

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!

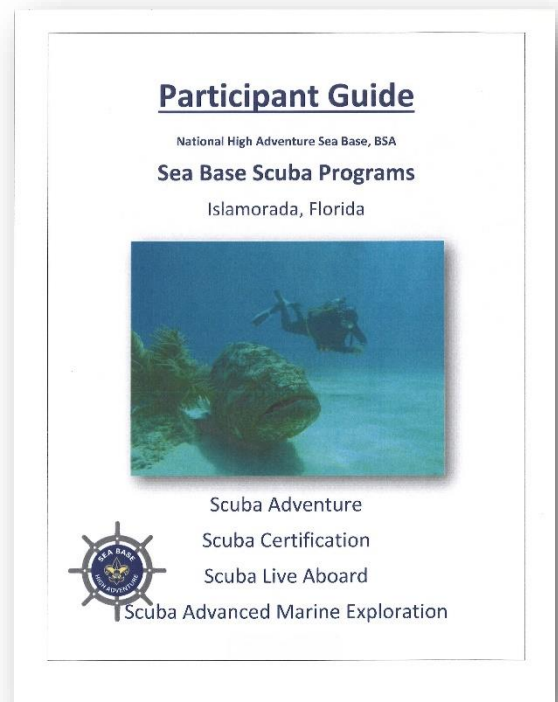
Joe Angelo

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 Sea Base website under the Resources Page.



Look kids, we hit the big time!

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 071024 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 **SM** indicates the Scuba Advanced Marine Exploration Program

The next six numbers refer to your arrival date. The above number is **071024**. This would signify July 10, 2024.

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 Sea Base Scuba Programs.

- Participant Guide
- Power Point presentation for their adventure

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 this important schedule.

Payment Plan Payment Schedule: Crews are responsible for knowing, understanding and adhering 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.

Please note: All crews are required to become current with payment within 30 days of registering for a Sea Base Adventure, or fully paid 90 days prior to arrival- whichever date comes first. Any payments with due dates in the past are required to be submitted within 30 days of signing up if a crew has greater than 90 days before they are scheduled to arrive.

- Deposit: \$250.00 per crew, required to create a reservation.
- 30-day Payment: Within 30 days of reservation, each crew must submit their first payment. The 30-day payment is 10% of the remaining balance after the original deposit.
- Half Payment: One half of each crews remaining balance is due on **November 1**.
- Final Payment: Due 90-days prior to each crew's scheduled arrival.
- Online Payment: After the deposit, Sea Base accepts online e-check payment only. Sea Base does not accept credit cards.

Reservation Dashboard & Payment Status: The designated Reservation Contact and Lead Advisor can view their reservation's specific payment schedule on a Reservation Dashboard through the reservation portal on the Sea Base website.

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 Recreational Scuba Training council (RSTC) which include (but not limited to) SDI/TDI, IANTD, PADI, PDIC, SSI, YMCA, RAID, SNSI, NASE and NAUI. If you are not sure if your certification agency is a member of the RSTC follow this link to their website: <https://wrstc.com/> . All scuba certifications must be non-restricted certification cards.

Annual Health and Medical Records: Please refer to the [Health and Medical Information Section](#) of this guide for a detailed explanation.

Maximum Weight: Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

Merit Badges: There will not be any opportunity to work on advanced certifications or merit badges while at Sea Base.

Adult Leadership

Adult leader vs. Participant ratios: Each crew of 8 (12 for Scuba Live Aboard and Scuba Advanced Marine Exploration) 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 than 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 female leaders if you have no female participants.

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

Any youth between the ages of 18-21 must have up to date Youth Protection training

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***

Diver Responsibility

As scuba divers, you are responsible for following safe diving practices and the rules set by Sea Base and your guides/instructors. The rules are designed for the safety of each diver and all participants in the crew. Failure or unwillingness to follow those rules will result in termination of your diving activities, potentially for the remainder of your adventure.

Sea Base Procedures

Health and Medical Information

All participants must complete a BSA Annual Health and Medical Record and have signed by a physician. In addition, participants in all scuba programs are required to complete and have a RSTC Diver Medical Participant Questionnaire signed by a physician clearing the participant for scuba diving activities. As the crew leader **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.**

Scuba Medical Document Procedure

"A scout is Trustworthy" – **Robert Baden-Powell**

All documents that are needed for the Scuba Adventures will be sent to your Crew Leader. The Crew Leader will collect all documents, review them for completeness and accuracy. Once completed the crew leader will mail them to Sea Base as a crew package. Remember to keep a copy for your records.

