Participant Guide

Key West Sailing Adventure

National High Adventure Sea Base, BSA

Florida Sea Base & Camp Jackson Sawyer
Scout Key, Florida

Revised Date: 07/17/2020
Mission of the Boy Scouts of America
The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetime by instilling in them values of the Scout Oath and Law.

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

Scout Law
A Scout is:

Mission Statement of Sea Base, BSA
It is the mission of the Florida National High Adventure Sea Base to serve councils and units by providing an outstanding high adventure experience for older Boy Scouts, Varsity Scouts, Venturers, Sea Scouts and their leaders.
Sea Base programs are designed to achieve the principal aims of the Boy Scouts of America:
• To build character
• To foster citizenship
• To develop physical, mental and emotional fitness

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

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

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

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

Final Payment: May-September Crews due February 1

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

General Eligibility Requirements

General Eligibility at a Glance

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

1. Registered: To attend Sea Base, youth and adult participants must be registered in one of the following programs:
   - Exploring, BSA
   - Learning for Life
   - BSA Merit Badge Counselor
   - Scouts, BSA
   - Sea Scouts, BSA
   - STEM Scouts, BSA
   - Varsity, BSA
   - Venturing, BSA

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

3. Swim Test: Every participant, youth and adult, must complete the BSA Swim Test as a Swimmer within a year of the start of their adventure. The BSA Swim Test should be documented on the
**BSA Unit Swim Classification Record** and submitted during check in. Non-swimmers and Beginner Swimmers will not be allowed to participate and will be sent home at their own expense. *

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

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

4. **Completed BSA Annual Health and Medical Record:** Sea Base participants must be in good health. All participants must provide a current and complete [BSA Annual Health and Medical Record (BSA AHMR)](.). BSA AHMR’s are current for 12 months from the end of the month in which they are completed. For example, if the medical form is signed and dated on June 2, 2019, it is valid until June 30, 2020. No other medical form will be accepted.

5. **Weight Requirements:** Sea Base participants should meet BSA Height and Weight Guidelines. **Exceptions may be made for individuals who do not exceed the BSA H&W Guidelines by more than 20lbs.** To receive an exception, the participant must provide a letter from their physician stating that they are in good health and are approved for participation. No persons exceeding the height and weight chart by 20 lbs. will be permitted to participate and will be sent home at their own expense. No refund will be available. Persons 78” and over will not be granted an exception.

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**Adult Leader Eligibility Requirements**

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

6. Proper Adult Supervision: As required by BSA Youth Protection, every crew must have at least two adult leaders over the age of 21. Sea Base crews with co-ed (male & female) youth participants, must have at least one female adult leader over the age of 21.

7-10. Adult Leader Training: Every adult leader must be a registered member of the BSA and complete Youth Protection Training, BSA Safe Swim Defense, BSA Safety Afloat, and BSA Hazardous Weather Training.

11-12. Adult Leader Medical Training: At least one adult leader in each crew must complete Wilderness First Aid Training (WFA) and Basic CPR/AED from an agency approved by the American Camping Association or hold a higher professional license such as MD, DO, EMT, RN, LPN or WFR. Multiple crews require multiple trained leaders. Sea Base highly recommends that every adult leader completes WFA and CPR/AED.

Sea Base Risk Advisory

Sea Base Experience: Sea Base Adventures are not risk free. Participants must follow safety measures and take personal responsibility for their health and safety. Climate conditions include temperatures ranging from 45 to 95 degrees, high humidity, heat indexes reaching 110 degrees, and frequent, sometimes severe tropical weather. Prolonged, rigorous activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and others. It is the responsibility of participants, participants parents/guardians, participants healthcare teams and unit leaders to ensure that each individual, youth and adult, can safely participate in Sea Base Adventures.

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

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

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

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

Special Needs or Medical Concerns: Individuals with special needs or medical concerns must have an onsite advocate who understands the individual’s condition and treatment who is prepared to provide support to the individual.
Trained Leadership: Each crew is required to have at least 1 adult trained in Wilderness First Aid and CPR/AED or who has a greater professional medical certification. This leader acts as the primary first response until emergency services arrive. There are no-on-site facilities for treatment or extended care at Sea Base. Sea Base does not staff professional medical personnel.

