Florida Sea Base

Scuba Programs

Crew Leaders Guide

Congratulations! You are bringing a crew to Sea Base to participate in a Scuba Adventure. Your group will have the opportunity to enjoy the beautiful reefs, underwater sights and abundant marine life that the Florida Keys has to offer. For many of your crew this will be the adventure of a life time. They will retain the memories for many years to come, as we hope you do as well. This should be an exciting experience for the Crew Leader and not a stress filled quest before you arrive. Using this guide will help you to plan your adventure, minimize the self-imposed stress of being a crew leader and use resources available to you to keep your crew well informed about their trip. It will also give you some hints, tips and suggestions that may help this experience be easier for everyone. With that being said, lets (excuse the pun) dive right in!

Joe Angelo
Program Director-Scuba

“A week of camp life is worth six months of theoretical teaching in the meeting room.”
— Robert Baden-Powell

This information is not a replacement for the Sea Base Participant Guide booklet. This is intended as supplemental information to assist Crew Leader. Please have all of your participants and parents review the Guide Book. It may be found on the Florida Sea Base website under the Resources Page.

February 2020 v1.7
Look kids, we hit the lottery!

Our troop has registered to participate in a Sea Base Scuba Program. My bags are already packed with my favorite Luau shirt, my mask is on, and the sunscreen has been applied. We are ready! Hold on and get a grip, there are a few steps you want to take before you get on the airplane.

One of the first things is understanding which adventure you are participating in and what is required for each program. Upon registering you will be assigned a Sea Base crew number. This is your number that signifies several items about your adventure. Here is an example.

**SA 071020 A**

The first two letters refer to the type of scuba program you crew will be participating in. **SA** signifies Scuba Adventure, **SC** signifies Scuba Certification, **SL** signifies Scuba Live Aboard and **XS** indicates a St. Croix Scuba Adventure.

The next six numbers refer to your arrival date. The above number is **071020**. This would signify July 10, 2020.

The last letter refers to your crew designation. Single letters indicate a single crew. If you have additional letters (ie. BC or DEF) would signify a double or triple crew.

Please include your Sea Base crew number on all correspondence. This will ensure that any documentation you send will be filed in the correct location.

We cannot stress enough the importance that all participants and parents read the following information regarding Florida Sea Base Scuba Programs.

- Participant Guide
- Power Point presentation for their adventure
- Scuba Crew Leaders Guide to Online Medicals
- Scuba Participants & Parents Guide to Online Medicals

OK, step one complete, check that box? Great, now you have a crew number and you know what it means. Where do we go from here? Dates will start looking important from this point so let’s understand these important dates. After the deposit the following dates are an important part of our payment schedule.

**Third Payment for all Crews are due October 1st of the year prior to your trip**

**Final Spring Crew Payment:** Due January 15 of year attending

**Final Summer Crew Payment:** Due February 1 of year attending

**Final Winter Crews Payment:** Due August 1 of year attending
Crew

Hard part (money) is out of the way, what’s next? Determining who in your crew qualifies to attend the adventure may be one of the most difficult responsibilities of a Crew Leader. Determining who wants to go and who can go are two very different things. Once you have determined who wants to go and who can commit to go, you will have to determine who does and does not qualify. We have prepared a Power Point presentation for each Scuba Adventure Program. This may be a good time to get everyone together and review the presentation with all those interested in attending Sea Base. Doing so will help participants and parents understand the program and see if it is a good fit for them. The following list are the basic requirements needed to participate in a Scuba Adventure.

**Age:** All participants must be at least 13 years of age prior to the start date of their adventure.

**Swimming Ability:** All participants must complete a BSA Swim Test in a strong manner prior to their arrival. All participants are required to complete a swim review upon arrival at Sea Base. Yes, even if you are a certified scuba diver you must complete the BSA Swim Test prior to arrival. Sea Base will conduct a swim review, but it is not the test.

**Scuba Certification:** All participants, except those participating in the Scuba Certification Adventure, must be scuba certified prior to arrival. More information on this is in the Scuba Certification Section of this guide. The Boy Scouts of America and Sea Base only accept certification for scuba agencies that are a part of the RSTC which include (but not limited to) SDI/TDI, IANTD, PADI, PDIC, SSI, YMCA, RAID, SNSI, NASE, and NAUI. Sea Base is unable to complete training dives for scuba certification unless you are a part of the Scuba Certification Adventure. If you are not sure if your certification agency is a member of the RSTC follow this link to their website: [https://wrstc.com/](https://wrstc.com/)

**Annual Health and Medical Records:** Please refer to the Health and Medical Information Section of this guide for a detailed explanation.

**Maximum Weight:** Sea Base participants need to meet the BSA Height and Weight Guidelines found on the BSA AHMR Part C. Exceptions may be made for individuals who do not exceed the BSA H&W Guidelines by more than 20lbs. To receive an exception, the participant must provide a letter from their physician (MD or DO only) stating that they are in good health and are approved for participation even though they exceed the weight limit. Individuals 78 inches or taller cannot be offer an exception. **Individuals not meeting these requirements will not be able to participate in their adventure and will be sent home at their own expense.**

<table>
<thead>
<tr>
<th>Height</th>
<th>Height (inches)</th>
<th>Max Weight (lbs)</th>
<th>FSB Max Weight (including the +20lbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5’ 0”</td>
<td>60</td>
<td>160</td>
<td>180</td>
</tr>
<tr>
<td>5’ 1”</td>
<td>61</td>
<td>172</td>
<td>192</td>
</tr>
<tr>
<td>5’ 2”</td>
<td>62</td>
<td>178</td>
<td>198</td>
</tr>
<tr>
<td>5’ 3”</td>
<td>63</td>
<td>183</td>
<td>203</td>
</tr>
<tr>
<td>5’ 4”</td>
<td>64</td>
<td>189</td>
<td>209</td>
</tr>
<tr>
<td>5’ 5”</td>
<td>65</td>
<td>195</td>
<td>215</td>
</tr>
<tr>
<td>5’ 6”</td>
<td>66</td>
<td>201</td>
<td>221</td>
</tr>
<tr>
<td>5’ 7”</td>
<td>67</td>
<td>207</td>
<td>227</td>
</tr>
<tr>
<td>5’ 8”</td>
<td>68</td>
<td>214</td>
<td>234</td>
</tr>
<tr>
<td>5’ 9”</td>
<td>69</td>
<td>220</td>
<td>240</td>
</tr>
<tr>
<td>5’ 10”</td>
<td>70</td>
<td>226</td>
<td>246</td>
</tr>
<tr>
<td>5’ 11”</td>
<td>71</td>
<td>233</td>
<td>253</td>
</tr>
<tr>
<td>6’ 0”</td>
<td>72</td>
<td>239</td>
<td>259</td>
</tr>
<tr>
<td>6’ 1”</td>
<td>73</td>
<td>246</td>
<td>260</td>
</tr>
<tr>
<td>6’ 2”</td>
<td>74</td>
<td>252</td>
<td>273</td>
</tr>
<tr>
<td>6’ 3”</td>
<td>75</td>
<td>260</td>
<td>280</td>
</tr>
<tr>
<td>6’ 4”</td>
<td>76</td>
<td>267</td>
<td>287</td>
</tr>
<tr>
<td>6’ 5”</td>
<td>77</td>
<td>274</td>
<td>294</td>
</tr>
<tr>
<td>6’ 6”</td>
<td>78</td>
<td>281</td>
<td>295</td>
</tr>
<tr>
<td>6’ 7”</td>
<td>79 (and over)</td>
<td>295</td>
<td>295</td>
</tr>
</tbody>
</table>

*All over by 20lbs, should have doctor’s note
**No exceptions for over 20lbs.*
Adult Leadership

Adult leader vs. Participant ratios: Each crew of 8 (12 for Scuba Live Aboard) must have at least 2 adult leaders 21 years of age or older. You are more than welcome to have additional adult leaders, but you must have more youths than adults, or equal numbers of youth and adults. You may not have more adults that youths.

Male vs. Female leaders: If your crew has female participants you must have at least one female leader over the age of 21. You are welcome to have one female leader if you have no female participants. If you have all male participants, you must have at least one male adult leader over the age of 21.

Adult Leader Training: Every adult participant must be registered with the BSA and complete the following:

- Boy Scout or Venturing Youth Protection Training
- BSA Safe Swim Defense
- BSA Hazardous Weather Training
- BSA Safety Afloat

Wilderness First Aid and CPR: In addition to the above training at least one adult from each crew is required to have Wilderness First Aid and CPR or a higher professional certification such as Paramedic, EMT, nurse or physician. If you have multiple crews, you must have an additional adult certified in Wilderness First Aid and CPR for each crew.

“The most important object in Boy Scout training is to educate, not instruct.” Baden-Powell

Youth Leadership

The Youth Crew Leader must be a seasoned and responsible youth elected by the entire crew. This is an excellent opportunity to begin to train your youth leaders by giving them responsibilities. Review the items that need to be taken care of before the adventure and assign some to the youth leader. Start to build leadership before the adventure takes place. However, be careful what you will have them do, and do not allow them to handle sensitive documents such as medicals.

