Participant Guide

St. Croix Adventure

National High Adventure Sea Base, BSA

St. Croix, US Virgin Islands
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 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. Located 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 73.8 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 Directors Mike and Kelly 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.

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.

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.

Sea Base does not provide onsite BSA Swim Tests.

Swim Review: Upon arrival every participant must complete a Sea Base Swim and Snorkel 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.

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.

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 stating that they are in good health and are approved for participation.

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<th>Maximum Weight for Height</th>
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<td>Height (inches)</td>
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**Absolute Weight Requirement:** Most swim ladders and rescue equipment are rated for a maximum of 300lbs. 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.

<table>
<thead>
<tr>
<th>General Eligibility at a Glance</th>
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<tbody>
<tr>
<td>Registered Member of the BSA</td>
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<tr>
<td>Passed <strong>BSA Swim Test</strong> as a Swimmer</td>
</tr>
<tr>
<td><strong>Meet Sea Base Risk Advisory Medical Requirements</strong></td>
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</table>

**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.

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<tr>
<td>Completed <strong>BSA Youth Protection</strong> Training</td>
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<tr>
<td>Completed <strong>BSA Safety Afloat</strong> Training</td>
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<tr>
<td>One Adult Must Complete <strong>Wilderness First Aid</strong></td>
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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 the Sea Base at 305-664-5612. The Sea Base Medical Director reserves the right to make medical decisions regarding the participation of individuals at Sea Base.

**Food:** The Sea Base offers food appropriate for the experience. If a participant has specific diet restrictions, please contact the Sea Base food service department and submit a dietary restrictions notification form. Please note: 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 a 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.

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.
Note: It may be possible for someone with absent or well controlled seizures to attend. However, if they do attend they must not snorkel or scuba dive. To gain clearance, they must be approved by their neurologist.

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.

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.

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. 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 participant, regardless of height, may weigh more than 295 pounds.**

**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.

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**To Limit Risk and the Possibility of Harm**

**Leadership:** Adult crew leaders must have a strong understanding of every participants 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. **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 to secure/lock, store, and dispense medication.**

**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 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 SPF 35 or greater sunscreen, SPF 35 or greater lip balm, small plastic bottle of vinegar, sea sickness medication, non-spray insect repellent, swimmers ear drops, Benadryl, 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 Nalgene style water bottle that can be clipped to a vessel.

* Metal and aluminum water bottles are prohibited for Sailing programs.

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.

* Spray and aerosol sunscreens are prohibited at Sea Base.

<table>
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<tr>
<th>Available at the Ship Store</th>
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<tbody>
<tr>
<td>Custom Crew Long Sleeve UPF +30 Shirts</td>
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<tr>
<td>Custom Crew Hats</td>
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<tr>
<td>Sea Base Hats</td>
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<tr>
<td>Buffs</td>
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<tr>
<td>Swimmers Ear Drops</td>
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* Sea Base does not have onsite stores in St. Thomas or the Bahamas visit [www.bsaseabase.org](http://www.bsaseabase.org).
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.

Sea Urchins: Covered in calcium carbonate spines; Sea Urchins pose a limited risk to divers, snorkelers, and waders who step on or attempt to grab or handle the species. Sea Urchin spines can easily penetrate skin and then break off. To avoid this risk, participants should avoid handling Sea Urchins and wear hard soled shoes or dive booties when wading in areas populated by Sea Urchins.

