Participant Guide
St. Thomas Sailing (6-8)
St. Thomas Sailing (10-12)
St. Thomas Eco STEM
National High Adventure Sea Base, BSA

St. Thomas, US Virgin Islands

Revised Date: 01/14/2020
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 the 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 as 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 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
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.

### Maximum Weight for Height

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<tr>
<th>Height (inches)</th>
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<td>60</td>
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<tr>
<td>64</td>
<td>189</td>
<td>69</td>
<td>220</td>
<td>74</td>
<td>252</td>
<td>79 and over</td>
<td>295</td>
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</table>

**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.

### General Eligibility at a Glance

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

### Adult Leader Eligibility at a Glance

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

Sea Base Experience: Each high-adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of yourself and others. Climatic conditions at Sea Base St. Thomas include temperatures ranging from 70 to 95 degrees, high humidity, heat indexes reaching to 110 degrees, and frequent, sometimes severe, afternoon thunderstorms. Activities include snorkeling, 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. Sea Base St. Thomas is limited to what is available on island when it comes to the ability to accommodate special dietary needs.

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.

**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. **Adult crew leaders must be prepared to assume this role and responsibility.** Any medical emergency requiring professional assistance will be referred to the United States Coast Guard or appropriate agency if at Sea or local EMS if on land.

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

**Storing and Dispensing Medications:** Sea Base does not store or dispense medication. **Prior to arrival the crew must develop a system 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 repellant, swimmers ear drops, Benedryl, cooling cloths, and Gold Bond powder.
**Special Needs:** When required, individuals with special needs must have an advocate who is actively participating as a member of the crew and understands the individual’s limitations and needs.

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

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

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

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

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

**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 individual's or crew's adventure. In addition 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, polarized sunglasses.

*Spray and aerosol sunscreens are prohibited at Sea Base.*

<table>
<thead>
<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>
</tr>
<tr>
<td>Buffs</td>
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<tr>
<td>Swimmers Ear Drops</td>
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<tr>
<td>Sea Base Carabiners</td>
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<tr>
<td>Polarized Sunglasses</td>
</tr>
<tr>
<td>Biodegradable Sunscreen</td>
</tr>
<tr>
<td>Motion Sickness Medication</td>
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<tr>
<td>Sea Base Water Bottles</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.

**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 scrapes require medical evaluation.

(\textit{NOAA Photos})

**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.

(\textit{Photo Divers Alert Network})

**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: \textit{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 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 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 on page 19. 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). Orders 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 units adventure by propelling participants to find evidence of Higher Purpose in the oceans, reefs and marine species encountered at Sea Base. Patches are available for purchase.

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

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

<table>
<thead>
<tr>
<th>Required Paperwork at a Glance</th>
<th>minimum of 1 adult leader must have</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crew Roster</td>
<td>Safe Swim Defense Certificates</td>
</tr>
<tr>
<td><strong>BSA Annual Health and Medical Records</strong></td>
<td>Front &amp; Back Copies of Insurance Cards</td>
</tr>
<tr>
<td><strong>Safety Afloat</strong> Certificates</td>
<td>Youth Protection Certificates</td>
</tr>
<tr>
<td><strong>Hazardous Weather</strong> Certificates</td>
<td>ID with Copy of Birth Certificate or Passport</td>
</tr>
<tr>
<td><strong>Unit Swim Classification Record</strong></td>
<td>Wilderness First Aid Training or Greater Certification</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 Cyril E. King (STT) Airport.

**Ground Transportation from Cyril E. King (STT) Airport to Sea Base (Sapphire Beach Resort Marina):** Sea Base has an ongoing relationship with Franklin Connor to provide crews transportation to and from the airport. Franklin Connor can be reached at (340) 690-2363. Crews are responsible for fare, and taxi fare is cash only.