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

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

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

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

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

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

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

Asthma: Asthma must be well-controlled. Persons requiring use of medication and/or inhaler must bring an ample supply.
- Persons being treated for asthma (including reactive airway disease) are disqualified from scuba diving.
- Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.

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

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

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

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

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

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

Policies and Procedures

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

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

Unit Leader Responsibilities: Prior to arrival, unit leaders are responsible to ensure that all paperwork and trainings are up to date and complete. This includes uploading the crew roster 90 days prior to arrival. Upon arrival, Unit Leaders are responsible to act as the first line of treatment when medical issues arise, fulfill Safe Swim and Safety Afloat responsibilities, follow and enforce BSA Youth Protection Policies, ensure that youth participants follow Sea Base policies and direction from captains and staff members. Unit Leaders must also actively participate in the adventure; Sea Base is not a passive experience.

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

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

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

**Smoking, Vaping, Smokeless Tobacco:** Use of tobacco products and vaping is only permitted in designated areas.

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

**Uniform:** All participants are expected to arrive in either field or activity uniform.

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

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

**Footwear:** Footwear is required by all participants while onshore. Footwear requirements vary by program. Please review the packing list for your adventure under Program Overview. While onshore, most participants choose to wear flip-flops.

**Open Swimming:** Open Swimming at any Sea Base owned or contracted marina is prohibited.

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

**Unplug:** Use of phones, tablets and other transmission electronics should be restricted to emergency or camera use. Please place phones on airplane mode and stow away. Sea Base is not responsible for damage to phones by salt, sand, water or wave motion damage.

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

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

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

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

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

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

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

Sea Base Travel and Preparation Plan

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

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

Arrival: All Sea Base Crews are to arrive between 1:00 pm and 3:00 pm, having already eaten lunch. Crews arriving after 3:00 pm may be unable to complete necessary pre-adventure training and will force their adventure to be delayed by 24 hours.

Please arrive at:

**Camp Jackson Sawyer**
33990 Overseas Highway
Scout Key, FL 33043

Departure: Crews may depart the Camp Sawyer as early as travel dictates. Early breakfast can be served any time before regular breakfast. Regular breakfast is at 8:00 am. All crews must vacate Sea Base before 10:00 am.

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

- Key West International Airport (EYW); 45 - 60 minute drive
- Miami International Airport (MIA); 3 - 3.5 hour drive
- Ft. Lauderdale International Airport (FLL); 3.5 - 4 hour drive

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

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

- **Ace Tours** 888-641-4389
- **Blue Sky Adventures** 877-225-8375
- **Emerald Transportation** 305-852-1468
- **Keys Shuttle** 888-765-9997
- **Florida Keys Express Shuttle** 305-743-7454
- **Southern Bus Line** 1-888-352-2873
- **Spring’s Island Taxi**, local only 305-664-4331
- **Davis Tours** 954-472-2858

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

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

Check-In Paperwork at a Glance

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

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

Sea Base Training Plan

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

1. Become strong, competent swimmers (monthly swimming sessions are recommended).
2. Snorkel. Practice clearing a mask and snorkel. (Snorkel BSA)
3. Practice fishing knots. Ex. Palomar Knot, Uni Knot, Uni-to-Uni Knot
4. Become proficient with nautical map and compass navigation.
5. Seek local instruction regarding the use of VHF marine radios, safety flares, man overboard procedures and drill potential emergency situations.

6. Adult leaders play an important role in ensuring safety aboard and in the water. Adults must understand BSA Safe Swim Defense and Safety Afloat Guidelines and be prepared to assist in emergency situations.
7. Watch: A Reef Etiquette Video produced by NOAA.
8. Review Guide to High Adventure Sailing
9. Watch US Sailing Video: Parts of a Boat
10. Watch US Sailing Video: Parts of a Rig
11. Watch US Sailing Video: Points of a Sail
Program Overview

Epic Adventures begin with planning and preparation. Upon arrival (1:00-3:00pm), each crew will have paperwork reviewed, complete a gear shakedown, take a crew photo and then are transported to Bahia Honda State Park to board your sailing vessel. Here, the crew will meet the captain and become familiar with the sailboat, completing a Sea Base Swim Review and snorkel lesson. Any participant, youth or adult, who do not meet the height and weight requirement or cannot pass the BSA Swim Test and/or Sea Base Swim Review, for safety purposes, will be required to forfeit their adventure. Please inform your crew prior to your adventure to ensure that no one is disappointed. The crew will have dinner on the sailboat after departing Bahia Honda State Park.