Manchineel or Death Apple Tree (extremely toxic): Found on and near beaches, this tree has green heart shaped leaves with yellowish veins. Ingestion of the fruit can cause severe burning, blistering, temporary blindness or death. See: NPS Plants to Avoid While Hiking

Comocladia or Christmas Bush: This small bush is found in open canopies and along trails. Its dark green leaves can have a reddish hue and it may or may not be bearing a red fruit. Touching the plant can cause
itching, burning, swelling, irritation and rash that can last several days or several weeks. The fruit found on Christmas Bush should not be ingested. See: NPS Plants to Avoid While Hiking

**Pencil Euphorbia or Milk Bush (extremely toxic):** Distinguished by bright green pencil-thin cylindrical branches, this shrub like tree secretes a milky sap when broken or damaged which can cause skin irritation, burns, severe rash and blisters, and blindness. See: NPS Plants to Avoid While Hiking

**Jumbie Bean, Crab’s Eye or Rosary (extremely toxic):** Found in well drained wooded areas, this vine has bright red seeds. If ingested seek medical attention immediately. Symptoms can include nausea, vomiting, convulsions, liver failure and death. See: NPS Plants to Avoid While Hiking

**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, 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 and 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 inputting the unit 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 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.

**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 (pg.20). 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 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 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). Order should be placed at least 6 weeks prior to onsite arrival to ensure on time delivery.

**Captains Club:** While at Sea Base crews may earn the Captains Club Award. To earn the award, your unit will need to properly prepare for the adventure, elect a seasoned youth crew leader, work as a team, assume responsibility for their adventure, take care of their vessel, and adhere to the Scout Oath and Law. Sea Base provides Captain Club Certificates free of charge, patches are available for purchase.

**Duty to God:** Sea Base encourages individuals and units to celebrate Creation. The Duty to God Award is designed to enhance your unit’s 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.
Preparing for Sea Base

**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](#) for each adult leader
- [BSA Safety Afloat Certificates](#) for each adult leader
- [BSA Youth Protection Certificates](#) for each adult leader
- [BSA Hazardous Weather Certificates](#) for each adult leader
- [Wilderness First Aid Certificate](#)
- [CPR/AED Certificate](#)
- [BSA Unit Swim Classification Record](#) with each participant listed
- [BSA Annual Health and Medical Records](#) for each participant
- Copies of Insurance Cards (front and back) for each participant
- ID and copy of Birth Certificate or Passport for each participant—Passports are recommended

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.

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<th>Required Paperwork at a Glance</th>
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<tr>
<td>Unit Swim Classification Record</td>
</tr>
<tr>
<td>Minimum of 1 Adult Leader Must Have</td>
</tr>
<tr>
<td>CPR/AED Training Card</td>
</tr>
</tbody>
</table>

**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 must fly into [Henry E. Rohlsen Airport (STX)](http://www.caribbeanairports.com/airport/STX).

**Ground Transportation from Henry Rohlson (STX) Airport to Sea Base (Camp Wall):** Sea Base has secured a single provider who has extended a group rate for all incoming crews. The cost of transportation to and from the airport is $25 per person, per direction. Your crew will be required to pay this fee upon arrival at Sea Base. Units who choose to arrive early or stay late at an offsite location are responsible for their own transportation.

**Arrival:** It is essential for crews to arrive after 1:00pm, having already eaten lunch, and not later than 4:00pm. If a crew will arrive after 4:00pm due to flight changes, it must communicate those changes to Sea Base.

**Departure:** Sea Base crews may depart as early as necessary. **Crews must depart by 10:00am.**

Sea Base Training Plan

**Prepared:** Sea Base Adventures are aquatics based and require participants to be fit, competent swimmers and hikers. 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](http://www.safeswim.org/)
- [Safety Afloat Training](http://www.scoutalot.com/safetyafloat/)
- [BSA Swim Test](http://www.swimtest.org/)
- Monthly Swimming Sessions beginning 6 months prior to arrival
- Complete 3 strenuous 2-3-mile hikes
- [Snorkeling BSA](http://www.bsa.org/)
- Watch VIIS: [Protect Coral While Snorkeling](http://www.nps.gov/viis/pdfs/coralprotection.pdf)
- [Review Guide to High Adventure Sailing](http://www.nps.gov/viis/pdfs/highadventuresailing.pdf)
- Watch US Sailing Video: [Parts of a Boat](http://www.ussailing.org/)
- Watch US Sailing Video: [Parts of a Rig](http://www.ussailing.org/)
- Watch US Sailing Video: [Points of a Sail](http://www.ussailing.org/)
- Visit: [Buck Island National Reef Monument](http://www.nps.gov/viis/places/buckisland.htm)
- Review: [NPS Plants to Avoid While Hiking](http://www.nps.gov/viis/plants.htm)
- Review: [NPS Things to Avoid While in the Water](http://www.nps.gov/viis/watersafety.htm)
- Review: [NPS Fish Guide](http://www.nps.gov/viis/fish.htm)