**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. **Within 1 week of your arrival, you will be contacted by Sea Base St. Thomas to review your arrival details.**

**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](#)
- [Safety Afloat Training](#)
- [BSA Swim Test](#)
- Monthly Swimming Sessions beginning 6 months prior to arrival
- Complete 3 strenuous 2-3-mile hikes
- [Snorkeling BSA](#)
- Watch VIIS: [Protect Coral While Snorkeling](#)
- [Review Guide to High Adventure Sailing](#)
- Watch US Sailing Video: [Parts of a Boat](#)
- Watch US Sailing Video: [Parts of a Rig](#)
- Watch US Sailing Video: [Points of a Sail](#)
- Visit: [US Virgin Islands National Park](#)
- Review: [NPS Plants to Avoid While Hiking](#)
- Review: [NPS Things to Avoid While in the Water](#)
- Review: [NPS Fish Guide](#)

The US Virgin Islands National Park Learning Page (PG 21) provides many helpful links. Explore the Park prior to arrival! **Live. Learn. Explore. More. Sea Base.**
Sea Base 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 pgs. 4-5 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>BSA Annual Health and Medical Records</td>
</tr>
<tr>
<td>Safety AfloatCertificates</td>
</tr>
<tr>
<td>Hazardous Weather Certificates</td>
</tr>
<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>
<tr>
<td>Safe Swim Defense Certificates</td>
</tr>
<tr>
<td>Front &amp; Back Copies of Insurance Cards</td>
</tr>
<tr>
<td>Youth Protection Certificates</td>
</tr>
<tr>
<td>ID with Copy of Birth Certificate or Passport</td>
</tr>
<tr>
<td>Wilderness First Aid Training or Greater</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. Thomas 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. Crew vessel assignments are not made until onsite arrival.

**Bringing Gear Aboard:** All personal items brought aboard, other than sleeping and snorkeling gear, must fit into a 24-inch duffle bag. In additional to personal bags; each crew may bring 1 military style duffle bag to carry first aid kits, sunscreen and crew sleeping gear.

**Storage:** Sea Base does not have onsite storage. Everything will travel aboard the vessel. As a result, it is imperative that crews not bring hard side luggage, or 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](https://www.scouting.org), 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 the captain to ensure that all duties are assigned and completed.

**Working Vessel:** Sailing Adventure boats are working vessels. Youth and adult participants will cook, clean, hoist sails and more. Be prepared to assume tasks given by the youth crew leader and captain.

**Float Plan:** Float plans vary widely based upon weather, sea conditions, wind and other factors. In general; crews will circumnavigate (weather dependent) St. John, US Virgin Islands within sight of land.

**Onboard Sleeping Arrangements:** Due to heat, humidity and close quarters, most sailing participants choose to sleep on deck.

**Marine Head:** Using a marine head is much different than using a household toilet. Nothing other than personal waste may be deposited into the toilet. Paper products, including toilet paper, must be bagged and deposited in a trash receptacle.

**Going Ashore:** Crews will go ashore frequently to explore USVI National Park, hike and snorkel. Crews, youth and adults, are required to stay together. While onshore; crews represent themselves, Sea Base and the Boy Scouts of America. Crews vandalizing property, stealing or consuming alcoholic beverages will be forced to vacate their adventure.

**Swimming Ashore:** Crews will swim ashore frequently to access beaches, USVI National Park and coral reefs. Distances, at times, can be challenging. It is imperative that every participant is a good swimmer.

- Anytime youth or adult participants are in the water they must wear a snorkel vest.

**Hiking:** Crews will have multiple opportunities to hike USVI National Park trails. While hiking, crews must remain on the trail and should have a solid working knowledge of [NPS Plants to Avoid While Hiking](https://www.nps.gov).

**Snorkeling:** The US Virgin Islands are home to some of the most beautiful mangrove forests and coral reefs in the world. 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. Thomas Sailing Adventure Crews return to dock at Sapphire Beach Resort Marina for their final evening/night. Participants will share an end of the week meal along with their experiences with other crews in a relaxed open program format.

