licenses

WHAT NOT TO BRING:

- We encourage ALL participants to “unplug” during the entirety of their adventure. Phones and all electronic devices are strongly discouraged.
- Firearms or fireworks
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear Guns are prohibited

www.fsbshipstore.com
Marine STEM Adventure

Overview: Have you always dreamed of being a marine biologist, oceanographer, conservationist, or a deep-sea explorer? This is the program for you. Your crew will paddle, snorkel and embark on the waters of the Florida National Marine Sanctuary aboard the “BSA Discover”, a 45-foot catamaran outfitted as a floating classroom designed to explore mangroves, seagrass beds and majestic coral reefs. You will gather hands on experience monitoring coral health and water quality, tagging sharks, rare plant surveys on Big Munson Island, and underwater robotics. The Marine STEM program is based on a marine ecology curriculum that follows the teachings of the textbook “Tropical Connections.” During your adventure, you will be involved with active citizen science projects and data collection for ongoing research for scientists in conjunction with MOTE Marine Laboratory and other partnering organizations. Please note that program is dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these external factors.

Key West: Your adventure will include a trip to the southernmost city in the continental United States, rich in history and culture. Brinton Center Staff will provide lunch and transportation for Fort Zachary Taylor State Park in Key West, and after lunch, the crews will have an opportunity to snorkel the Coral Restoration site, weather permitting. After snorkeling, crews will have time to explore the city on their own. Marine STEM Adventure crews should research things to do in advance but be sure not to miss the Sunset Festival on Mallory Square. Dinner in Key West is the only meal not provided during your adventure.

Marine STEM Adventure Crew Size: 6–8 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations, crews may not exceed the maximum of 8 people.

Accommodations: Your crew will be staying in dorms at the Brinton Environmental Center for the duration of your adventure. Dorms are air-conditioned and contain bunk beds with twin-size mattresses. Linens are not provided.

Storage: The Marine STEM Adventure dormitory is equipped with one foot locker per crew. The foot locker is provided to stow valuables during day trips. Please provide a lock if preferred.

Fishing License: All participants 16 and over must purchase a valid Florida Fishing License.

Length of Adventure: 6 nights, 7 days including arrival and departure dates.
## Marine STEM Adventure Tentative Schedule

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4 or 5</th>
<th>Day 4 or 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrive 1-3 PM</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>Check In</td>
<td>All Day Snorkel aboard STEM 45’ Catamaran</td>
<td>Visit Mote Marine Laboratory</td>
<td>Island Day at Big Munson Island &amp; Native Plant Presentation</td>
<td>Shark Fishing/Tagging</td>
<td>All day Snorkel aboard STEM 45’ Catamaran</td>
<td>Clean Dorm Room</td>
</tr>
<tr>
<td>Base Tour</td>
<td>Lunch on Boat</td>
<td>Picnic Lunch in Key West at Ft. Zachary Taylor</td>
<td>Picnic Lunch on Island</td>
<td>Lunch on Boat</td>
<td>Lunch on Boat</td>
<td>Depart by 10 AM</td>
</tr>
<tr>
<td>Swim Review Snorkel Lesson</td>
<td>Water Quality Sampling, Coral Bleachwatch &amp; Fish Surveys</td>
<td>Snorkel at coral restoration site at State Park</td>
<td>Rare plant survey, photo monitoring</td>
<td>Backcountry Kayak</td>
<td>Water Quality Sampling, Coral Bleachwatch &amp; Fish Surveys</td>
<td></td>
</tr>
<tr>
<td>Dinner on Base</td>
<td>Dinner Base</td>
<td>Dinner in Key West</td>
<td>Dinner Base</td>
<td>Dinner on Base</td>
<td>Conch Luau Dinner</td>
<td></td>
</tr>
<tr>
<td>Opening Program</td>
<td>Marine Technology, Coral Presentations &amp; ROV</td>
<td>Return to base by 9:30 pm</td>
<td>Mangroves, Seagrasses and Shark Presentations</td>
<td>Fish Identification</td>
<td>ROV Competition, scout presentations</td>
<td></td>
</tr>
</tbody>
</table>

*Please note that program activities are dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.*
Marine STEM Adventure Packing List:
Sea Base provides meals, fishing equipment, snorkeling gear and nearly everything else you will need on your adventure. Below is a list of personal and crew items required or recommended for your adventure.