The US Virgin Islands National Park Learning Page (PG 22) provides many helpful links. Explore the Park prior to arrival! **Live. Learn. Explore. More. Sea Base.**
Sea Base St. Croix Adventure Program Overview

Planning: Epic Adventure begins with planning and preparation. Upon arrival (1:00pm - 4:00pm), each crew will have its paperwork reviewed and complete a gear shakedown. Any participant who does not meet the BSA Height and Weight Requirements as outlined on page 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>
</tr>
</thead>
<tbody>
<tr>
<td>Crew Roster</td>
</tr>
<tr>
<td>Safe Swim Defense Certificates</td>
</tr>
<tr>
<td>BSA Annual Health and Medical Records</td>
</tr>
<tr>
<td>Front &amp; Back Copies of Insurance Cards</td>
</tr>
<tr>
<td>Safety Afloat Certificates</td>
</tr>
<tr>
<td>Youth Protection Certificates</td>
</tr>
<tr>
<td>Hazardous Weather Certificates</td>
</tr>
<tr>
<td>ID with Copy of Birth Certificate or Passport</td>
</tr>
<tr>
<td>Unit Swim Classification Record</td>
</tr>
<tr>
<td>Minimum of 1 Adult Leader Must Have</td>
</tr>
<tr>
<td>Wilderness First Aid Training or Greater Certification</td>
</tr>
<tr>
<td>CPR/AED Training Card</td>
</tr>
</tbody>
</table>

Length of Adventure: 6 nights, 7 days including arrival and departure dates. Crews may not arrive early or depart later than scheduled unless they make offsite accommodations.

Crew Size: The United States Coast Guard dictates crew size and allows no more than 8 total paid participants aboard Sea Base vessels.

Arrival Time: Crews must arrive between 1:00pm and 4:00pm having already eaten lunch. Crews arriving later than 4:00pm may have their adventure delayed by 24 hours. If your crew is delayed due to flights or island transport, alert Sea Base St. Croix as soon as possible.

Departure Time: Crews may depart as early as necessary but must depart no later than 10:00am.

Vessel Assignments: Sea Base charters several types of vessels. Based upon availability types of vessels may change from time to time.

Bringing Gear to Sea Base: All personal items brought to Sea Base, other than sleeping and snorkeling gear, must fit into a backpack which will be used during hiking adventures. In addition to personal bags; each crew may bring 2 military style duffle bags to carry first aid kits, sunscreen and crew sleeping gear.

Storage: Outside of tents, Sea Base does not have onsite storage. As a result, it is imperative that crews not bring unnecessary items.

Sea Base Captains: Every captain under charter at Sea Base is experienced and vetted. His or her primary responsibility is to ensure the safety of the vessel and crew. It is essential that each crew understands that a request by their captain is an order delivered kindly. The captain is the final authority while aboard the vessel.
**Sea Base Vessels:** Every vessel chartered by Sea Base completes a safety examination prior to providing charters. Only vessels deemed safe and capable by the United States Coast Guard are chartered.

**Crew Leaders:** Adult crew leaders are responsible to ensure that all BSA and Sea Base Policies, including *Safe Swim Defense and Safety Afloat*, are followed. Adult crew leaders are also the first line of treatment in a minor or major medical event.

**Youth Crew Leader:** Sea Base should be a youth led adventure. Crews must 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.