Vessel Assignments: Sea Base charters several types of vessels. Crew vessel assignments are not made until onsite arrival.

Bringing Gear Aboard: All personal items brought aboard, other than sleeping and snorkeling gear, must fit into a 24-inch duffle bag. We provide a 24-inch duffel bag upon arrival. An approved 24-inch duffel bag can also be purchased through the Ship Store. In addition to personal bags each crew may bring 2 military-style duffle bags to carry first aid kits, sunscreen and crew sleeping gear.

Storage: Sea Base provides a limited amount of storage adequate for a single piece of checked luggage per crew and a single piece of carry-on luggage per person. Please limit items to those listed on the packing list. Not all the items on the packing list will travel aboard your vessel. Crew storage lockers are provided at Camp Sawyer for those items not brought on the vessel. Participants can also store items in their vehicles for the duration of their adventure.

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

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

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

Special Dietary Needs: If a crew member has a food allergy and/or a special dietary need, Sea Base will do its best to accommodate for that person. Please complete the Dietary Notification Form, including your (1) crew number, (2) name of individual and an (3) explanation of the dietary need. Return this form to FSB.Galley@Scouting.org at least two weeks prior to your adventure.

Cell Phones/Electronic Devices: We strongly encourage all participants to “unplug” for the entirety of their Sea Base Adventure. Please keep in mind that the ocean environment is not conducive to phones and other electronic devices.

Working Vessel: Key West Sailing Adventure boats are working vessels. Youth and adult participants will cook, clean, hoist sails and more. Be prepared to assume tasks given by the youth crew leader and captain.
**Anchor Watch**: Anchor Watch is mandated by the United States Coast Guard. Every member of your crew will have the opportunity to take part in anchor watch. Your unit’s safety depends on you being awake and alert.

**Onboard Sleeping Arrangements**: Due to heat, humidity and close quarters, most sailing participants choose to sleep on deck. **Be advised that in inclement weather, below deck housing will be cramped.**

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

**Final Evening**: All Key West Sailing Adventure crews return to Bahia Honda State Park. Prior to departing the vessel each crew is responsible to clean and dispose of trash. Once cleaning and provisioning is complete, crews will be transported to Camp Sawyer where they will pick up their crew photo, shower, use the restroom, utilize laundry facilities, participate in Conch Luau and sleep in bungalows for the night.

**Dorm Sleeping Arrangements**: Both male and female facilities are available at Camp Sawyer.

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

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

**Fishing License**: Fishing licenses are **not** required for the Key West Sailing Adventure. The sailing vessel will provide the fishing license for the crew.

**Sea Base Specific First Aid Kit**: Every crew must provide their own first aid kit. A Sea Base Specific First Aid Kit includes all items found in a traditional back country first aid kit along with the following items:

- SPF 35 or greater sunscreen
- SPF 35 or greater lip balm
- Small plastic bottle of vinegar
- Sea sickness medication
- Non-aerosol insect repellant
- Swimmers ear drops
- Benadryl
Key West Sailing Adventure

**Overview:** Sea Base Key West Sailing participants will set sail in the most diverse ecosystem in North America. The Florida Keys National Marine Sanctuary is home to thousands of underwater species including dolphins, sea turtles, fish and the Florida Barrier Reef. Participants will snorkel, fish and sail turquoise waters. Setting sail from Bahia Honda State Park, crews will embark on the adventure of a lifetime. Below you will find an overview of your week at Sea Base. Please note that program is dictated by weather, tides and the ability of the crew. Your float plan can vary, sometimes widely, due to these factors. Your unit will sail for one week (six days) aboard a 40-foot sailing vessel. Sea Base provides a Coast Guard-licensed captain who will facilitate your voyage.