WHAT TO BRING: (Personal Items)

- 2 UPF +30 long sleeve shirt
- Wide brimmed hat with strap
- 16oz +45 Biodegradable sunscreen **NO SPRAYS. REEF SAFE.**
- Insect Repellent, non-aerosol
- Wide-mouth water bottle with carabiner
- Flashlight, headlamp recommended
- Polarized Sunglasses with strap
- 2 pairs of shorts: (1) swim trunks or swimsuit (1) dry pair for land
- 1 light pair of pants, zip off trek pants recommended
- 1 Conch Luau Shirt
- Rain Jacket
  - Early Spring Crews: Rain Jacket and fleece
  - Late Spring/Summer Crews: Light Rain Jackets
- 3 pairs of socks
- 2 pairs of shoes:
  - (1) Teva or Chaco style sandals
  - (1) good walking shoes (open-toed shoes are permitted)
- 1 pair of water shoes or dive booties. Participants will be wading in shallow water around Big Munson Island. **Water shoes need to be hard-soled and closed-toe.**
- Twin-size linens or Sleeping Bag
- 1 Small pillow, backpacking recommended
- 2 Towels:
  - (1) Regular
  - (1) Microfiber sham/Camp Towel
- Toiletry Kit
- Prescription Medications
- Spending money ($125-$175)
- Camera, waterproof recommended

WHAT TO BRING: (Crew Items)

- Sea Base Specific First Aid Kit
- Combination lock for Crew Foot Locker
- Copies of all required paperwork:
  - BSA Medical Forms
  - Medical Insurance Cards
- Adult Leader Training Certificates
- Wilderness First Aid Training Certificate
- CPR/AED Training Certificate
- Unit Swim Classification Record
- Fishing Licenses
- What NOT TO BRING:

- We encourage ALL participants to “unplug” during the entirety of their adventure. Phones and all electronic devices are strongly discouraged.
- Firearms or fireworks
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear Guns are prohibited

www.fsbshipstore.com
Sea Base Traditions and Awards

Leave No Trace: Take only memories and leave only bubbles. Sea Base Adventures are conducted in ecologically sensitive environments. Participants must not touch or harm wildlife including coral. Participants must not take coral, artifacts, or shells from the Florida Keys National Marine Sanctuary. Participants must properly dispose of and when possible recycle all trash and refuse.

Flag Ceremonies: Flags Ceremonies Assembly for raising begins each morning at 7:45. Assembly for retreat begins at 5:45.

Council Shoulder Patches and Unit Numbers: Units completing a Sea Base Adventure may affix its unit numbers to the galley walls at the Brinton Environmental Center. BSA unit numbers are available for purchase in the Ship Store.

Uniforms: Sea Base requires units to arrive on site in uniform. Uniforms, field or activity, must be worn to flag ceremonies.

Scholarships: Every youth deserves the opportunity to accompany their unit to Sea Base regardless of financial position. Scholarships are available to individuals with a demonstrated need. Learn more here: Sea Base Scholarship Application

Sea Base Custom Crew Gear: Every Sea Base participant should arrive with a long sleeve UPF 30 or greater shirt and wide brimmed hat. Sea Base provides the opportunity for units to order customized, official apparel at www.fsbshipstore.com. Orders should be placed at least 6 weeks prior to onsite arrival to ensure on time delivery.

Conch Luau: On the last night of your Florida Sea Base Adventure your crew will participate in a Conch Luau. This is a special dinner complete with fun, music and games. Dress for the Conch Luau should be Florida Keys or Hawaiian style. Floral shirts are available for purchase on site at the Ship Store. Crews should be ready with a short, Scout appropriate song or skit.

Advancement and Merit Badges: Advancement is not part of the formal Sea Base experience. Sea Base does not have structured merit badge programs or merit badge instructors.