“An invaluable step in character training is to put responsibility on the individual.” Baden-Powell

Sea Base Procedures

Health and Medical Information

All participants must complete a BSA Annual Health and Medical Record signed by a physician. In addition, participants in all scuba programs are required to complete and have a RSTC/PADI Medical Statement signed by a physician clearing the participant for scuba diving activities. Use the most current form
available, old forms will not be accepted. Visit the Sea Base website for the most up to date form. As the crew leader please review all instructions for completing the documents (and common mistakes made on the documents) with your participants and parents before submitting any forms. Doing so will save them, and you, time.

All scuba crew will use the Sea Base on-line medical processing system for their medical documents. Paper copies or emailed documents will not be accepted.

Here’s how it works:

Your Log-in Credentials

Your first name
Your last name
Your email address that was used to register your crew

You will use the following link and above email address to create your profile (Note: your log in will not work if you use a different email address). Once you have logged in, you will have the option to edit your personal information, edit your crew information, begin your own medical and/or invite your participants to complete their medicals.

The instructions below will detail the steps needed to complete the medical submission process. The process is comprised of two sections: “Health Form” and “Scuba Participant Uploads.”

The “Health Form” section is a series of questions collected electronically. These questions come from the BSA Medical Parts A & B and the PADI Medical Statement. This section should be completed by each individual (if over 18), parent or guardian. It should take approximately 15-30 minutes for each medical that needs to be submitted. Participants, parents or guardians should be prepared to enter information regarding prescription medications, allergies, immunizations and physician's contact information. No physician signature is required for this first section of medical questions. Once the “Health Form” section for each participant has been completed, your unit will have completed the requirements for this first step. In order to prevent processing delays, please be sure to adhere to the deadlines for your adventure.

- For Spring crews this is due no later than January 1st
- For Summer crews this is due no later than March 1st
- For Winter crews this is due no later than October 1st

The “Scuba Participant Uploads” section is where participants will upload the completed scuba specific documents and medical forms for each participant attending the adventure. This will include the BSA Medical Part C and PADI Medical Statement among other documents.
As mentioned above, each individual or parent will be responsible for completing their “Health Form” and “Scuba Participant Uploads.” We understand that you will most likely want to track the progress of your crew’s documents. You, as the Primary Adult Registrant, will have access to monitor the status of each crew members’ documents. Once you have invited your crew members to begin their medicals, their names and document status will appear on your “Group Roster” page.

Here’s the link to get started:

Below you will find the link to the Medical Submission Site. Please use this link along with the following directions to navigate through the site and begin your medical submission process.

Sea Base Medical Submission Site

Instructions to Complete the Online Medical (For Crew Leaders)

*Please follow these instructions exactly as written. Omitting or “winging it” will not make the system work.*

To log in:

1. Once you select the above link, you will be directed to a log in page
2. Select “Forgot your password?”
3. Enter your first name, last name and email address as listed above in this email and follow the prompts on the screen to create a password
4. Once you have created a password, log in with your email address and new password. Click “Sign In”

**NOTE:** Using a different email will not allow you to log in. If you need to change your email, you may do so after your initial log in.

To update your information:

1. Once you have logged in, under “My Account Dashboard” click “My Profile”
2. Next, select “Update My Info” to edit/update your personal information
3. Once you have updated your personal information, select “Update” at the bottom of the screen to save any changes

To update your crew information:

1. Once you have logged in, under “My Account Dashboard” click “My Profile”
2. Next, under “My Crew” select your crew to edit/update your crew information
3. Once you have updated your crew information, select “Update” at the bottom of the screen to save any changes
To invite your crew members to begin their medicals:

1. Under “My Account Dashboard” select “View Medicals”
2. Select “Manage Roster”
3. This will take you to the “Group Roster” page
4. On the right side of the screen, under “Actions,” you will see the option to “Invite” participants to complete their medical. Do not use the “Detail” link
5. Select “Invite,”
6. Next, select “Send Request Code.”
7. Complete the information on the screen and then click “Send Request.” This will invite the participant to begin their medical
   - NOTE: If you are sending an invite to a participant under the age of 18, you will need to use a parent or guardian’s email address
   - Once you have invited your crew members to complete their medicals, their name and document status will appear on your “Group Roster” page
8. Repeat step 4 until you have invited your entire crew
9. Once your crew member has accepted the invitation and followed the prompts on their “Attendee Request Code” email, they will be directed to the online medical

NOTE: If you or a family member are attending Sea Base, you will still need to invite yourself or family member.

To complete a medical questionnaire if you or a family member are attending Sea Base:

1. After you have invited yourself or a family member to attend Sea Base, you will receive an email with your unique request code
2. Use the account you have already created to log in
3. Select “Enter a Request Code” under the “My Account Dashboard” page
4. Enter the request code for the participant whose medical you wish to complete. Select “Continue”
5. You will be asked to confirm the information of the participant that has been invited. If this information is correct, select “Continue”
6. Select the participant whose medical you wish to complete from the drop-down bar. If necessary, select “Add a New Individual” and follow the prompts on the screen. Select “Continue”
7. You will be prompted to complete the medical questionnaire.
8. If you are ready and prepared to complete the medical questionnaire, please do so at this time.
9. If you are not ready to complete the medical questionnaire, you may navigate back to your “Account Dashboard” by selecting “My Account” and log out.
10. To complete the medical questionnaire after you have logged out of your account
    1. Log back into your account
    2. Select “View Medicals”
    3. Select the name of the participant whose medical you wish to complete
    4. Select “Health Form” to complete the medical questionnaire

NOTE: This is the first step to completing your online medical.

• For Spring crews this is due no later than January 1st
- For Summer crews this is due no later than March 1st
- For Winter crews this is due no later than October 1st

To print the participant medical form once it’s complete (if you would like to keep this for your records):

1. Once you have logged in, under “My Account Dashboard” select “View Medicals.”
2. Click on the name of the participant.
3. Select “Health Form.”
4. Under “Medical History” select “Download Health Form.”
5. Once you have downloaded your health form, you will have the option to open it and print the form. You may use this for your records or take it to your Physician to complete the BSA Medical Part C and the PADI Medical Form page 2 if needed.

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

To manage your “Scuba Participant Uploads:”

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

**NOTE:** This page will not show as complete and will not let you progress until all forms have been uploaded. However, it will save the documents that have been uploaded regardless of completion status.

**Instructions for completing medicals are in three locations:**

1. Scuba Participants & Parents Guide to Online Medicals (PDF)
2. Scuba Crew Leader’s Guide to Online Medicals (PDF)
3. Instructions are provided in the email that accompanies the Request Code

If you have any questions or concerns throughout this process, please send a message to SeaBase.Medicals@Scouting.org.

**Common mistakes to be aware of on forms:**

**BSA Annual Health and Medical Record Part C issues:**

- Medical restrictions not marked “Yes” or “No”
- Allergies or Reactions section not marked “Yes” or “No”
- Height, Weight, BMI, Blood Pressure and Pulse section not completed. ALL sections must be completed.
- All questions under the Examiner’s Certification must be answered “YES” or “NO”.
- Not signed and/or dated by a physician.
• Your exam is valid through the end of the month, one year from when it was given. For example; if your exam was done on June 2, 2019 it is valid through June 30, 2020.

*Please make sure the parents and the physician have had the opportunity to read the “High-Adventure Risk Advisory to Health-Care Providers and Parents” before signing the Part C document.

*Any items on the BSA Part C that are not completed will cause the document to be returned for completion by the physician.

RSTC/PADI Medical Statement page 1:

• Please complete all lines with a “Yes” or “No”. Do not use a “Y”, “N” or “N/A” to complete the form. Also do not mark the top line with a “Yes” or “No” then draw a line through all the following lines. Mark all lines individually.

RSTC/PADI Medical Statement page 2:

• Must be signed by a physician (MD or DO) for the Scuba Certification Adventure. For Scuba Adventure, Scuba Liveaboard and St. Croix Scuba Adventure, any medical professional may sign the form.

• The form must be signed by a physician or medical professional even if all the answers on the first page or “NO”.

• Physicians cannot add restrictions or conditions for diving to the form. Their approval must be an unconditional Yes or it will be determined to be a No.

Medical Issues that may disqualify an individual from scuba diving.

In addition to this booklet, all of the following information is listed on the Sea Base website, the BSA “High-Adventure Risk Advisory to Health-Care Providers and Parents” as part of the BSA Medical Release document and the Sea Base Scuba Participant Guide. Persons with conditions listed as severe by the Recreational Scuba Training Council (RSTC) will not be permitted to scuba dive. Persons with conditions prohibited by BSA scuba policy will not be permitted to scuba dive. Various risk factors may exclude a person from scuba diving, either temporarily or permanently.

Risk factors include, but are not limited to:

• Ear and sinus problems
• Recent surgery
• Spontaneous pneumothorax
• Asthma or reactive airway disease
• Seizure disorders
• Diabetes
• Leukemia
• Sickle-cell disease
• Pregnancy
• Panic disorders
• Active psychosis
• Certain medications
• Narcolepsy

NOTE: For additional information read the detailed description on the following pages. Not every disqualifying medical condition for BSA scuba diving is listed. If you require further clarification regarding an unlisted medical condition and scuba diving with the BSA, please contact the Sea Base scuba department.

Scuba Participants are held to a high medical standard due to the inherent risks associated with Scuba Diving. Individuals seeking to participate in Scuba programs must meet Sea Base Eligibility Requirements, Scuba BSA requirements, Sea Base Risk Advisories and be approved by their physician. We follow BSA requirements for medical clearance for all scuba participants. No physician, not even our Medical Director, is authorized to waive or alter BSA rules. Final decisions for clearance on all other medical question’s rests with the Sea Base Medical Director.