**Camping:** Sea Base St. Croix requires active participation. In addition to adventure; youth and adult participants will cook, clean, and take an active role in preparations. Be prepared to assume tasks given by the youth crew leader and staff member.

**Float Plan:** Float plans vary widely based upon weather, sea conditions, wind and other factors. Decisions will be made based upon the above to keep your unit safe and as a result, float plans and programs may change significantly from day to day.

**Sleeping Arrangements:** 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.

**Restrooms and Showers:** There is a restroom and shower house onsite. For males, each restroom and shower have an individual locking stall. For adult females there is a separate shower and restroom, for youth females there is a separate shower and restroom.

**Going Offsite:** Crews will go offsite frequently to explore St. Croix, *Historic Fort Christianvaern*, hike, board vessels and snorkel. Crews, youth and adults, **are required to stay together.** While offsite; crews represent themselves, Sea Base and the Boy Scouts of America. crews vandalizing property, disturbing sea turtle nests, touching or breaking coral, stealing or consuming alcoholic beverages will be forced to vacate their adventure.

Kayaking: Crews will kayak a minimum of one time during their adventure. Distances, at times, can be challenging. It is imperative that every participant is prepared.

Anytime participants are kayaking they must wear a PFD.

**Hiking:** Crews will have multiple opportunities to hike. While hiking, crews must remain on the trail and should have a solid working knowledge of *NPS Plants to Avoid While Hiking*. Weather dependent, every crew will travel to *Udall Point* and then hike to *Jack and Isaac Bay Preserve* were they will complete a **SCENE Project**. Crews will then have lunch on the beach, snorkel Jack Bay and prepare for the return hike to Point Udall.
**Snorkeling:** The US Virgin Islands are home to some of the most beautiful coral reefs in the world. Weather dependent, each crew will snorkel [East End Marine Park](#), [Buck Island Reef National Monument](#) multiple times. While snorkeling, participants must wear a snorkeling PFD, stay within arm’s reach of their buddy and never take, touch or harass underwater species including coral.

**Final Evening:** Sea Base St. Croix crews will complete their check out process and participate in a closing campfire. During the closing campfire each adult and youth crew leader is expected to share what was most meaningful for their crew.

**Departure:** Prior to departure, each crew is responsible to clean their tents and the shower house. Once complete, crews will depart for their return flight.

**Projected Program Schedule**

<table>
<thead>
<tr>
<th>Crew</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crew A</td>
<td>Arrival</td>
<td>Full Day Sail</td>
<td>E.E. Marine Park Full Day Paddle</td>
<td>Fort Christianvaern Tour, Snorkel, Buck Island Beach</td>
<td>Point Udall, Jack &amp; Isaac Bay Hike</td>
<td>Full Day Buck Island Tour and Snorkel</td>
<td>Departure</td>
</tr>
<tr>
<td>Crew B</td>
<td>Arrival</td>
<td>Full Day Sail</td>
<td>E.E. Marine Park Full Day Paddle</td>
<td>Fort Christianvaern Tour, Snorkel, Buck Island Beach</td>
<td>Point Udall, Jack &amp; Isaac Bay Hike</td>
<td>Full Day Buck Island Tour and Snorkel</td>
<td>Departure</td>
</tr>
<tr>
<td>Crew C</td>
<td>Arrival</td>
<td>Fort Christianvaern Tour, Snorkel, Buck Island Beach</td>
<td>Point Udall, Jack &amp; Isaac Bay Hike</td>
<td>Full Day Sail</td>
<td>E.E. Marine Park Full Day Paddle</td>
<td>Full Day Buck Island Tour and Snorkel</td>
<td>Departure</td>
</tr>
<tr>
<td>Crew D</td>
<td>Arrival</td>
<td>Fort Christianvaern Tour, Snorkel, Buck Island Beach</td>
<td>Point Udall, Jack &amp; Isaac Bay Hike</td>
<td>Full Day Sail</td>
<td>E.E Marine Park Full Day Paddle</td>
<td>Full Day Buck Island Tour and Snorkel</td>
<td>Departure</td>
</tr>
</tbody>
</table>

*Program Schedule may vary based upon weather, vessel availability and other factors.*
**Gear and Packing List**

**Prepared:** Sea Base provides meals, eating utensils, cooking equipment and snorkeling gear along with nearly everything else a participant might need on their adventure. Participants may choose to bring their own snorkel gear. However, Sea Base does not allow full-face snorkel equipment. Participants should not bring personal fishing gear.