Triple Crown and Grand Slam Awards: 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. Learn more here: www.nationalhighadventureawards.org

Project SCENE: Florida Sea Base became the only Scouting facility in the US to be designated as a Scout Center for Excellence of Nature and Environment (S.C.E.N.E.). Through participation in environmental programs like exotic plant eradication, potential and actual marine debris removal, fish ID and counts, Sea Base crews can earn a Project SCENE Award. Learn more here: Project S.C.E.N.E

Duty to God: Sea Base encourages individuals and units to celebrate creation while at Sea Base. Sea Base Duty to God Award is designed to enhance 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 at the Ship Store. Learn more here: Duty to God
BSA Snorkeling Award: Every Sea Base participant should arrive at BSA Sea Base having already become a proficient snorkeler. Upon arrival each participant will have the opportunity to earn the BSA Snorkel Award, and throughout their Sea Base Adventure. Patches are available for purchase at the Ship Store. Learn more here: BSA Snorkeling Award

Stand Up Paddle Boarding BSA Award: A limited number of Florida Sea Base participants will have the opportunity to earn the Stand-Up Paddleboard Award. Patches are available for purchase at the Ship Store. Learn more here: BSA SUP Award

Kayaking BSA Award: A limited number of Florida Sea Base participants will have the opportunity to earn the Kayaking Award. Patches are available for purchase at the Ship Store. Learn more here: BSA Kayaking Award

Club Cayo Hueso: Keys Adventure participants are able to earn this award during their stay. Patches are available for purchase at the Ship Store. Learn more here: Club Cayo Hueso

Castaway Club: Out Island Adventure participants are able to earn this award during their adventure on Big Munson Island. Patches are available for purchase at the Ship Store. Learn more here: Castaway Club

Citizen Science Award: Marine STEM Adventure participants are able to earn this award during their adventure. Patches are available for purchase at the Ship Store.

Brinton Environmental Center 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. Scholarship Forms can be found at Sea Base Scholarship Form.

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.

What kind of Medical Training is required by adult leaders? It is required that one adult leader in each crew completes Wilderness First Aid (WFA) and CPR/AED from an agency approved by the American Camping Association or hold a higher professional certification such as MD, EMT, RN, LPN or WFR. It is highly recommended that every adult leader in each crew completes WFA and CPR/AED Training.

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

How old must I be to participate in a Sea Base program? 13 years of age as evidenced by the BSA Health and Medical Record.
What if I am not a strong swimmer? The Sea Base has no programs for non-swimmers or beginners. For your protection, if you are unable to complete the BSA Swim Test in a strong manner you will not be allowed to participate. Unit Swim Classification Record

The Sea Base literature states that all participants must complete the Sea Base Swim Review upon arrival. What does this mean? The Sea Base Swim Review is exactly like the BSA Swim Test; it is a 100-yard swim that must be completed in a strong manner. Participants that cannot complete the Swim Review upon arrival cannot participant in any Sea Base Adventure and will be sent home at their own expense. No refund will be offered for non-swimmers.

Is it possible to use a sports or work medical instead of the BSA Annual Health and Medical Record? No. You will not be allowed to participate in Sea Base programs unless you use the BSA Health and Medical Record. Please see the example of the BSA Health and Medical Form in the last pages of this guide.

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 at Sea Base.

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

What if I arrive at Sea Base and exceed the maximum weight limit of the BSA Height & Weight Guidelines by more than 20lbs. and do not have a note from my physician? You will not be allowed to participate and will be sent home at your own expense.

I am participating in a Florida Fishing, Keys Adventure, Out Island Adventure or Marine STEM Adventure. Where does my crew check in? Brinton Environmental Center, Summerland Key, Florida, Mile Marker 23.8

What time should my crew check in? Sea Base crews should check in no earlier than 1pm and no later than 3pm. Please eat lunch prior to arrival.

Should our unit travel in uniform? Units should arrive in either field or activity uniform.

What should I pack for my adventure? A packing list is provided for each adventure in this participant guide. Please pack needed hygiene items.

Could you describe what sort of water shoe each participant needs as indicated by the packing list? Each Out Island, Marine STEM and Keys Adventure participant will need a pair of water shoes to wade through shallow water. This can be a shoe similar to a dive bootie. The shoe needs to be closed-toed and hard-soled. We recommend that it be something that dries in a timely manner, unlike a sneaker. Flip-flops will not hold up while wading through the water and are not recommended for use as a water shoe.

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 Keys Adventure or Out Island programs.

Can my crew skip part of its journey and go to Key West, Key Largo or South Beach? No. Once your unit chooses to leave Sea Base your journey is forfeited, and you may not return.

Can my crew arrive early or stay an extra day at Sea Base or aboard a vessel? No. Due to the growth and popularity of our program, we are not able to offer early arrival or late departures days.

What about hurricanes? Program interruption due to hurricanes are extremely rare. If Sea Base is under evacuation orders, generally given 24-36 hours prior to potential landfall, programs are cancelled, and participants are evacuated. Sea Base refunds program fees for missed program dates only. Travel - trip insurance is highly recommended to cover the cost of travel expenses, especially July - August.