To limit risk and possibility of harm Sea Base requires:

• That prospective participants who are prescribed medication, for any purpose, should continue to use as prescribed while at Sea Base. Participants should not discontinue use of medication prior to arriving or while at Sea Base unless directed by his/her treating physician.

Insulin-Dependent Diabetes Mellitus. Diabetes must be well-controlled. Hypoglycemia can lead to unconsciousness and drowning.

• Insulin-dependent persons who have been newly diagnosed or who have undergone changes in delivery systems in the last six months are advised not to participate.
• Persons with diabetes who have had frequent problems and/or hospitalizations should not participate.
• Persons using insulin to control diabetes will not be permitted to scuba dive.
• Any HbA1c test greater than 7 in the previous 12 months disqualifies a person from scuba diving.
• Persons under the age of 18 who control their diabetes with exercise and diet (without the aid of medication) and can provide three sequential hemoglobin tests with HbA1c values less than 6 may be approved to scuba dive.
• Persons over the age of 18 who control their diabetes with exercise and diet (without the aid of medication) and can provide four HbA1c tests, each with a value less than 7, within the previous 12 months may be approved to scuba dive.

***Diabetes Information***

Participants that are insulin dependent, youth or adult, will not be cleared to scuba dive. Those that are currently scuba certified or have a physician’s approval for scuba diving will not be cleared to scuba dive at Sea Base. Participants younger than 18 years of age with Type 1 diabetes will not be cleared to scuba dive. There are no exceptions, exclusions or waivers to this policy.
Asthma and Scuba Diving: Persons being treated for asthma (including reactive airway disease) are disqualified from BSA scuba programs.

- Persons being treated for asthma (including reactive airway disease) are disqualified from scuba diving.
- Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.
  — Provocative testing can include exercise, hypertonic saline, a hyperpnea test, etc.

***Asthma Information***
Participants, youth or adult, with asthma will not be cleared to scuba dive. The predisposing factors, severity of attacks or intermitted asthma does not change this BSA policy. Those that are currently scuba certified or have a physician’s approval for scuba diving will not be cleared to scuba dive at Sea Base. There are no exceptions, exclusions or waivers to this policy.

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.

Maximum Weight: Sea Base participants should meet the BSA Height and Weight Guidelines as found on the bottom of the BSA Part C form. Exceptions may be made for individuals who do not exceed the BSA H&W Guidelines by no more than 20lbs. To receive an exception, the participant must provide a letter from their physician (MD or DO only) stating that they are in good health and are approved for participation even if they are over the weight limit.

1. If they are under the height/weight limit they are fine
2. If they are over the height/weight limit by no more than 20 pounds, a note from the physician will meet the requirements.
3. If they are over the height/weight limit by more than 20 pounds they will not be allowed to attend.
4. Those over 78 inches cannot be offered an exception.

Individuals exceeding the weight limit will vacate their adventure and be sent home at their own expense. There are NO EXCEPTIONS TO THE MAXIMUM WEIGHT LIMIT.
Hypertensive: Blood pressure greater than 140/90 should be treated and lower blood pressure to 140/90 prior to arrival at Sea Base. If medications are taken they must be continued while at Sea Base as prescribed.

Psychological and Emotional Difficulties. Any condition should be well-controlled without the services of a mental health practitioner. Participants requiring medication must bring an ample supply and take as prescribed for the duration of their trip.
  * Many psychotropic medications are not compatible with scuba diving.
  * Persons taking more than one psychotropic medication will not be cleared to scuba dive.
  * Persons with anxiety will not be cleared to scuba dive.

***Psychotropic Medication***

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. Those participants on multiple medications (more than one) for ADD, ADHD, Depression or any psychological condition will not be cleared for scuba diving. Those participants with Anxiety will not be cleared for scuba diving.

Concussions: Those participants who have suffered a concussion and any side effects from the concussion should contact DAN and Florida Sea Base to discuss this issue. Please provide the following information on the BSA Medical:
  1. When did the injury occur?
  2. Was there any loss of consciousness, inability to recollect events?
  3. Were there reports of disorientation after the incident?
  4. Have there been any lingering affects?

Food Allergies Please alert Sea Base Food Service to known allergies and restrictions via email at least two weeks prior to arrival. FSB.Galley@scouting.org. Crew must verify correct provisions upon arrival. See Dietary Notification form in the appendix section.

Required Documents and Important Dates

The following is a listing of the required documents that must be sent to Sea Base. Because each adventure is different, the list is broken down by adventure. The following are important dates to remember. Your medical documents must be sent to Sea Base by these dates.

  Spring Crews must have all documents to Sea Base by January 1st.
  Summer Crews must have all documents to Sea Base by March 1st
  Winter Crews must have all documents to Sea Base by October 1st.
**Scuba Certification**

BSA Annual Health and Medical Record Part A and B

**Scuba Participants Uploads** must be completed by deadline date.

- BSA Part C (signed by a physician (MD or DO only) pg. 22
- PADI General Training Release pg. 28
- RSTC/PADI Medical Statement (signed by a physician, MD or DO **only**) pg. 29,30
- PADI Safe Diving Practices pg. 25
- Copy of health insurance cards

**Scuba Adventure and Scuba Live Aboard**

BSA Annual Health and Medical Record Part A and B

**Scuba Participants Uploads** must be completed by deadline date.

- BSA Part C (signed by a physician) pg. 22
- RSTC/PADI Medical Statement (signed by a physician) pg. 29,30
- PADI Release for Certified Divers pg. 26,27
- Copy of health insurance cards
- Copy of scuba diving certification cards

**St. Croix Scuba Adventure**

BSA Annual Health and Medical Record Part A and B

**Scuba Participants Uploads** must be completed by deadline date.

- BSA Part C (signed by a physician) pg. 22
- RSTC/PADI Medical Statement (signed by a physician) pg. 29,30
- PADI Release for Certified Divers pg. 26,27
- Copy of health insurance cards
- Copy of scuba diving certification cards
- St. Croix Boat Release pg. 39,40

“Boys can see adventure in a dirty old duck puddle, and if the Scoutmaster is a boys’ man he can see it, too.” *Baden-Powell*
Cool! We are through the difficult part and now it is time to discuss each adventure. This is where we begin to have fun! The Scuba Department of Sea Base offers four adventures to our participants. Each adventure is unique in what it has to offer and what the scouts will gain from them.

**Scuba Certification:** This is where it all starts: getting certified as a PADI Open Water Diver. The Scuba Certification Adventure is a seven-day program that includes classroom knowledge development, diving skill development in the pool and open-water dives on the beautiful reefs of the Florida Keys.

There is preparatory work that your crew must complete prior to arriving to the Sea Base. Florida Sea Base will send each crew leader a PADI Open Water Crew Pack for each participant. Each Crew Pack contains the following:

- PADI Open Water Diver Manual
- RDP Dive Table
- Logbook
- Student Record File

The PADI Open Water Diver manual is divided into 5 chapters. **Please ensure each participant reads and completes the knowledge reviews at the end of each chapter.** Each crew will receive one PADI Open Water Diver video (DVD format) for the entire crew. **Each participant is required to view the entire video.** It is highly suggested that your crew watches the video not as individuals, but as a crew to help build team unity. Each Crew Leader will also receive a checklist to help you follow your crew’s progress in completing the required materials. The checklist must be signed and returned to Sea Base upon arrival as part of your registration session.

**Please complete this prior to your arrival.** If the knowledge reviews are not completed prior to your arrival, this may preclude you from receiving your certification. In addition, your Open Water Certification will require you to comfortably swim, unaided, for a distance 200 meters, and float/tread water for 10 minutes.

"In Scouting, a boy is encouraged to educate himself instead of being instructed." **Baden-Powell**

**Scuba Adventure:** The Scuba Adventure program is a classic scuba adventure that most visitors come to the Florida Keys to experience. In an effort to provide a true adventure for your crew, Florida Sea Base has infused the diving with additional training in dive skills, environmental awareness and ah.. what’s that word that divers truly enjoy experiencing?? Oh yes, FUN!

Those in the Scuba Adventure program will do up to 11 dives during their seven day stay. During these dives your crew will learn additional skills in compass navigation, natural navigation, buoyancy control and night diving. In addition, they will be learning about reef conservation, environmental issues and impact by humans on our reef system.
**Scuba Live Aboard**: Let’s sing together “A Pirates Life for me”...... If you want lots of dives, sleeping under the stars and living on a boat for a week, the Scuba Live Aboard program is the adventure you want. The vessels in our fleet are either steel hulled Schooners or smaller 41’ Morgan’s. You will dive and work as part of the crew doing everything needed to operate the boat. This will include cooking, anchor watch, cleaning the boat and helping to operate the boat. Remember that this is “High Adventure”. If you are envisioning a cruise on the Queen Mary you may want to rethink this as an adult.