**Snorkeling Gear:** Masks, fins, snorkel vests and snorkel equipment bags are provided.

**Fishing Gear:** Fishing gear is provided. Participants should note that while fishing is offered, it is not a primary activity at Sea Base St. Croix. Your unit may or may not catch fish.

**Packing List:** Participants should limit personal and crew items to those listed below. There is limited onsite storage available.

<table>
<thead>
<tr>
<th>Packing List Personal</th>
<th>Packing List Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Required</strong></td>
<td><strong>Required</strong></td>
</tr>
<tr>
<td>2 UPF +30 Long Sleeved Shirts</td>
<td>Raingear</td>
</tr>
<tr>
<td>Wide Brimmed Hat</td>
<td>Polarized Sunglasses</td>
</tr>
<tr>
<td>Buff</td>
<td>2 Water Bottles with Carabiner</td>
</tr>
<tr>
<td>Biodegradable Sunscreen, No Sprays</td>
<td>Toiletry Kit</td>
</tr>
<tr>
<td>Bug Spray (not currently sold onsite)</td>
<td></td>
</tr>
<tr>
<td>2 Pair Regular Shorts</td>
<td>Headlamp</td>
</tr>
<tr>
<td>1 Pair Swimming Shorts</td>
<td>2 Towels</td>
</tr>
<tr>
<td>2 Pairs Regular Socks</td>
<td>Light Weight Sleeping Pad</td>
</tr>
<tr>
<td>1 Pair Light Pants</td>
<td>Light Weight Sleeping Cover and Pillow</td>
</tr>
<tr>
<td>1 Pair Sandals</td>
<td>Backpack</td>
</tr>
<tr>
<td>1 Pair Jogging shoes</td>
<td>Spending Money ($150-$200)</td>
</tr>
<tr>
<td>ID and Copy of Birth Certificate or Passport</td>
<td>Prescription Medication</td>
</tr>
<tr>
<td>Tupperware-style container sufficient for 2 sandwiches</td>
<td>Soft-sided packable Lunch Box</td>
</tr>
</tbody>
</table>

| **Recommended**       | **Recommended**       |
| 1 Pair Neoprene Socks | Waterproof Camera     |

Participants should also bring travel clothing. There is no laundry onsite.

<table>
<thead>
<tr>
<th>Crew Packing List</th>
<th>Crew Packing List</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Unit Roster</strong></td>
<td><strong>BSA Youth Protection Training</strong> Copies</td>
</tr>
<tr>
<td><strong>BSA AHMR</strong> for Each Participant</td>
<td><strong>Unit Swim Classification Record</strong></td>
</tr>
<tr>
<td><strong>Wilderness First Aid &amp; CPR Training</strong> Cards</td>
<td>Front &amp; Back Copies of Insurance Cards</td>
</tr>
<tr>
<td><strong>Safe Swim Defense</strong> Training Copies</td>
<td><strong>Crew First Aid Kit</strong> (Sea Base Specific on pg. 8)</td>
</tr>
<tr>
<td><strong>Safety Afloat</strong> Training Copies</td>
<td>1 Medium Size Dry Bag</td>
</tr>
<tr>
<td><strong>Hazardous Weather</strong> Training Copies</td>
<td><strong>Excitement!</strong></td>
</tr>
</tbody>
</table>

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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. Learn more here: Sea Base Scholarship Application

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.