When is hurricane season? June 1 through November 30.

What about inclement weather that keeps us off the water while at Sea Base? Your safety is paramount. Occasionally inclement - tropical weather forces Sea Base to delay or cancel activities. Attempts will be made to reschedule activities when possible. Refunds will not be issued for activities including sailing, scuba diving, paddle boarding, kayaking, fishing, camping or others cancelled due to inclement weather.

How much money should I bring to Sea Base? $125- $175.

Should my crew buy snorkel gear? No. Snorkel gear is provided as part of your adventure. However, if you have a personal mask, snorkel or fins that you would like to use, you are more than welcome to bring those items along.

Should my crew buy fishing gear? No. Fishing gear is provided as part of your adventure.

Where can I find a detailed itinerary? Programs are weather and tide dependent and therefore, activities and schedules can vary widely. An overview of each Adventure’s schedule is located in this participant guide.

What is my Crew Number? Every crew is assigned a number when they register e.g. KA061020A. The first two letters represent the adventure you are registered for: KA (Keys Adventure); FA (Fishing Adventure); OI (Out Island); MS (Marine STEM). Then comes the date you arrive 061020 (June 10, 2020) Finally, the last letter or letters represent your crew’s assigned identification letter(s).

<table>
<thead>
<tr>
<th>Available at the Ship Store</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Custom Crew Long Sleeve UPF +30 Shirts</td>
<td>Sea Base Carabiners</td>
</tr>
<tr>
<td>Custom Crew Hats</td>
<td>Polarized Sunglasses</td>
</tr>
<tr>
<td>Sea Base Hats</td>
<td>Biodegradable Sunscreen</td>
</tr>
<tr>
<td>Buffs</td>
<td>Motion Sickness Medication</td>
</tr>
<tr>
<td>Swimmers Ear Drops</td>
<td>Sea Base Water Bottles</td>
</tr>
</tbody>
</table>

BSA Annual Health and Medical Record Form

Please make sure all highlighted and circled sections are completed.

Part A: Informed Consent, Release Agreement, and Authorization

Full name: ____________________________

Date of birth: _________________________

Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury including death, due to the physical, mental, and emotional challenges in the activities offered. Information about these activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participation to follow instructions and obey all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to ensure proper treatment, including hospitalization, anesthesia, surgery, or restraints for medical reasons for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. If applicable, the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinator, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I understand that, if any information I have provided is found to be inaccurate, it may limit or eliminate the opportunity for participation in any event or activity if I am participating at Philmont Scout Ranch, Philmont Scout Reservation. I have also read and understand the supplemental risk guidelines, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian’s signature is required.

Participant’s signature: ____________________________ Date: ____________

Parent/guardian signature for youth: ____________________________ Date: ____________

(if participant is under the age of 18)

Complete this section for youth participants only:

Adults Authorized to Take Youth to and From Event:

Name: ____________________________ Phone: ____________________________

Adults NOT Authorized to Take Youth to and From Event:

Name: ____________________________ Phone: ____________________________

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### Part B1: General Information/Health History

**Full name:**

**Date of birth:**

**Age:**

**Gender:**

**Address:**

**City:**

**State:**

**ZIP code:**

**Phone:**

**Email:**

**End user:**

**Unit leader’s mobile #:**

**Unit No.:**

**Company:**

**Policy No.:**

**Health History**

To you currently have or have you ever been treated for any of the following?

<table>
<thead>
<tr>
<th>Condition</th>
<th>Last attack date</th>
<th>Insulin pump: Yes □ No □</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension (high blood pressure)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asthma</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Congenital heart disease/heart attack/heart pain (angina)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart murmur/structural heart disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family history of heart disease or any sudden heart-related death of a family member before age 50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke/IAH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asthma/reactive airway disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lung/respiratory disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>COPD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eye/visual/sinus problems</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Musculoskeletal injury (muscle, bone or joint)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head injury/concussion/TBI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric/psychological or emotional difficulties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neurological/behavioral disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood disorders/diabetes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peptic ulcers/diabetes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidney disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin allergy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdominal/stomach/gastrointestinal problems</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thyroid disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin issues</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obstructive sleep apnea/sleep disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>List of allergies and sensitivities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>List any other medical conditions not covered above</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**In case of emergency notify the person below:**