- **Sleeping**: There are bunks on the boats, but most participants enjoy sleeping on the deck under the stars. Please bring a sleeping mat and some light bedding. Do not bring hammocks as there is not enough space on the boat deck. You will be spending your first and last night at Sea Base in our dormitories.
- **Packing**: Before you depart Sea Base for your boat each person will be given a mesh bag for clothing and other items each participant wants to bring onboard. All items must fit into this 24-inch duffel bag. Bedding and scuba equipment are the only exceptions as to what must fit into the bag. Each crew will be given a locker to stow your gear that will not be going on the boat with you. The locker size 3 ft. x 3.5 ft. x 4 ft. deep. Bring your own lock to secure this locker and remember not to pack large travel suitcases as they will not fit into this locker.
- **There is a possibility that your crew may be split onto two vessels for their adventure.** It is totally a random chance this will happen and there is no way to assure any crew they will be able to be on one vessel. If your crew is on two vessels both boats will stay in close proximity to each other. If weather permits they will raft up together for meals and evening program. They will not be able to raft up together for the night or when they are on the reef diving.

“We do not want to make Scout training too soft.”  **Baden-Powell**

**Diving Equipment**

Sea Base offers Aqualung scuba equipment for all your equipment needs. We supply the following equipment that is included in your adventure cost:

- Mask
- Fins
- Snorkel
- BC (weight integrated)
- Regulator (includes octo, pressure gauge, depth gauge and compass)
- Weights
- Tanks.
Wetsuits are available to rent for winter and spring. Summer water temperatures are in the 80’s so you will not need wetsuits then. Sorry, but Sea Base does not supply dive computers. Yes, you may use a computer if you bring your own. Sea Base highly recommends participants bring any snorkel or scuba diving equipment that they may already own, other than tanks, provided the equipment is inspected and approved by Sea Base. Although we supply equipment, a diver is normally more comfortable diving in their own gear. Wetsuit booties are not required, but a pair of wet suit socks will definitely keep your feet comfortable in our fins.

All participants are required to have a dive watch to plan no decompression dives. The easiest way to explain this is you will need a watch that you could dive with. Yes, everyone needs a watch to dive with. No, it does not need to be an expensive watch, check online for several watches starting around $20. This watch does NOT need to record depth, safety stops or calculate no decompression limits.

BSA Recognized Training Agencies
The Boy Scouts of America and Sea Base only accept certification from Recreational Scuba Training Council (RSTC or WRSTC) recognized training agencies which include (but not limited to) SDI/TDI, IANTD, PADI, PDIC, SSI, YMCA, RAID, SNSI, NASE and NAUI. Check the RSTC website to see if your agency is listed. https://wrstc.com/

Sea Sickness
Oh yes, the scourge of the sea! Sea Sickness has been described as a feeling of: first you think you are going to die, then you realize you will not, but wish you would. But the good news is there are ways to prevent this feeling. There are several over the counter medications that will help. The important thing is to read the directions. Start early. The Ships Store sells Bonine which is a good anti-seasickness medication.

First Aid Kit
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, Benadryl, cooling cloths.

Luau
On the evening before your departure from Sea Base we provide you with a Luau. This is where we offer your crew a nice seafood dinner and some entertainment. Oh….by the way, your crew will be part of the entertainment. You may also want to have some luau attire for the evening. Tacky flowered shirts is what the locals (our staff) wear, and your crew is invited to join in the fun. If you can’t find such shirts where you live, our Ships Store has many to choose from.

Packing List
* Water bottle with carabiner & coffee mug
* One long sleeve shirt (SPF 45+)
* Wide brimmed hat with strap
* Polarized sunglasses with strap
* Biodegradable sunscreen (No sprays please)
* Two pairs of shorts (one swim trunks and one land)

One sleeping cover, top and bottom sheet
Pillow with pillow case
* Two towels
* Toiletry kit
* Dive log book and certification card
* Shoes or sandals
*Neoprene swim socks (Optional)  
One piece swim suit or conservative tankini for our female participants  
*Two locks per crew for Scuba Certification and Scuba Adventure, one lock for Scuba Live Aboard  
*Light rain jacket  

*These items are available in our Ships Store  
The Ships store offers custom crew shirts that could double as rash guards. Custom 12.5” x 14” dry bags are also available. Visit the Ships Store online at www/fsbshipstore.com.

Please Do Not Bring the Following Items
Spear guns, firearms, fireworks, aerosol sunscreen or bug spray, dive knives, personal music player, video games.

BSA Swim Test
All Sea Base participants must complete the BSA Swim Test in a strong manner prior to arrival. Units must complete the BSA Unit Swim Classification Form Any certified lifeguard or swim instructor may administer the test. Participants will be required to complete a Swim Review upon arrival. Participants who are classified as a non-swimmer, beginner swimmer or cannot complete the BSA Swim Test and the Sea Base Swim Review in a strong manner will not be able to participate in their adventure and cannot stay at Sea Base. No exceptions will be granted; no refund will be offered for non-swimmers.  

Leaving Base
Leaving Sea Base is only permitted for medical and religious reasons. Crews are not permitted to leave base to go sightseeing or for dinners. If a crew decided to depart Sea Base that will be the end of their program, and they will not be permitted to return.

Departure
Prior to your departure there is a few items that need to be taken care of.
1. Please remember to pick up your crew photo from the Ships Store. We suggest that you take care of this sometime during the week.
2. Return the evaluations that you were given by your Divemaster/Instructor to the program office.
3. Return the First Aid Log to the Program Office. Even if you did not use anything out of your first aid kit, we need to have it back.

“The Scout Oath and Law are our binding disciplinary force.” Baden-Powell
Appendix

BSA Part A: Informed Consent, Release Agreement, and Authorization.................................pg. 19
BSA Part B1: General Information/Health History (pg. 1) .............................................................pg. 20
BSA Part B2: General Information/Health History (pg. 2) .............................................................pg. 21
BSA Part C: Pre-Participation Physical .........................................................................................pg. 22
BSA High-Adventure Risk Advisory to Health-Care Providers and Parents (pg. 1) ................pg. 23
BSA High-Adventure Risk Advisory to Health-Care Providers and Parents (pg. 2) ..............pg. 24
PADI Standard Safe Diving Practices Statement of Understanding ........................................pg. 25
PADI Certified Divers Release (pg. 1) .........................................................................................pg. 26
PADI Certified Divers Release (pg. 2) .........................................................................................pg. 27
PADI General Training Release ..................................................................................................pg. 28
RSTC/PADI Medical Statement (pg. 1) .......................................................................................pg. 29
RSTC/PADI Medical Statement (pg. 2) .......................................................................................pg. 30
Additional Medical Statement/DAN Information .....................................................................pg. 31
Scuba Adventure Crew Paperwork Review Checklist ..............................................................pg. 32
Scuba Certification Crew Paperwork Review Checklist ..........................................................pg. 33
Scuba Live Aboard Crew Paperwork Review Checklist ............................................................pg. 34
Open Water Crew Check off Form .............................................................................................pg. 35
Florida Sea Base Dietary Notification Form .............................................................................pg. 36
Food Allergy / Diet Restriction Procedures ..............................................................................pg. 37
BSA Unit Swim Classification Form ..........................................................................................pg. 38
St Croix Boat Release (pg. 1) ....................................................................................................pg. 39
St. Croix Boat Release (pg. 2) ..................................................................................................pg. 40
BSA Part A: Informed Consent, Release Agreement, and Authorization
### Part B1: General Information/Health History

<table>
<thead>
<tr>
<th>Condition</th>
<th>Yes</th>
<th>No</th>
<th>Condition</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td></td>
<td></td>
<td>Hypertension (high blood pressure)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Asthma or chronic lung disease, heart attack, stroke, or cancer</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Allergies or asthma</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Seizure disorder</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Other medical conditions</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**High-adventure base participants:**
- Expedition/Zone No.: ________________________________________
- Rate or staff position: ________________________________________

**Address:** ________________________________________________
- City: ________________________________________
- State: ________________________________________
- ZIP code: ________________________________________
- Phone: ________________________________________

**Unit leader:**
- Unit leader's name: ________________________________________
- Unit leader's phone: ________________________________________

**Health/Accident Insurance Company:** ________________________________________
- Policy No.: ________________________________________

**Health History**

- **Yes** or **No** for the following:
- Condition: ________________________________________
- Last HIH/F: ________________________________________
- Explain: ________________________________________

---

**Prepared. For Life.**

---

**BSA Part B: General Information/Health History (pg. 1)**

---

**pg. 20**
Part B2: General Information/Health History

Full Name: ____________________________
Date of birth: ________________________

Allergies/Medications

<table>
<thead>
<tr>
<th>DO YOU USE AN EPINEPHRINE AUTOINJECTOR? Exp. date (if yes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES □ NO □</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DO YOU USE AN ASTHMA RESCUE INHALER? Exp. date (if yes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES □ NO □</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>YES □ NO □</th>
<th>Allergies or Reactions</th>
<th>Explain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Medications</th>
<th>Dosage</th>
<th>Frequency</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

□ YES □ NO Non-prescription medication administration is authorized with these exceptions:
[Signature]
[Date]

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. Tetanus immunization is required and must have been received within the last 10 years. If you have the disease, check the box(es) and list the date(s) it was immunized. Please list any additional information about your medical history:

<table>
<thead>
<tr>
<th>Disease</th>
<th>Immunization</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tetanus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pertussis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diphtheria</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles, Mumps, Rubella</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Pox</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningitis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Influenza</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other (e.g., HIV)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Exemption to immunization (form required):

Prepared. For Life.