**Arrival:** Crews must check-in between 1:00pm and 3:00pm. Your crew is to **arrive at Camp Sawyer** (Overseas Highway/US1 mile marker 34, oceanside) After check-in, Sea Base staff will transport the crew to Bahia Honda State Park, where you will meet your Captain and board your sailing vessel for the week.

**Itinerary:** Weather and time permitting, your crew will either stay at the dock, or sail to safe harbor for the night. Your crew will sail the vessel to Key West over the course of 3 days, fishing while underway, stopping to snorkel and swim at many of the protected reefs, and anchoring in safe harbors for the night. The morning of your fourth day, you will arrive in Key West and your crew can become “tourists” in Key West. Your crew will depart Key West the following morning (5th day) and set sail back to Bahia Honda State Park. After arriving at Bahia Honda on your 6th day, Sea Base staff will transport you back to Camp Sawyer for a Conch Luau and closing dinner; your crew will stay there for the night in air-conditioned bungalows.

**Departure:** Crews may depart as early as necessary on the 7th day. If your crew needs to leave early due to travel restraints, an early breakfast will be provided for you. All crews must depart prior to 10:00am.

**Key West Sailing Crew Size:** 6-8 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations crews may not exceed the maximum number allowed.

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates. For example, crews arriving at Sea Base on Sunday will depart Sea Base on the following Saturday.

The schedule is subject to vary due to weather conditions. Camp Sawyer has bathrooms, showers and laundry facilities for your use.
Key West Sailing Adventure Packing List:
Sea Base provides meals, fishing equipment, snorkeling gear and nearly everything else you will need on your adventure. Below is a list of personal and crew items required or recommended for your adventure.

WHAT TO BRING: (Personal Items)

- 2 UPF +30 long sleeve shirt
- Wide brimmed hat with strap
- Buff, or Bandanna
- 16oz +45 Biodegradable sunscreen
  **NO SPRAYS. REEF SAFE.**
- Wide-mouth water bottle with carabiner
  - Please do not bring metal water bottles; they clang on the rigging of the sailing vessel and will keep crew members awake at night.
- Flashlight, headlamp recommended
- Polarized Sunglasses with strap
- 2 pairs of shorts: (1) swim trunks or swimsuit (1) dry pair for land
- Light Rain Jacket
- 1 Conch Luau Shirt
- 3 pairs of socks

- 2 pairs of shoes:
  - (1) Teva or Chaco style sandals
  - (1) good walking shoes (open-toed shoes are permitted)
- Lightweight sleeping bag, sleeping liner or sleeping cover
- Lightweight sleeping pad
- 1 Small pillow, backpacking recommended
- 2 Towels:
  - (1) Regular
  - (1) Microfiber sham/Camp Towel
- Toiletry Kit
- Prescription Medications
- Spending money ($125-$175)
- Camera, waterproof recommended
- Mug for coffee or tea
- 1 Conch Luau Shirt

WHAT TO BRING: (Crew Items)

- Sea Base Specific First Aid Kit
- Combination lock for crew storage locker
- Copies of all required paperwork:
  - BSA Medical Forms
  - Medical Insurance Cards

- Adult Leader Training Certificates
- Wilderness First Aid Training Certificate
- CPR/AED Training Certificate
- Unit Swim Classification Record

WHAT NOT TO BRING:

- We encourage ALL participants to “unplug” during the entirety of their adventure. Phones and all electronic devices are strongly discouraged.
- Firearms or fireworks
- Skateboards or bicycles

- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear Guns are prohibited

www.fsbshipstore.com
Traditions and Awards

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

**Uniforms:** Sea Base requires units to arrive on site in uniform.

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

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

**Conch Luau:** On the last night of your Florida Sea Base Adventure your crew will participate in a Conch Luau. This is a special dinner festival complete with fun, music and games. Dress for the Conch Luau should be Florida Keys or Hawaiian style. Crews should be ready with a short, Scout appropriate song or skit.