**Name:**

**Relationship:**

**Address:**

**Home phone:**

**Other phone:**

**Alternative contact name:**

**Alternative’s phone:**

**Please attach photocopy of both sides of the insurance card. If you do not have medical insurance, enter “none” above.**
### Part B2: General Information/Health History

**Full name:**

**Date of birth:**

**High-adventure base participants:**

<table>
<thead>
<tr>
<th>Expeditions/camp No.:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>or staff position:</td>
<td></td>
</tr>
</tbody>
</table>

#### Allergies/Reactions

**DO YOU USE AN EPINEPHRINE INJECTOR? Exp. date (if you) YES NO**

**DO YOU USE AN ASTHMA RESCUE MEDICATION Exp. date (if you) YES NO**

Are you allergic to or do you have any adverse reaction to any of the following?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Allergies or Reactions</th>
<th>Explain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Medication</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yeast</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Peanut</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sesame</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

List all medications currently used, including any over-the-counter medications.

- Check here if no medications are routinely taken.
- If additional space is needed, please list on a separate sheet and attach.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
<th>Reasons</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

**Non-prescription medication administration is authorized with these exceptions:**

- Medication of the above must be approved by:

- **Pharmacist signature**

### Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you have the vaccine, check the vaccine column and list the date. If immunized, check yes and provide the year received.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Red Blood Cell Immunizations</th>
<th>Envelope</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Tetanus</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hepatitis B</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hepatitis A</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Polio</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mumps</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Measles/Rubella</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicken Pox</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meningitis</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Encephalitis</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Other</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Susceptible to immunizations</td>
<td></td>
</tr>
</tbody>
</table>

Please list any additional information about your medical history:

**DO NOT WRITE IN THIS BOX.**

Review for camp or outdoor activity.

<table>
<thead>
<tr>
<th>Precautions:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Further approval required: **Yes** **No**

**Please:**

<table>
<thead>
<tr>
<th>Approved by:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: ______________________________
Date of birth: __________________________

High-adventure base participants:
Expedition crew No.: ____________________
or staff position: _________________________

---

You are being asked to certify that this individual has no contraindication for participation in a Scouting experience, for individuals who will be attending a high-adventure program, including one of the national high-adventure base, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit www.scouting.org/health-and-safety/areas to view this information online.

---

Please fill in the following information:

<table>
<thead>
<tr>
<th>Medical restrictions to participate</th>
<th>Yes</th>
<th>No</th>
<th>Explain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies or Reactions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medication</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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Examining Physician’s Certification

I hereby certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant with noted restrictions:

---

Examiner’s signature: __________________________ Date: __________
Examiner’s printed name: __________________________
Address: __________________________
City: __________________________ State: __________ ZIP code: __________
Office phone: __________________________

---

Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle, you may not be allowed to participate.

Maximun weight for height:

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Max. Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>63</td>
<td>148</td>
</tr>
<tr>
<td>64</td>
<td>172</td>
</tr>
<tr>
<td>65</td>
<td>196</td>
</tr>
<tr>
<td>66</td>
<td>220</td>
</tr>
<tr>
<td>67</td>
<td>244</td>
</tr>
<tr>
<td>68</td>
<td>220</td>
</tr>
</tbody>
</table>

---

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10/20/17
2017 Printing
High-Adventure Risk Advisory to Health-Care Providers and Parents

Florida Sea Base

Sea Base Experience. Sea Base adventures are not risk-free. Participants must follow safety measures and take personal responsibility for their health and safety. Climate conditions include temperatures ranging from 45 to 95 degrees, high humidity, heat indexes reaching 110 degrees, and frequent, sometimes severe tropical weather. Prolonged, rigorous activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and others.

It is the responsibility of participants, parent participants, or guardians, participant health-care teams, and unit leaders to see that each individual—youth or adult—can safely partake in Sea Base adventures.

Adult Participants. It is the role of accompanying adults to ensure youth safety. Because of this, adult participants must arrive in good physical condition and have no medical conditions that could result in diverting the Sea Base staff's attention away from youth participants.

Sea Base participants must be able to

- Swim in a strong manner
- Climb a 5-foot ladder, unassisted, in inclement weather, from the water onto a rocking vessel
- Self-rescue if found overboard in inclement weather

Location. Sea Base adventures are conducted at sea, off far from land, with limited access to emergency services. Response times can be affected by weather, seas, and location, and can be delayed for hours. Individuals with medical conditions that require immediate or nearly immediate access to professional medical care should not attend Sea Base.