BSA Part B: General Information/Health History (pg. 2)
**Part C: Pre-Participation Physical**

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

Full name: ____________________________  High-adventure base participants:

Date of birth: ____________________________

You are being asked to certify that you are making an informed decision to participate in a Scouting experience. For individuals who will be attending a high-adventure program, including any of the optional high-adventure tours, please refer to the supplemental information on the following pages of this form. The form is also available online at www.scouting.org/health-and-safety/careers to view this information online.

Please fill in the following information:

<table>
<thead>
<tr>
<th>Medical restrictions to participate</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies or Reactions</td>
<td>Explain</td>
<td></td>
</tr>
<tr>
<td>Medication</td>
<td>Food</td>
<td></td>
</tr>
<tr>
<td>Explain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Height (inches)</td>
<td>Weight (lbs.)</td>
<td>BMI</td>
</tr>
<tr>
<td>Normal</td>
<td>Abnormal</td>
<td>Explain Abnormalities</td>
</tr>
</tbody>
</table>

**Examiner’s Certification**

I certify that I have reviewed the health history and examined the person and feel no contraindications for participation in a Scouting experience. This participant meets all requirements:

<table>
<thead>
<tr>
<th>True</th>
<th>False</th>
<th>Explain</th>
</tr>
</thead>
<tbody>
<tr>
<td>None; height/weight measurements.</td>
<td>Yes; no contraindicated heart disease, lung disease, or hypertension.</td>
<td>1. No active or uncontrolled endocrine, metabolic, or renal disease or disorder.</td>
</tr>
<tr>
<td>Yes; no uncontrolled psychosomatic disorders.</td>
<td>Yes; no active or uncontrolled psychosomatic disorder.</td>
<td>2. No active or uncontrolled neurololgical disorder.</td>
</tr>
<tr>
<td>Yes; no active or uncontrolled psychiatric disorder.</td>
<td>Yes; no active or uncontrolled mental disorder.</td>
<td>3. No active or uncontrolled mental disorder.</td>
</tr>
<tr>
<td>No active or uncontrolled gastrointestinal disorder.</td>
<td>No active or uncontrolled gastrointestinal disorder.</td>
<td>4. No active or uncontrolled gastrointestinal disorder.</td>
</tr>
<tr>
<td>No active or uncontrolled pulmonary disorder.</td>
<td>Yes; no active or uncontrolled pulmonary disorder.</td>
<td>5. No active or uncontrolled pulmonary disorder.</td>
</tr>
<tr>
<td>No active or uncontrolled liver disorder.</td>
<td>Yes; no active or uncontrolled liver disorder.</td>
<td>6. No active or uncontrolled liver disorder.</td>
</tr>
<tr>
<td>No active or uncontrolled diabetes.</td>
<td>Yes; no active or uncontrolled diabetes.</td>
<td>7. No active or uncontrolled diabetes.</td>
</tr>
</tbody>
</table>

Examiner’s signature: ______________________  Date: ______________________

Examiner’s printed name: ______________________

Address: ______________________  City: ______________________  State: ________  ZIP code: ________

Office phone: ______________________

**Height/Weight Restrictions**

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

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Max. Weight</th>
<th>Height (inches)</th>
<th>Max. Weight</th>
<th>Height (inches)</th>
<th>Max. Weight</th>
<th>Height (inches)</th>
<th>Max. Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>196</td>
<td>66</td>
<td>196</td>
<td>76</td>
<td>220</td>
<td>75</td>
<td>249</td>
</tr>
<tr>
<td>61</td>
<td>178</td>
<td>67</td>
<td>201</td>
<td>77</td>
<td>233</td>
<td>76</td>
<td>267</td>
</tr>
<tr>
<td>62</td>
<td>160</td>
<td>68</td>
<td>207</td>
<td>78</td>
<td>234</td>
<td>77</td>
<td>287</td>
</tr>
<tr>
<td>63</td>
<td>148</td>
<td>69</td>
<td>214</td>
<td>79</td>
<td>249</td>
<td>78</td>
<td>301</td>
</tr>
<tr>
<td>64</td>
<td>138</td>
<td>70</td>
<td>220</td>
<td>80</td>
<td>262</td>
<td>79</td>
<td>310</td>
</tr>
</tbody>
</table>

Prepared for Life®

BSA Part C: Pre-Participation Physical
High-Adventure Risk Advisory to Health-Care Providers and Parents

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

It is the responsibility of participants, parent/guardians, and unit leaders to ensure that each individual—youth or adult—can safely take part in Sea Base adventures.

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

Sea Base participants must be able to

- Swim in a strong manner
- Climb a 6-foot ladder, unassisted, in inclement weather, from the water onto a rocking vessel
- Self-rescue if found overboard in inclement weather

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

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

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

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

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

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

Recommendations Regarding Chronic Illness and/or Compromised Immune System. Persons with chronic conditions and/or compromised immune systems should seek medical advice and education regarding medical risks associated with harsh marine environments before participating. Individuals with open wounds or sores should avoid participation.

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

Insulin-Dependent Diabetes Mellitus. Diabetes must be well-controlled. Hypoglycemia can lead to unconsciousness and drowning.

- Insulin-dependent persons who have been newly diagnosed or who have undergone changes in their diabetes regimen should not participate.
- Persons with diabetes who have had frequent problems and/or hospitalizations should not participate.
- Persons using insulin to control diabetes will not be permitted to scuba dive.
- Any HbA1c test greater than 7 in the previous 12 months disqualifies a person from scuba diving.
- Persons under the age of 18 who control their diabetes with exercise and diet (without the aid of medication) and can provide three sequential hemoglobin tests with HbA1c values less than 8 may be approved for scuba dive.
- Persons over the age of 18 who control their diabetes with exercise and diet (without the aid of medication) and can provide four HbA1c tests, each with a value less than 7, within the previous 12 months may be approved to scuba dive.

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

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

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

- Persons being treated for asthma (including reactive airway disease) are disqualified from scuba diving.
- Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a cardiologist.

- Provocative testing can include exercise, hypertonic saline, a hyperpnea test, etc.
High-Adventure Risk Advisory to Health-Care Providers and Parents

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

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

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

Weight Limits. Participants must meet BSA height and weight guidelines. Exceptions may be made for individuals who do not exceed the BSA height and weight guidelines by more than 20 pounds. Due to rescue equipment weight restrictions, individuals who are 78 inches (6.5 feet) and taller cannot be offered an exception.

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

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

Please read carefully before signing.

This is a statement in which you are informed of the established safe diving practices for skin and scuba diving. These practices have been compiled for your review and acknowledgement and are intended to increase your comfort and safety in diving. Your signature on this statement is required as proof that you are aware of these safe diving practices. Read and discuss the statement prior to signing it. If you are a minor, this form must also be signed by a parent or guardian.

I, ____________________________, understand that as a diver I should:

1. Maintain good mental and physical fitness for diving. Avoid being under the influence of alcohol or dangerous drugs when diving. Keep proficient in diving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of diving inactivity, and refer to my course materials to stay current and refresh myself on important information.

2. Be familiar with my dive sites. If not, obtain a formal diving orientation from a knowledgeable, local source. If diving conditions are worse than those in which I am experienced, postpone diving or select an alternate site with better conditions. Engage only in diving activities consistent with my training and experience. Do not engage in cave or technical diving unless specifically trained to do so.

3. Use complete, well-maintained, reliable equipment with which I am familiar, and inspect it for correct fit and function prior to each dive. Have a buoyancy control device, low-pressure buoyancy control inflation system, submersible pressure gauge and alternate air source and dive planning/monitoring device (dive computer, RDP/dive tables — whichever you are trained to use) when scuba diving. Deny use of my equipment to uncertified divers.

4. Listen carefully to dive briefings and directions and respect the advice of those supervising my diving activities. Recognize that additional training is recommended for participation in specialty diving activities, in other geographic areas and after periods of inactivity that exceed six months.

5. Adhere to the buddy system throughout every dive. Plan dives — including communications, procedures for reuniting in case of separation and emergency procedures — with my buddy.

6. Be proficient in dive planning (dive computer or dive table use). Make all dives no decompression dives and allow a margin of safety. Have a means to monitor depth and time underwater. Limit maximum depth to my level of training and experience. Ascend at a rate of not more than 18 metres/60 feet per minute. Be a SAFE diver — Slowly Ascend From Every dive. Make a safety stop as an added precaution, usually at 5 metres/15 feet for three minutes or longer.

7. Maintain proper buoyancy. Adjust weighting at the surface for neutral buoyancy with no air in my buoyancy control device. Maintain neutral buoyancy while underwater. Be buoyant for surface swimming and resting. Have weights clear for easy removal, and establish buoyancy when in distress while diving. Carry at least one surface signaling device (such as signal tube, whistle, mirror).

8. Breathe properly for diving. Never breath-hold or skip-breathe when breathing compressed air, and avoid excessive hyperventilation when breath-hold diving. Avoid overexertion while in and underwater and dive within my limitations.

9. Use a boat, float, or other surface support station, whenever feasible.

10. Know and obey local dive laws and regulations, including fish and game and dive flag laws.

I understand the importance and purposes of these established practices. I recognize they are for my own safety and well-being, and that failure to adhere to them can place me in jeopardy when diving.