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

**Triple Crown and Grand Slam Awards:** Individuals who attend Sea Base and two other BSA National High Adventure Bases are eligible for the Triple Crown Award. Individuals who attend all four BSA National High Adventure Bases are eligible for the Grand Slam Award. Learn more here: [www.nationalhighadventureawards.org](http://www.nationalhighadventureawards.org)

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

**Duty to God:** Sea Base encourages individuals and units to celebrate creation. Sea Base Duty to God Award is designed to enhance adventure by propelling participants to find evidence of Higher Purpose in the oceans, reefs, and marine species encountered at Sea Base. Patches are available for purchase at the [Ship Store](#). Learn more here: [Duty to God](#)

**BSA Snorkeling Award:** Every Sea Base participant should arrive at BSA Sea Base having already become a proficient snorkeler. Each participant will have the opportunity to earn the BSA Snorkel Award throughout their Sea Base Adventure. Patches are available for purchase at the Ship Store. Learn more here: [BSA Snorkeling Award](#)

**Captain’s Club Award:** Each Sea Base participant will be given the opportunity to earn the Captain’s Club Award throughout their Key West Sailing Adventure. Patches are available for purchase at the Ship Store.
Frequently Asked Questions:

Are scholarships available? YES! Scholarships are available to those with a demonstrated financial need. Sea Base has limited scholarship funds; complete and forward all applications in a timely manner. [Sea Base Scholarship Form]

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

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

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

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

How old must I be to participate in a Sea Base program? 13 years of age as evidenced by the BSA Health and Medical Record.

One of our participants has a food allergy/special dietary need. How can I inform Sea Base of this information? Please complete and return the Dietary Notification Form. Please indicate the person’s name, crew number, name of adventure and dietary needs on the form. Return form to FSB.Galley@Scouting.org at least two weeks prior to your adventure.

What if I am not a strong swimmer? The Sea Base has no programs for non-swimmers or beginners. For your protection, if you are unable to complete the BSA Swim Test in a strong manner you will not be allowed to participate. Unit Swim Classification Record

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

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

What if my doctor has not or will not sign Part C of the BSA Annual Health and Medical Record? You will not be permitted to participate at Sea Base.
What if I arrive at Sea Base without having completed a BSA Annual Health and Medical Record? You will not be permitted to participate at Sea Base.

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

I am participating in Key West Sailing Adventure. Where does my crew check in? Camp Jackson Sawyer, Scout Key, Florida, Mile Marker 33.9.

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

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

What should I pack for my adventure? A packing list is provided for each adventure. These list(s) can be found in this participant guide. Please pack needed hygiene items.

Can I bring my CPAP Machine on my Adventure? Participants who with a CPAP machine may participate at Sea Base if they have been medically cleared for participation. CPAP users must understand that they are responsible to provide battery support for their CPAP and may not have access to electricity if participating in Key West Sailing Adventure Programs.

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

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

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

When is hurricane season? June 1 through November 30.

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

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

Should my crew buy snorkel gear? No. Snorkel gear is provided as part of your adventure. However, if you have a personal mask, snorkel or fins that you would like to use, you are more than welcome to bring those items along. Full-face masks are not permitted at Sea Base.
Should my crew buy fishing gear? No. Fishing gear is provided as part of your adventure.

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

What is my Crew Number? Every crew is assigned a crew number when they register e.g. KW061020A. The first two letters represent the adventure you are registered for: KW (Key West Sailing Adventure). Then comes the date you arrive 061020 (June 10, 2020) Finally, the last letter or letters represent your crew’s assigned identification letter(s).

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

Visit our Sea Base Ship Store at [www.fsbshipstore.com](http://www.fsbshipstore.com).
BSA Annual Health and Medical Record Form

Please make sure all highlighted and circled sections are completed

### Part A: Informed Consent, Release Agreement, and Authorization

| Full name: |  |
| Date of birth: |  |

**Informed Consent, Release Agreement, and Authorization**

I understand that participation in Scouting activities involves the risk of personal injury including death, due to the physical, mental, and emotional challenges in the activities offered. Information about these activities may be obtained from the venue, activity coordinator, or your local council.

I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and obey all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the BSA leader in charge to ensure proper treatment, including hospitalization, anesthesia, surgery, or any necessary medical care for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and any physician or health-care provider involved in providing medical care to the participant.

I hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to publish the photographs/films/videos/audiovisual representations and/or taped recordings made of me or my child at any Scouting activities, and hereby release the Boy Scouts of America, the local council, the activity coordinator, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/films/videos/audiovisual representations and/or taped recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

Every person who furnishes any BSA device to any minor without the express or implied permission of the parent or legal guardian of the minor is guilty of a misdemeanor (California Penal Code Section 3197(a). My signature below on this form indicates my permission.