**Departure:** Prior to departure, each crew is responsible to provision and clean their vessel.
Gear and Packing List

**Prepared:** Sea Base provides meals, eating utensils, cooking equipment, fishing 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. Thomas. Your unit may or may not catch fish. **Fishing is not permitted in St. John National Park.**

**Packing List:** Participants should limit personal and crew items to those listed below. There is no 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>Recommended</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>Wide Mouth Water Bottle with Carabiner</td>
</tr>
<tr>
<td>Biodegradable Sunscreen, No Sprays</td>
<td>Toiletry Kit</td>
</tr>
<tr>
<td>1 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</td>
</tr>
<tr>
<td>1 Pair Sandals</td>
<td>Small Pillow</td>
</tr>
<tr>
<td>1 Pair Jogging or Hiking 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>
</tbody>
</table>

- Many of these items are available at: [http://www.fsbshipstore.com/](http://www.fsbshipstore.com/)

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

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.

**Where does my unit check in?** Sapphire Beach Resort Marina, 6720 Estate Smith Bay, St. Thomas, USVI.

**USVI National Park Learning Page**
**Overview:** [Park Brochure](#) and Map

**From the Water:** [Marine Visitor Interactive Map](#)

**In the Water:**
- [Sea Turtles](#)
- [Fish Guide](#)

**On the Water:**
- [Mooring and Anchoring Map](#)
- [Marine Hazards to Avoid](#)

**On the Land:**
- [Virgin Islands Bird Checklist](#)
- [Bird Photo Guide](#)
- [Virgin Islands Tree Guide](#)
- [Hazardous Plants](#)

**ISVI National Park:**
- [YouTube](#)
- [Photo Gallery](#)
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: ____________________________

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 local, 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 the event 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 or adult leader. In the event that the person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to assure proper treatment, including hospitalization, anesthesia, surgery, or injection 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, 164.522, also, as amended from time to time, includes assessment 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 risk 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, if any information that 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 in an event or activity, I will be required to submit the correct information. Parents or guardians of the participant are required to complete this section for youth participants only:

Complete this section for youth participants only:

Adults Authorized to Take to and From Events:

Adults NOT Authorized to Take Youth to and From Events:

High-adventure base participants:

Expedition/crew No.: ____________________________

or staff position: ____________________________

List participant restrictions, if any: ____________________________

Participant’s signature: ____________________________

Date: ____________________________

Parent/guardian signature for youth: ____________________________

If participant is under the age of 18: ____________________________

Date: ____________________________

Second parent/guardian signature for youth: ____________________________

Date: ____________________________

(f) required, for example, California)

Prepared. For Life.
**Part B: General Information/Health History**

Full name:

DOB:

**High-adventure base participants:**

Expedition/crew No.:  

or staff position:

**Height (inches):**  

**Weight (lbs.):**

---

**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>No</th>
<th>Condition</th>
<th>Last HbA1c percentage and date</th>
<th>Explain</th>
<th>Last attack date</th>
<th>Last seizure date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hypertension (high blood pressure)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Adult or congenital heart disease/heart attack/cardiac pen angioplasty/heart murmurs/coronary artery disease</td>
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<tr>
<td></td>
<td>Family history of heart disease or any sudden heart-related death of a family member before age 50</td>
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<tr>
<td></td>
<td>Stroke/TIA</td>
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<td></td>
<td>Epilepsy</td>
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<tr>
<td></td>
<td>Lung/respiratory disease</td>
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<td></td>
<td>COPD</td>
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<tr>
<td></td>
<td>Ear/eye/nose/sinus problems</td>
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<tr>
<td></td>
<td>Muscular/skeletal condition/muscle or bone issue</td>
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<td></td>
<td>Head injury/concussion</td>
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<td></td>
<td>Allergic reaction</td>
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<td></td>
<td>Psychiatric/psychological or emotional difficulties</td>
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<td>Epileptoid encephalopathies</td>
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<td>Blood disorders/sickle cell disease</td>
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<tr>
<td></td>
<td>Flaring spells and dizziness</td>
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<td></td>
<td>Kidney disease</td>
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<tr>
<td></td>
<td>Diabetes</td>
<td></td>
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<td></td>
<td>Abdominal/asthma/digestive problems</td>
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<td></td>
<td>Thyroid disease</td>
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<tr>
<td></td>
<td>Excessive fatigue</td>
<td></td>
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<tr>
<td></td>
<td>Obstructive sleep apnea/stop disorders</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>List all surgeries and hospitalizations</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>List any other medical conditions not covered above</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