______________________________
Participant’s Signature

______________________________
Signature of Parent or Guardian (where applicable)

______________________________
Date (Day/Month/Year)

______________________________
Date (Day/Month/Year)

PADI Standard Safe Diving Practices Statement of Understanding

pg. 25
Release of Liability/Assumption of Risk/Non-agency Acknowledgement Form

CERTIFIED DIVERS

Please read carefully and fill in all blanks before signing.

Non-Agency Disclosure and Acknowledgment Agreement

I understand and agree that PADI Members ("Members"), including Sea Base, and/or any individual PADI Instructors and Divemasters associated with the program in which I am participating, are licensed to use various PADI Trademarks and to conduct PADI training, but are not agents, employees or franchisees of PADI Americas, Inc. or its parent, subsidiary, and affiliated corporations ("PADI"). I further understand that Member business activities are independent and are neither owned nor operated by PADI, and that while PADI establishes the standards for PADI diver training programs, it is not responsible for, nor does it have the right to control, the operation of the Members' business activities and the day-to-day conduct of PADI programs and supervision of divers by the Members or their associated staff. I further understand and agree on behalf of myself, my heirs and my estate that in the event of an injury or death during this activity, neither I nor my estate shall seek to hold PADI liable for the actions, inactions or negligence of Sea Base and/or the instructors and divemasters associated with the activity.

Liability Release and Assumption of Risk Agreement

I, hereby affirm that I am a certified scuba diver trained in safe dive practices and know that skin diving and scuba diving (hereinafter "Diving") have inherent risks which may result in serious injury or death.

I understand that scuba diving with compressed air involves certain inherent risks; including but not limited to decompression sickness, embolism or other hyperbaric air expansion injury that require treatment in a recompression chamber. If I am scuba diving with oxygen enriched air ("Enriched Air") or other gas blends including oxygen, I also understand that it involves inherent risks of oxygen toxicity and/or improper mixtures of breathing gas. I further understand that the Diving activities will be conducted at a site that is remote, either by time or distance or both, from such a recompression chamber. I still choose to proceed with these activities in spite of the absence of a recompression chamber in proximity to the dive site(s).

I understand and agree that neither, nor the dive professional(s) who may be present at the dive site, nor PADI Americas, Inc., nor its affiliate and subsidiary corporations, nor any of their respective employees, officers, agents, contractors and assigns (hereinafter "Released Parties") may be held liable or responsible in any way for any injury, death or other damages to me, my family, estate, heirs or assigns that may occur during Diving activities as a result of my participation in Diving or as a result of the negligence of any party, including the Released Parties, whether passive or active.

I affirm that I am in good mental and physical fitness for Diving. I further state that I am not under the influence of alcohol or any drugs that are contraindicated to Diving. If I am taking medication, I affirm that I have seen a physician and have approval to dive while under the influence of the medication/drugs. I understand that Diving is a physically strenuous activity and that I will be exerting myself during this activity and that I am injured as a result of heart attack, panic, hyperventilation, drowning or any other cause, that I expressly assume the risk of said injuries and that I will not hold the Released Parties responsible for the same.

I am aware that safe dive practices suggest diving with a buddy unless trained as a self-reliant diver. Accordingly, it is my responsibility to plan my dive allowing for my diving experience and limitations, and the prevailing water conditions and environment. I will not hold the Released Parties responsible for my failure to safely plan my dive, dive my plan, and follow the instructions and dive briefing of the dive professional(s). I affirm it is my responsibility to inspect all of my equipment prior to the Excursion and that I should not dive if my equipment is not functioning properly. I will not hold the Released Parties responsible for my failure to inspect my equipment prior to diving or if I choose to dive with equipment that may not be functioning properly.

I further state that I am of lawful age and legally competent to sign this liability release, or that I have acquired the written consent of my parent or guardian. I understand the terms herein are contractual and not a mere recital, and that I have signed this Agreement of my own free act and with the knowledge that I hereby agree to waive my legal rights. I further agree that if any provision of this Agreement is found to be unenforceable or invalid, that provision shall be severed from this Agreement. The remainder of this Agreement will then be construed as though the unenforceable provision had never been contained herein.

I understand and agree that I am not only giving up my right to sue the Released Parties but also any rights my heirs, assigns, or beneficiaries may have to sue the Released Parties resulting from my death. I further represent that I have the authority to do so and that my heirs, assigns, and beneficiaries will be estopped from claiming otherwise because of my representations to the Released Parties.
Release of Liability/Assumption of Risk/Non-agency Acknowledgement Form

CERTIFIED DIVERS

I, ____________________________, By this instrument, agree to exempt and release Sea Base, The Dive Professional(s), PADI Americas, Inc., and all related entities as defined above from all liability or responsibility whatsoever for personal injury, property damage or wrongful death however caused, including but not limited to the negligence of the released parties, whether passive or active.

I have fully informed myself and my heirs of the contents of this non-agency disclosure and acknowledgement agreement and liability release and assumption of risk agreement by reading both before signing below on behalf of myself and my heirs.

Participant Signature ____________________________ Date (Day/Month/Year) ____________

Signature of Parent or Guardian (where applicable) ____________________________ Date (Day/Month/Year) ____________

Diver Accident Insurance?  □ NO □ YES Policy Number ____________________________

- page 2 of 2 -

PADI Certified Divers Release (pg. 2)
Non-Agency Disclosure and Acknowledgment Agreement

In European Union and European Free Trade Association countries use alternative form.

Please read carefully and fill in all blanks before signing.

I understand and agree that PADI Members (“Members”), including Sea Base, as well as any individual PADI Instructors and Dive Masters associated with the program in which I am participating, are licensed to use various PADI Trademarks and to conduct PADI training, but are not agents, employees, or franchisees of PADI Americas, Inc., or its parent, subsidiary, and affiliated corporations (“PADI”). I further understand that Member business activities are independent, and are neither owned nor operated by PADI, and that while PADI establishes the standards for PADI diver training programs, it is not responsible for, nor does it have the right to control, the operation of the Members’ business activities and the day-to-day conduct of PADI programs and supervision of divers by the Members or their associated staff. I further understand and agree on behalf of myself, my heirs and my estate that in the event of an injury or death during this activity, neither I nor my estate shall seek to hold PADI liable for the actions, inactions or negligence of Sea Base and/or the instructors and dive masters associated with the activity.

Liability Release and Assumption of Risk Agreement

In European Union and European Free Trade Association countries use alternative form.

Please read carefully and fill in all blanks before signing.

I, ________________________________, hereby affirm that I am aware that skin diving and scuba diving have inherent risks which may result in serious injury or death.

I understand that diving with compressed air involves certain inherent risks, including but not limited to: decompression sickness, embolism or other hyperbaric expansion injury that require treatment in a recompression chamber. I further understand that the open water diving trips which are necessary for training and certification may be conducted at a site that is remote, either by time or distance or both, from such a recompression chamber. I still choose to proceed with such instructional dives in spite of the possible absence of a recompression chamber in proximity to the dive site.

I understand and agree that neither my instructor(s), nor PADI Americas, Inc., nor its affiliate and subsidiary corporations, nor any representative, officer, employee, agents, contractors or assigns (hereinafter referred to as “Released Parties”) may be held liable or responsible in any way for any injury, death or other damages to me, my family, estate, heirs or assigns that may occur as a result of my participation in this diving program or as a result of the negligence of any party, including the Released Parties, whether passive or active.

In consideration of being allowed to participate in this course (and optional Adventure Dive, hereinafter referred to as “program”) I hereby personally assume all risks of this program, whether foreseeable or unforeseen, that may befall me while I am a participant in this program including, but not limited to, the academics, confined water and/or open water activities.

I further release, exempt and hold harmless said program and Released Parties from any claim or lawsuit by me, my family, estate, heirs or assigns, arising out of my enrollment and participation in this program including both claims arising during the program or after I receive my certification.

I have fully informed myself and my heirs of the contents of this non-agency disclosure and acknowledgment agreement and liability release and assumption of risk agreement by reading both before signing below on behalf of myself and my heirs.

[Signature]

[Date (Day/Month/Year)]

[Signature of Parent or Guardian (where applicable)]

[Date (Day/Month/Year)]

PADI General Training Release
Please read carefully before signing.
This is a statement in which you are informed of some potential risks involved in scuba diving and of the conduct required of you during the scuba training program. Your signature on this statement is required for you to participate in the scuba training program offered by the Instructor(s) of the Sea Base located in the city of Islamorada, state/province of Florida.

Read this statement prior to signing it. You must complete this Medical Statement, which includes the medical questionnaire section, to enroll in the scuba training program. If you are a minor, you must have this Statement signed by a parent or guardian.

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is relatively safe. When established safety procedures are not followed, however, there are increased risks.

To scuba dive safely, you should not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with coronary disease, a current cold or infection, epilepsy, a severe medical problem or who is under the influence of alcohol or drugs should not dive. If you have asthma, heart disease, other chronic medical conditions or you are taking medications on a regular basis, you should consult your doctor and the instructor before participating in this program, and on a regular basis thereafter upon completion. You will also learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury. You must be thoroughly instructed in its use under direct supervision of a qualified instructor to use it safely.

If you have any additional questions regarding this Medical Statement or the Medical Questionnaire section, review them with your instructor before signing.

Divers Medical Questionnaire
To the Participant:
The purpose of this Medical Questionnaire is to find out if you should be examined by your doctor before participating in recreational diving training. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of your physician prior to engaging in dive activities.