Right to Refuse. Sea Base reserves the right to deny participation based on health and safety concerns and/or medical history.

Special Needs or Medical Concerns. Any individual with special needs or medical concerns must have an on-site advocate who understands the individual's condition and treatment and who is prepared to provide support to the individual.

Trained Leadership. Each crew is required to have at least one adult who is trained in wilderness first aid and CPR or has a greater professional medical certification. This leader acts as the primary first response until emergency services arrive. There are no on-site facilities for treatment or extended care at Sea Base. Sea Base does not staff professional medical personnel.

Medications. Individuals requiring medication should continue medications as prescribed and bring an appropriate supply. Each crew must develop a plan to secure, lock, and dispense medication.

Allergies. Participants with allergies that may result in severe reactions or anaphylaxis should bring an adequate supply of epinephrine auto-injectors (EpiPen) to last up to three hours.

Recommendations Regarding Chronic Illness and/or Compromised Immune System. Persons with chronic conditions and/or compromised immune systems should seek medical advice and education regarding medical risks associated with hands-on marine environments before participating. Individuals with open wounds or who are at risk for chronic illnesses or immune disorders should not attend Sea Base.

Hypertension (High Blood Pressure). Participants should have a blood pressure less than 140/90. Individuals with hypertension should have the condition treated and well-controlled before attending.

Insulin-Dependent Diabetes Mellitus. Diabetes must be well controlled. Hyperglycemia can lead to unconsciousness and a coma.

- Insulin-dependent persons who have been newly diagnosed or who have undergone changes in delivery systems in the last six months are advised not to participate.
- Persons with diabetes who have had frequent problems and/or hospitalizations should not participate.
- Persons with diabetes will not be allowed to scuba dive.

Seizures (Epilepsy). Seizures while snorkeling or scuba diving are extremely dangerous and often fatal.

- History of loss of consciousness often precludes snorkeling or scuba diving. Formal consultation with a neurologist and/or cardiologist is required.
- No participant with a history of seizures or taking anti-epileptic medication may snorkel or scuba dive.
- Prospective participants with a history of infantile or absence seizures may be considered for snorkeling or diving with formal consultation with a neurologist.

Asthma. Asthma must be well controlled. Persons requiring use of medication and/or an inhaler must bring an ample supply.

- Persons being treated for asthma (including reactive airway disease) are disqualified from scuba diving.
- 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 if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.
- Provocative testing can include exercise, hyperventilation, a hypercapnea test, etc.
High-Adventure Risk Advisory to Health-Care Providers and Parents

Florida Sea Base

Phone: 305-664-4173  Website: www.bsaseabase.org

Recent Musculoskeletal Injuries and Orthopedic Surgery. Persons with musculoskeletal problems or orthopedic surgeries within the last six months must provide a letter from their treating physician to participate.

Psychological and Emotional Difficulties. Any condition should be well-controlled without the services of a mental health practitioner. Participants requiring medication must bring an ample supply and take as prescribed for the duration of their trip.

- Many psychotropic medications are not compatible with scuba diving.
- Persons taking more than one psychotropic medication will not be cleared to scuba dive.
- Persons with anxiety will not be cleared to scuba dive.

Weight Limits. Participants must meet BSA height and weight guidelines. Exceptions may be made for individuals who do not exceed the BSA height and weight guidelines by more than 70 pounds. Due to rescue equipment weight restrictions, individuals who are 78 inches (6.5 feet) and taller cannot be offered an exception.

Scuba Participants. Persons with conditions listed as severe by the Recreational Scuba Training Council (RSTC) will not be permitted to scuba dive. Persons with conditions prohibited by BSA scuba policy will not be permitted to scuba dive. Various risk factors may exclude a person from scuba diving, either temporarily or permanently. Risk factors include, but are not limited to, seizure disorders, scuba diving, spontaneous pneumothorax, asthma or reactive airway disease, neoplasms, diabetes, leukemia, sickle-cell disease, pregnancy, panic disorders, active psychosis, certain medications, and narcolepsy.

Closing. Sea Base, BSA is an industry leader in maritime adventures with an excellent safety record. If you have questions regarding medical policies, medical concerns, or medical approval, please contact Sea Base at 305-664-4173.