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. Sea Base cannot accept any other medical form.

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.


St. Croix Adventure Learning Page
Overview: Park Brochure and Map

Buck Island: Outdoor Activities

Buck Island: Caribbean Gem (short movie)

Buck Island Nature:
- Animals
- Plants
- Natural Features and Ecosystems

Buck Island History and Culture:
- History and Culture
- People
- Places

Historic Fort Christianvaern:
- Learn About the Park
- History and Culture
- People
- Stories
- Hazardous Plants
- Facebook

USVI National Park:
- YouTube
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: __________________________
DOB: __________________________

High-adventure base participants:
Expedition/crew No.: __________________________
or staff position: __________________________

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 participants to follow instructions and abide by 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 person(s) listed as the emergency contact person(s) 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 secure proper treatment, including hospitalization, anesthetics, surgery, or injections of medication 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. Protected Health Information/Confidential Health Information PHI/CHI under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§ 160.103, 164.502, also, as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

If applicable, I have carefully considered the risks involved and hereby give my informed consent for my child to participate in all activities offered in the program.

I further authorize the sharing of 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.

I understand that any information that has provided is true and to be correct. It may limit or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont, Philmont Training Center, Northern Tier, America Sca Base, or the Summit Bechtel Reserve, I have also read and understood the supplemental risk activities, including weight and weight requirements and restrictions, and understand that the participant will not be allowed to participate in all high-adventure activities described, except as specifically noted by me or the healthcare 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: __________________________
Date: __________________________

Second parent/guardian signature for youth: __________________________
Date: __________________________

If required, for example, California

Complete this section for youth participants only:

Adults Authorized to Take You to and From Events:

Contact designate at least one adult. Please include a telephone number.
Name: __________________________
Telephone: __________________________

Adults NOT Authorized to Take Youth To and From Events:

Name: __________________________
Telephone: __________________________

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300-001
2014 Printing
**Part B: General Information/Health History**

**Full name:**

**DOB:**

**Height (inches):**

**Weight (lbs):**

**High-adventure base participants:**

Expedition/crew No.:  

or staff position:  

**Address:**

City:   

State:   

ZIP code:  

Telephone:  

Unit leader:  

Mobile phone:  

**Counsel/Name/No.:**  

Policy No.:  

**Health/Accident Insurance Company:**

**Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter “none” above.**

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

Name:  

Relationship:  

Address:  

Home phone:  

Other phone:  

Alternate contact name:  

Alternate’s phone:  

**Health History**

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Explain</th>
<th>Yes/No</th>
<th>Condition</th>
<th>Explain</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension (high blood pressure)</td>
<td>Last HBA percentage and date.</td>
<td></td>
<td>Asthma</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult or congenital heart disease/wall thicken heart failure/heart attack/</td>
<td></td>
<td></td>
<td>COPD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>chest pain/angina/heart murmur/coronary artery disease. Any heart</td>
<td></td>
<td></td>
<td>Ear/eye/nose/throat problems</td>
<td></td>
<td></td>
</tr>
<tr>
<td>surgery or procedures. Explain all “yes” answers.</td>
<td></td>
<td></td>
<td>Muscular/skeletal condition/muscle or bone issues</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family history of heart disease or any sudden/heart-related death of a</td>
<td></td>
<td></td>
<td>Head injury/concussion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>family member before age 50.</td>
<td></td>
<td></td>
<td>Allergic reaction</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke/TIA</td>
<td></td>
<td></td>
<td>Psychiatric/psychological or emotional difficulties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chronic medical problems</td>
<td>Last attack date.</td>
<td></td>
<td>Neurological disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Light sensitivity</td>
<td></td>
<td></td>
<td>Blood disorders/abnormal cell disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flushing spells and dizziness</td>
<td></td>
<td></td>
<td>Renal disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Menstrual problems</td>
<td></td>
<td></td>
<td>Kidney disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Epilepsy</td>
<td></td>
<td></td>
<td>Miscellaneous diseases</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdominal/stomach/intestinal problems</td>
<td>Last seizure date.</td>
<td></td>
<td>Thyroid disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thyroid disease</td>
<td></td>
<td></td>
<td>Enzyme related disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excessive fatigue</td>
<td></td>
<td></td>
<td>Obstructive sleep apnea/obstructive sleep disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obstructive sleep apnea/obstructive sleep disorders</td>
<td>CPAP: Yes ☐ No ☐</td>
<td></td>
<td>List all surgeries and hospitalizations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>List any other medical conditions not covered above</td>
<td></td>
<td></td>
<td>Last surgery date.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Prepared. For Life.**