Have you ever had or do you currently have...
- Asthma, or wheezing with breathing, or wheezing with exercise?
- Frequent or severe attacks of hay fever or allergy?
- Frequent colds, sinusitis, or bronchitis?
- Any form of lung disease?
- Pneumothorax (collapsed lung)?
- Other chest disease or chest surgery?
- Behavioral health, mental or psychological problems (Paranoid attack, fear of closed or open spaces)?
- Epilepsy, seizures, convulsions or take medications to prevent them?
- Recurrent complicated migraine headaches or take medications to prevent them?
- Blackouts or fainting (full/partial) loss of consciousness?
- Frequent or severe suffering from motion sickness (seasick, carsick, etc.)?

The information I have provided about my medical history is accurate to the best of my knowledge. I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health condition.

[Signatures and dates]

RSTC/PADI Medical Statement (pg. 1)
**STUDENT**

Please print legibly.

<table>
<thead>
<tr>
<th>Name</th>
<th>Birth Date</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mailing Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State/Province/Region</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Country</th>
<th>Zip/Postal Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Home Phone</th>
<th>Business Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAX</td>
</tr>
</tbody>
</table>

**Name and address of your family physician**

<table>
<thead>
<tr>
<th>Physician</th>
<th>Clinic/Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date of last physical examination</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of examiner</th>
<th>Clinic/Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Were you ever required to have a physical for diving? 
☐ Yes  ☐ No  If so, when?

---

**PHYSICIAN**

This person applying for training or is presently certified to engage in scuba (self-contained underwater breathing apparatus) diving. Your opinion of the applicant’s medical fitness for scuba diving is requested. There are guidelines attached for your information and reference.

**Physician’s Impression**

☐ I find no medical conditions that I consider incompatible with diving.

☐ I am unable to recommend this individual for diving.

**Remarks**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

<table>
<thead>
<tr>
<th>Physician’s Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Month</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physician</th>
<th>Clinic/Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**ACTIONS for Addressing Identified Medical Conditions Restricting Diving**

To Parents or Adult Participants:
Upon review of the provided BSA Annual Health and Medical Record it has become apparent that you or your child may have a medical condition(s) that may pose an increased risk for dive related illness or injury. Sea Base generally employs a more conservative interpretation of accepted diving medicine guidelines. Your physician may want to consult with a diving medicine trained physician before providing a recommendation for your unrestricted scuba diving activity. Divers Alert Network (DAN), an excellent resource for diving medical resources, can provide contact information for finding diving medical physicians in your area as well as information about diving with your condition. Consulting a diving medicine physician may be of assistance to your physician to complete part C (Pre-Participation Physical). Please note, completion of the medical statement does not guarantee acceptance for diving. Sea Base may also have additional factors to consider that may include utilization of more conservative, accepted standards.

To the Physician:
Your patient wishes to engage in the sport of scuba diving, but has condition(s) that might pose an increased risk for dive related illness or injury. We ask that you contact a diving medicine physician if you have any questions or concerns. Divers Alert Network (DAN), a non-profit organization, can provide contact information for diving medicine physicians near you as well as a great source of diving medicine information. Their service is available Monday through Friday (8:30 AM to 5:00 PM eastern time U.S.) by calling 800-446-2671 Ext. 6222, during normal business hours.

Please understand the responsibility for the decision to proceed with the medical application should be made carefully by the diver, parents and primary physician (MD or DO) once the risks are clearly understood by all engaging in this voluntary, recreational activity. This decision however, should be based on the most current diving medical information available. DAN is able to provide you with current medical literature to assist in the decision-making process. There is lack of definitive data for many medical conditions/medications and diving to support precise risk analysis, especially in children. Therefore, guidance can be based on theoretical concerns, experience and/or the accumulation of anecdotal evidence and then compared to “acceptable risk”. Again, DAN can help refer you to a local physician who is knowledgeable in diving medicine, physics and physiology. As in all of medicine, there will be differing opinions by diving medical specialists. DAN cannot and does not decide whether an individual may or may not participate in the sport of scuba diving. Please address in detail all positive findings cited on either history or physical.

**Physician statement:** I have read the above information regarding my Patient and his/her medical qualifications for scuba diving while at Sea Base.

<table>
<thead>
<tr>
<th>Medical Condition/Medication</th>
<th>Comments (Resolved, Active, Consults, Studies, Accommodations, Deficits, Concerns)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

☐ I find no medical conditions that I consider incompatible with diving and the patient and family understand any concerns/risks that might exist.

☐ I am unable to recommend this individual for diving

**Physician name:**

**MD or DO only**

**Note**

Signature

Date

*Please return this signed form to your patient along with the Part C (Pre-Participation Physical) Completion of this form does not guarantee acceptance into a Sea Base Scuba Adventure.*

Sea Base Physician Statement 9/2019 v1.0

Additional Medical Statement/DAN Information
### Scuba Crew Paperwork Review Form

**Crew #**

**Crew Leader**

**Arrival Date**

**Scuba Adventure Crew**

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>BSA Health &amp; Medical Record</th>
<th>Insurance Card</th>
<th>Imun. Record</th>
<th>PADI Forms</th>
<th>Medical Issue</th>
<th>Medical Cleared</th>
<th>Cert. Card</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part A</td>
<td>Part B</td>
<td>Part C</td>
<td>Safe Dive</td>
<td>Release</td>
<td>Medical</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Comments:**

---

---

---

---
<table>
<thead>
<tr>
<th></th>
<th>1.</th>
<th>2.</th>
<th>3.</th>
<th>4.</th>
<th>5.</th>
<th>6.</th>
<th>7.</th>
<th>8.</th>
<th>9.</th>
<th>10.</th>
<th>11.</th>
<th>12.</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSA Health &amp; Medical Record</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Part A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Part B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Part C</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scuba Certification Crew Paperwork Review Checklist</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crew #</td>
<td>Crew Leader</td>
<td>Participant Name</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>-------</td>
<td>-------------</td>
<td>------------------</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>----</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BSA Health &amp; Medical Record</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Part A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Part B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Part C</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>PADI Forms</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Release</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Medical Issue</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Medical Cleared</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cert. Card</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Scuba Live Aboard Crew Paperwork Review Checklist

pg. 34
## Open Water Certification Crew

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Section One</th>
<th>Section Two</th>
<th>Section Three</th>
<th>Section Four</th>
<th>Section Five</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Youth and Adult Crew Leader; This check list is designed to help you track your crews progress in completing all the necessary prerequisite material prior to attending Florida Sea Base for your PADI Open Water Certification Adventure. Each participant must complete all the Knowledge Reviews from the PADI Open Water Diver Manual and watch the video from each section. You are responsible for documenting each participants progress. It is highly suggested that each section of the PADI Open Water video is viewed as a crew, not individually.

**This form must accompany your crew to Florida Sea Base**

By signing below I affirm that each participant listed has completed the Knowledge reviews and viewed all sections of the PADI Open Water video. I understand that not having this information completed prior to our arrival will cause delays in our Scuba Certification Adventure.

<table>
<thead>
<tr>
<th>Adult Crew Leader Signature</th>
<th>Date</th>
<th>Youth Crew Leader Signature</th>
<th>Date</th>
</tr>
</thead>
</table>
FLORIDA SEA BASE DIETARY NOTIFICATION FORM

Email to FSB.Galley@scouting.org or Leave a message @ 305-664-5629

We must receive this form 14 days prior to your Adventure arrival in order to make the necessary substitutions. THESE ITEMS ARE SUPPLIED BASED UPON AVAILABILITY. We will do our best to accommodate your needs, however for certain severe allergies (especially a person allergic to multiple items) or diet restrictions we may ask you to bring your own trail food.

Please fill out ONE (1) FORM PER INDIVIDUAL with a dietary restriction and bring a copy.

ALL FIELDS ARE REQUIRED

Florida Sea Base Adventure Number (i.e. CR010114A)______________________________

Name of person with Restriction__________________________________________________

Email / Phone # (of youth parent or adult)________________________________________

Type of Allergy / Restriction (i.e. peanut allergy, gluten-free, vegetarian, no pork etc.)

____________________________________________________________________________

If an allergy, it is by? Please Circle all that apply: Ingestion Contact Airborne

Other________________ Severity of Allergy (i.e. anaphylactic, rash)____________________

etc.___________________________________________________________

Is Allergy / Restriction controlled or treated by Medication? Circle one YES NO

If so, Will participant have this Medication on this adventure? Circle one YES NO

What type of Medication?______________________________________________

List Symptoms Experienced (i.e. vomiting, dizziness)______________________________

Additional information /substitution suggestions useful to Food Service and the Commissary?