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**Prepared. For Life.**
**Part B: General Information/Health History**

**Full name:**

**DOB:**

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

### Allergies/Medications

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>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>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- [ ] YES    | [ ] NO

Non-prescription medication administration is authorized with these exceptions:

Administration of the above medications is approved for youth by:  

- Parent/guardian signature

---

### Immunization

The following immunizations are recommended by the CDC. 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. Immunize, 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>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Tetanus</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pertussis</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Diphtheria</td>
<td></td>
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<td></td>
<td></td>
<td>Measles/mumps/rubella</td>
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<td></td>
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<td>Polio</td>
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<td></td>
<td>Chicken Pox</td>
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<td></td>
<td></td>
<td>Hepatitis A</td>
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<td></td>
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<td>Hepatitis B</td>
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<td></td>
<td>Meningitis</td>
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<td></td>
<td></td>
<td>Influenza</td>
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<td></td>
<td></td>
<td>Other (i.e., HB)</td>
<td></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:

- Reviewed by: ____________________________
- Date: ____________________________
- Further approval required: [ ] Yes [ ] No
- Reason: ____________________________
- Approved by: ____________________________
- Date: ____________________________

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Part C: Pre-Participation Physical

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

Full name: ____________________________

DOB: ____________________________

High-adventure base participants:

- Expedition/crew No.: ____________________________
- or staff position: ____________________________

You are being asked to certify that this individual has no contraindication for participation inside a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient.

Examiner: Please fill in the following information:

Medical contraindications to participate:

- Yes
- No

- Allergies or Reactions:
  - Explain:

- Medication:
  - Yes
  - No

- Food:
  - Yes
  - No

- Explain:

- Weight (lbs.):
  - Height (inches):
  - BMI:
  - Blood Pressure:
  - Pulse:

Examiner’s Certification

I 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):

- Has no uncontrolled heart, lung, or pulmonary disease.
- Has no uncontrolled orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
- Has no uncontrolled psychiatric disorders.
- Has no uncontrolled diabetes.
- Is less than 10 years of age and planning to scuba dive, does not have diabetes, asthma, or seizures.

For high-adventure participants, I have reviewed with them the important supplemental risk advisory provided.

Examiner’s Signature: ____________________________ Date: ____________

Provider 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/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Max. Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>165</td>
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<tr>
<td>61</td>
<td>172</td>
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<td>77</td>
<td>274</td>
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<tr>
<td>78</td>
<td>281</td>
</tr>
<tr>
<td>79 and over</td>
<td>295</td>
</tr>
</tbody>
</table>

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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 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 305-664-5012. 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 adequate 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 and examining physician of every participant. There are off-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 when 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 excessively high blood sugar and adjust the dose of insulin. An insulin-dependent person who has been newly diagnosed (within the last six months) or who has undergone a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate until better control of the diabetes has been achieved.

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

Seizures (Epilepsy). A seizure disorder or epilepsy does not exclude an individual from participating in 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 an individual basis, and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. Any seizure activity within the past five years, regardless of control and/or medication, disqualifies an individual from participation in any scuba program. A person with a history of seizure activity who has been asymptomatic AND medication-free for five years, as evidenced by a physician, will be allowed to dive.
High-Adventure Risk Advisory to Health-Care Providers and Parents

Florida Sea Base

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

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 Singular. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/popped 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 trip. 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 on 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.