- Checking this box indicates you DO NOT want your child to use a BSA device.

List participant restrictions, if any:

| Name |  |

**Note:** Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continue to monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. Therefore, so that teens can be as safe as possible with any limitations, list any restrictions imposed on a child participating in connection with programs or activities below.

**Complete this section for youth participants only:**

**Adults Authorized to Take Youth to and From Events:**

| Name | Phone |

**Adults NOT Authorized to Take Youth to and From Events:**

| Name | Phone |

---

Page | 21
## Part B1: General Information/Health History

<table>
<thead>
<tr>
<th>Full name:</th>
<th>High-adventure based participant:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of birth:</td>
<td>Expedition crew No.:</td>
</tr>
<tr>
<td>Age:</td>
<td></td>
</tr>
<tr>
<td>Gender:</td>
<td>Height (feet):</td>
</tr>
<tr>
<td>Address:</td>
<td>Weight (lbs):</td>
</tr>
<tr>
<td>City:</td>
<td>State:</td>
</tr>
<tr>
<td>Zip code:</td>
<td>Phone:</td>
</tr>
<tr>
<td>Email address:</td>
<td>Unit leader's mobile #:</td>
</tr>
<tr>
<td>Co-leader Name(s):</td>
<td>Unit #:</td>
</tr>
<tr>
<td>Email/Work phone:</td>
<td>Policy #:</td>
</tr>
</tbody>
</table>

Please attach the cover of both sides of the insurance card. If you do not have medical insurance, enter "none" above.

In case of emergency notify the person below:

<table>
<thead>
<tr>
<th>Name:</th>
<th>Relationship:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>Home phone:</td>
</tr>
<tr>
<td></td>
<td>Other phone:</td>
</tr>
<tr>
<td>Alternate contact name:</td>
<td>Alternate's phone:</td>
</tr>
</tbody>
</table>

### Health History

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Last attack date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension (high blood pressure)</td>
<td></td>
</tr>
<tr>
<td>Asthma</td>
<td></td>
</tr>
<tr>
<td>Chronic obstructive pulmonary disease</td>
<td></td>
</tr>
<tr>
<td>COPD</td>
<td></td>
</tr>
<tr>
<td>Eye/ear/nose/throat problems</td>
<td></td>
</tr>
<tr>
<td>Musculoskeletal conditions/muscle or bone injury</td>
<td></td>
</tr>
<tr>
<td>Head injury/concussion/TBI</td>
<td></td>
</tr>
<tr>
<td>Allergies</td>
<td></td>
</tr>
<tr>
<td>Psychiatric/psychological or emotional difficulties</td>
<td></td>
</tr>
<tr>
<td>Neurological/behavioral disorders</td>
<td></td>
</tr>
<tr>
<td>Blood disorders/hematologic disease</td>
<td></td>
</tr>
<tr>
<td>Pernicious anemia or diabetes</td>
<td></td>
</tr>
<tr>
<td>Kidney disease</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Last surgery date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digestive disorders</td>
<td></td>
</tr>
<tr>
<td>Thyroid disease</td>
<td></td>
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<tr>
<td>Skin issues</td>
<td></td>
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<tr>
<td>Obstructive sleep apnea/sleep disorders</td>
<td>OSA: Yes  No</td>
</tr>
<tr>
<td>List of surgeries and hospitalizations</td>
<td>Last surgery date:</td>
</tr>
<tr>
<td>List any other medical conditions not covered above</td>
<td></td>
</tr>
</tbody>
</table>
**Part B2: General Information/Health History**

**Full name:**

**Date of birth:**

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

**Medications/Medicines**

Do you use an **EMERGENCY INJECTION**? [ ] Yes [ ] No

Do you use an **ASTHMA RESCUE**? [ ] Yes [ ] No

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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Allergies or Reactions</th>
<th>Explain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Medication</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plant</td>
<td></td>
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<td></td>
<td></td>
<td>Animal</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