____________________________________________________________________________

For office use only! ADV#__________________________ Sailing Vessel: ____________________

ALLERGY / RESTRICTION_____________________________________________________________________

PROVISIONS MADE: Y OR N BY WHOM?_____________ DATE______________

Food Restriction Form 2016

Dietary Notification Form
FOOD ALLERGY / DIET RESTRICTION PROCEDURES

I understand that I have a participant in my crew that has special dietary needs and will require additional food for our adventure. I acknowledge that the Florida Sea Base has already prepared (if given previous notice) or will prepare said food in compliance with the following allergies or dietary concerns:

PEANUT / TREE NUTS
- Lucy’s Cookies: peanut, tree nut, gluten, dairy, soy FREE
- Fava Bean Snack
- If available nut free Granola or Breakfast Bar

DAIRY / LACTOSE
- Choice of substitute: Soy, Rice or Almond* Milk
  - * cannot be used if person has a tree nut allergy
- Fava Bean Snack
- DF Pasta...if possible DF Mac-n-Cheese
- Lucy’s Cookies: peanut, tree nut, gluten, dairy, soy FREE
- If available, DF Cheese, Rice Crispy Treat, Granola or Breakfast Bar

DAIRY / LACTOSE
- Choice of substitute: Soy, Rice or Almond* Milk
  - * cannot be used if person has a tree nut allergy

VEGETARIAN / VEGAN
- Provide some additional lettuce, tomato and cheese
- Garden and Black Bean Burgers**
  - ** not Vegan or GF
- If available Tofu Dogs, Tofurkey Deli Slices
- Extra white rice and black beans
- Fava Bean Snack

NO PORK / BEEF
- Will provide additional Chicken instead of the Steak or Brat
- Turkey Breakfast Sausage for no pork
- If available can provide Turkey Hot Dogs or Black Bean or Garden Burger

GLUTEN FREE / CELIAC
- Bread, Hamburger/Hot Dog Buns
- Lucy’s Cookies: peanut, tree nut, gluten, dairy, soy FREE
- Fava Bean Snack and GF Pretzels
- Chex Cereal or other GF Cereal
- Mac-n-Cheese and Pasta
- If available GF Muffins, Granola Bars, Tortilla

Instructions:

1. Report allergy/food restriction to Check-in person in registration office
2. Fill out request form as needed (Registration Desk will turn in request form as needed)
3. Visit the galley and pick up prepared food packet before departure
4. Ensure food is on boat before departure
5. Have a great trip!

I acknowledge that the Florida National High Adventure Sea Base will do everything in its power to ensure appropriate provisions are aboard the boat prior to departure, however it is my responsibility to ensure it is there before departure.

________________________________________
Cut on line

I acknowledge that the Florida National High Adventure Sea Base will do everything in its power to ensure appropriate provisions are aboard the boat prior to departure, however it is my responsibility to ensure it is there before departure.

Unit Leader Signature: ___________________________________________________________________ Date: ___________

Unit Leader Print Name: ____________________________ Crew Number: ________________

Food Allergy / Diet Restriction Procedures
## Unit Swim Classification Record

This is the individual's swim classification as of this date. Any change in status after this date i.e., non-swimmer to beginner or beginner to swimmer, would require a reclassification test by the Camp Aquatics Director.

**SPECIAL NOTE:** When swim tests are conducted away from camp or at the point of activity, the Aquatics Director shall at all times reserve the authority to review or retest all participants to assure that standards have been maintained. (Changes and/or corrections to the following chart should be initialed and dated by the test administrator.)

<table>
<thead>
<tr>
<th>Unit Number</th>
<th>Date of Swim Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
</tr>
</tbody>
</table>

### Full Name (Print)

(Draw lines through blank spaces)

<table>
<thead>
<tr>
<th>Medical Recheck</th>
<th>Swim Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Swimmer</td>
<td>Beginner</td>
</tr>
<tr>
<td>Swimmer</td>
<td></td>
</tr>
</tbody>
</table>

**NAME OF PERSON CONDUCTING THE TEST:**

Print Name

Signature

Type of Authorization / Training

Expiration Date if applicable

**UNIT LEADER:**

Print Name

Signature

#19-122

(over)

Revised: February 2016

---

**BSA Unit Swim Classification Form**

pg. 38
BOAT TRAVEL AND SCUBA DIVING

Please read carefully and fill in all blanks before signing.

Non-Agency Disclosure and Acknowledgment Agreement

I understand and agree that PADI Members ("Members"), including St. Croix Ultimate Bluewater Adventures and/or any individual PADI Instructors and Divemasters associated with the program in which I am participating, are licensed to use various PADI Trademarks and to conduct PADI training, but are not agents, employees or franchisees of PADI Americas, Inc, or its parent, subsidiary and affiliated corporations ("PADI"). I further understand that Member business activities are independent, and are neither owned nor operated by PADI, and that while PADI establishes the standards for PADI diver training programs, it is not responsible for, nor does it have the right to control, the operation of the Members' business activities and the day-to-day conduct of PADI programs and supervision of divers by the Members or their associated staff. I further understand and agree on behalf of myself, my heirs and my estate that in the event of an injury or death during this activity, neither I nor my estate shall seek to hold PADI liable for the actions, inactions or negligence of St. Croix Ultimate Bluewater Adventures, and/or the Instructors and divemasters associated with the activity.

Liability Release and Assumption of Risk Agreement

I hereby affirm that I am a certified scuba diver or a student diver under the control and supervision of a certified scuba instructor, and that I thoroughly understand the hazards of scuba diving including those hazards occurring during boat travel to and from the dive site (hereinafter collectively referred to as “Excursion”).

I understand that these inherent risks include, but are not limited to, drowning, air expansion injuries, decompression sickness, embolism, or other hyperbaric injuries that require treatment in a recompression chamber; slipping or falling while on board, being cut or struck by a boat while in the water, injuries occurring while getting on or off a boat, and other perils of the sea; all of which can result in serious injury or death. I understand the Excursion will be conducted at a site that is remote, either by time or distance or both, from a recompression chamber and emergency medical facilities. I still choose to proceed with the Excursion. By signing this Agreement, I certify that I am fully aware of and expressly assume these and all other risks involved in making such a boat trip and scuba dive(s), whether conducted as a certified diver or a student diver in a diving class.

I understand and agree that neither the dive professional(s); nor the crew or owner of the vessel; nor the vessel itself; nor PADI Americas, Inc., nor its affiliate or subsidiary corporations; nor the owners, officers, employees, agents, contractors or assigns of the above listed individuals and/or entities (hereinafter “Released Parties”) may be held liable or responsible in any way for any personal injury, property damage, wrongful death or other damages to me or my family, estate, heirs or assigns that may occur as a result of my participation in this Excursion, or as a result of the negligence of any party, including the Released Parties, whether passive or active.

I affirm I am in good mental and physical fitness to scuba dive. I further state that I am not under the influence of alcohol or any drugs that are contraindicated to diving. If I am taking medication, I affirm that I have seen a physician and have approval to dive while under the influence of the medication/drugs. I understand that skin and scuba diving are physically strenuous activities and that I will be exerting myself

- continued -

St. Croix Boat Release Pg. 1
BOAT TRAVEL AND SCUBA DIVING

(page 2)

during this Excursion, and that if I am injured as a result of heart attack, panic, hyperventilation, drowning or any other cause, that I expressly assume the risk of said injuries and that I will not hold the Released Parties responsible for the same.

I am aware that safe dive practices suggest diving with a buddy unless trained as a self-reliant diver. Accordingly, it is my responsibility to plan my dive allowing for my diving experience and limitations, and the prevailing water conditions and environment. I will not hold the Released Parties responsible for my failure to safely plan my dive, dive my plan, and follow the instructions and dive briefing of the dive professional(s)/vessel crew. I affirm it is my responsibility to inspect all of my equipment prior to the Excursion and that I should not dive if my equipment is not functioning properly. I will not hold the Released Parties responsible for my failure to inspect my equipment prior to diving or if I choose to dive with equipment that may not be functioning properly.

I further state that I am of lawful age and legally competent to sign this Agreement, or that I have obtained the written consent of my parent or guardian. I understand the terms herein are contractual and not a mere recital, and that I have signed this Agreement of my own free act and with the knowledge that I hereby agree to waive my legal rights. I further agree that if any provision of this Agreement is found to be unenforceable or invalid, that provision shall be severed from this Agreement. The remainder of this Agreement will then be construed as though the unenforceable provision had never been contained herein.

I understand and agree that I am not only giving up my right to sue the Released Parties but also any rights my heirs, assigns or beneficiaries may have to sue the Released Parties resulting from my death. I further represent that I have the authority to do so and my heirs, assigns and beneficiaries will be estopped from claiming otherwise because of my representations to the Released Parties.

I, ____________________________, BY THIS INSTRUMENT, AGREE TO EXEMPT AND RELEASE ALL THE ABOVE LISTED ENTITIES AND/OR INDIVIDUALS FROM ALL LIABILITY AND RESPONSIBILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH, HOWEVER CAUSED, INCLUDING BUT NOT LIMITED TO, PRODUCT LIABILITY OR THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER PASSIVE OR ACTIVE.

I HAVE FULLY INFORMED MYSELF AND MY HEIRS OF THE CONTENTS OF THIS NON-AGENCY DISCLOSURE AND ACKNOWLEDGMENT AGREEMENT AND LIABILITY RELEASE AND ASSUMPTION OF RISK AGREEMENT BY READING BOTH BEFORE I SIGNED BELOW ON BEHALF OF MYSELF AND MY HEIRS.

Participant’s Signature __________________________ Date (Day/Month/Year) __________

Signature of Parent or Guardian (where applicable) __________________________ Date (Day/Month/Year) __________

Diver Accident Insurance? ☐ NO ☐ YES Policy Number __________________________

SCUBA USE ONLY

Certification Agency: __________________________ Certification Number: __________________________

Level: __________________________

Verified By: __________________________ C-Card __________________________ or Dive Check __________________________

pg. 40