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Part B: General Information/Health History

Full name: 
DOB: 

Allergies/Medications
Are you allergic to or do you have an 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>Food</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 INDICATE ON A SEPARATE SHEET AND ATTACH.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
<th>Reason</th>
</tr>
</thead>
</table>

Non-prescription medication administration is authorized with these exceptions:

Administation of the above medications is approved for youth by:

[Signature]

M.D./DO, NP, or PA signature (if your state requires signature)

Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

Immunization

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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Had Disease</th>
<th>Immunization</th>
<th>Date(s)</th>
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<td>Tetanus</td>
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<td>Parvovirus</td>
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<td>Diphtheria</td>
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<td>Measles/mumps/rubella</td>
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<td>Polio</td>
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<td>Chicken Pox</td>
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<td>Hepatitis A</td>
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<td>Hepatitis B</td>
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<td>Meningitis</td>
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<td>Influenza</td>
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<td>Other (i.e., H1N1)</td>
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<td></td>
<td>Exemption to immunizations (form required)</td>
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</tr>
</tbody>
</table>

Please list any additional information about your medical history:

[Signature]

DO NOT WRITE IN THIS BOX

Revised by:

Date:

Further approval required: ☐ Yes ☐ No

Reason:

Approved by:

Date:
High-Adventure Risk Advisory to Health-Care Providers and Parents

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 Florida Sea Base include temperatures ranging from 60 to 90 degrees, high humidity, heat indices 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. The Florida 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. The Florida Sea Base offers numerous activities, including snorkeling, sailing, camping, kayaking, canoeing, swimming, fishing, and scuba diving. If there is a question about the advisability of participation, contact the family physician first, then call the Sea Base at 305-664-4173. The Sea Base health supervisor reserves the right to make medical decisions regarding the participation of individuals at Sea Base.

Food. The Sea Base offers food appropriate for the experience. If a participant has a problem with the diet described in the participant guide, please contact the Sea Base food service department. Please note: 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 EpiPens to last for up to three hours.

Recommendations Regarding Chronic Illnesses. The Florida Sea Base requires that this information be shared with the parents or guardians 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 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 a 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 on 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 excessive 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 7.5, taken within the previous 12 months. Any test within the past 12 months with an HbA1c value greater than 7.5 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) can provide three sequential hemoglobin tests with HbA1c values less than 8 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 to be adequate control. Exceptions to this guideline may be considered on a case-by-case basis and will be based on the specific type of seizure and the likelihood of it occurring during the trip and to other members of the crew. Any seizure activity within the past five years, regardless of control and medication, qualifies 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.
High-Adventure Risk Advisory to Health-Care Providers and Parents

Florida Sea Base

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

Asthma. Asthma must be well-controlled before participating. This means: 1) the use of a rescue inhaler (nabularis) 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 Singular. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/paired 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) 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 or any extremity may participate only if approved by their physician AND the Florida 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. These medications will be reviewed by the Florida Sea Base health advisor and considered on an individual basis.

Weight Limits. Participants may complete their Sea Base adventure as long as they do not exceed 205 pounds in body weight. There are NO EXCEPTIONS TO THE MAXIMUM WEIGHT LIMIT, and those exceeding the maximum weight will be sent home at their own expense.