- [ ] Medical order
- [ ] Authorization of the above may be approved by

- [ ] Medical order
- [ ] Authorization of the above may be approved by

**Immunization**

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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Red Light Immunization</th>
<th>Enblyta</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Tetanus</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Pertussis</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Hepatitis A</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mumps/Measles/Rubella</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Polio</td>
<td></td>
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<td></td>
<td></td>
<td>Chicken Pox</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Hepatitis B</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Meningitis</td>
<td></td>
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<td></td>
<td></td>
<td>Influenza</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Other (e.g., HIV)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Exemptions in immunizations (forms required)</td>
<td></td>
</tr>
</tbody>
</table>

**Prepared. For Life.**

NM-051
2015 Printing
### Part C: Pre-Participation Physical

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

<table>
<thead>
<tr>
<th>Full name:</th>
<th>High-adventure base participants:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Expedition/crew No.:</td>
</tr>
<tr>
<td></td>
<td>or staff position:</td>
</tr>
</tbody>
</table>

Please fill in the following information:

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

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Weight (lbs)</th>
<th>BMI</th>
<th>Blood Pressure</th>
<th>Pulse</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Examiner’s Certification

(Conclude the health history and examine this person and find no contraindications for participation in the Scouting experience. This participant with noted restrictions):

<table>
<thead>
<tr>
<th>Normal</th>
<th>Abnormal</th>
<th>Explain Abnormalities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ears</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nose/Throat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lung</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart</td>
<td></td>
<td></td>
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<tr>
<td>Abdomen</td>
<td></td>
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<tr>
<td>Genitalia</td>
<td></td>
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<tr>
<td>Musculoskeletal</td>
<td></td>
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<tr>
<td>Neurological</td>
<td></td>
<td></td>
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<tr>
<td>Skin issues</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Examiner’s signature: ___________  ___________  ___________

Examiner’s printed name: __________________________

Address: __________________________

City: __________________  State: ______  ZIP Code: ______

Office phone: __________________________

Height/Weight Restrictions

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

**Maximum weight for height**

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Max. Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>160</td>
</tr>
<tr>
<td>61</td>
<td>172</td>
</tr>
<tr>
<td>62</td>
<td>184</td>
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<tr>
<td>63</td>
<td>196</td>
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<td>64</td>
<td>208</td>
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<tr>
<td>66</td>
<td>232</td>
</tr>
<tr>
<td>67</td>
<td>244</td>
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Prepared, For Life®

100th Anniversary Edition 2019
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, participant parents or guardians, participant health-care teams, 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 5-foot ladder, unassisted, in inclement weather, from the water onto a rocking vessel
- Self-rescue if found overboard in inclement weather

Location. Sea Base adventures are conducted at sea, often far from land, with limited access to emergency services. Response times can be affected by weather, sea, 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 responder until emergency services arrive. There are no on-site facilities for treatment or extended care at Sea Base. Sea Base does not staff professional medical personnel.

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

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

Florida Sea Base

Website: www.bsaseabase.org

Phone: 305-694-4173

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

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

Insulin-Dependent Diabetes Mellitus. Diabetes must be well-controlled. 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 with diabetes will not be allowed to scuba dive.

Seizures (Epilepsy). Seizures while snorkeling or scuba diving are extremely dangerous and often fatal.
- History of loss of consciousness (syncope) precludes snorkeling or scuba diving.
- No participant with a history of seizures or taking anti-epileptic medication may snorkel or scuba dive.
- Prospective participants with a history of infantile or petit mal 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 pulmonologist.
- Provocative testing can include exercise, hyperventilation, a hyperpnea test, etc.
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Recent Musculoskeletal Injuries and Orthopedic Surgery. Persons with musculoskeletal problems or orthopedic surgeries within the last six months must provide a letter from their treating physician to participate.

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

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

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

Scuba Participants. Persons with conditions listed as severe by the Recreational Scuba Training Council (RSTC) will not be permitted to scuba dive. Persons with conditions prohibited by BSA scuba policy will not be permitted to scuba dive. Various risk factors may exclude a person from scuba diving, either temporarily or permanently. Risk factors include, but are not limited to, ear and sinus problems, recent surgery, spontaneous pneumothorax, asthma or reactive airway disease, scleroderma, 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.