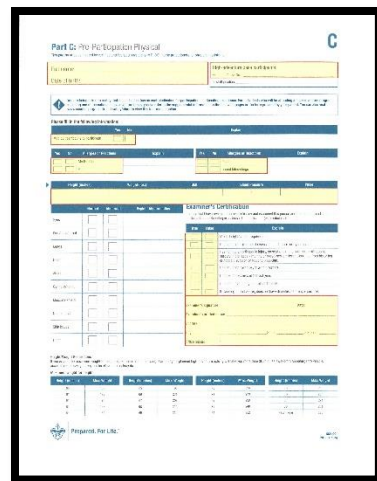
- For Spring crews this is due no later than **January 1st**
- For Summer crews this is due no later than **March 1st**
- For Winter crews this is due no later than **September 1st**

Documents returned after the deadline may affect your crew's ability to participate in their full adventure.

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, 2023 it is valid through June 30, 2024.

The image shows a screenshot of the BSA Part C: Pre-Participation Physical form. The form is divided into several sections, including 'PERSONAL INFORMATION', 'HISTORY', and 'EXAMINATION'. The 'EXAMINATION' section contains a grid for recording vital signs and physical findings. The form is titled 'Part C: Pre-Participation Physical' and includes a 'Prepared For Use' date of 10/2018.

*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 Diver Medical Questionnaire Issues:

RSTC Diver Medical Questionnaire page 1&2:

- Please complete all lines by checking “YES” or “NO”. 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 Diver Medical Participant Questionnaire page3:

- Must be signed by a physician (MD or DO only) for the Scuba Certification Adventure. For Scuba Adventure, Scuba Liveboard and Scuba Advanced Marine Exploration, 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 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 Undersea & Hyperbaric Medical Society (UHMS) are not permitted to scuba dive. Persons with conditions prohibited by the BSA scuba policy will not be permitted to scuba dive. Various risk factors may exclude a person from scuba diving, either temporarily or permanently.

Absolute medical contradictions for scuba diving with the BSA

- Asthma
- Epilepsy/Seizures
- Insulin dependent diabetes
- Multiple (more than one) medication for ADD, ADHD or depression
- Exceeding the weight limit of 295 pounds
- Anxiety requiring medication
- Narcolepsy
- Spontaneous pneumothorax

Risk factors include, but are not limited to:

- Ear and sinus problems
- Recent surgery
- Panic disorders
- Leukemia
- Chemotherapy
- Blood thinning medications
- Loss of hearing in one ear
- Active psychosis
- Certain medications
- Pregnancy
- Sickle-cell disease
- Migraines with auras or requiring medication
- Pacemakers

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.**

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.

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.

Diabetes:

Diving as part of an official scouting activity is prohibited for the following

- Persons under age 18 with the diagnosis of diabetes
- Persons using insulin to control diabetes
- Persons with diabetes, who are non-insulin dependent and who have had recurrent problems and/or hospitalizations for diabetic problems
- Persons with and HbA1c test greater than 7.0 in the previous 12 months
- Persons having a documented or suspected hypoglycemic event requiring treatment or assessment in the previous 12 months

Diabetes is considered well-controlled when the following are met:

- The acceptable oral medications for diabetic control are as single agents only: metformin and metformin analogs; DPP-4 inhibitors (sitagliptin, vildagliptin, alogliptin, saxagliptin & linagliptin); or SGLT2 inhibitors and analogies.
- Persons over 18 who control their diabetes with exercise and diet (without the aid of medication, except metformin) and document HbA1c test value less than 7.0 in the last 6 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 diabetes will not be cleared to scuba dive. There are no exceptions, exclusions or waivers to this policy.

Asthma and Scuba Diving:

- Diving as part of an official scouting activity is prohibited for persons being treated for asthma or reactive airway disease
- 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.
 - 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.

- Diving or snorkeling as part of an official scouting activity is prohibited for participants with a history of seizures
- 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 diving after formal consultation with a neurologist.

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 (ADD, ADHD, anxiety and depression)

- Any condition should be well-controlled
 - Diving as part of an official scouting activity is prohibited for:
 - Participants taking more than one medication for any of these conditions
 - Participants with anxiety disorder requiring medication
- ⊗ *Persons with anxiety disorder requiring medication are not permitted to scuba dive.*

*** Medications***

Several 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.

Maximum Weight: Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

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

The following is a list of the required documents along with a link for those documents that must be sent to Sea Base. Because each adventure is different, the list is broken down by adventure.

Scuba Certification

- BSA Annual Health and Medical Record Parts A, B1, B2 and C (signed by a physician, MD or DO only)
- PADI General Training Release
- RSTC Diver Medical Participant Questionnaire (signed by a physician, MD or DO **only**)
- PADI Safe Diving Practices
- PADI Florida Addendum Notice to the Minor Child's Parent
- Copy of health insurance card (both sides)

Document link: <https://www.bsaseabase.org/wp-content/uploads/2023/09/Scuba-Certification-Documents-2024.pdf>

Scuba Adventure

- BSA Annual Health and Medical Record Parts A, B1, B2 and C (signed by a physician)
- RSTC Diver Medical Participant Questionnaire (signed by a physician)
- PADI Diver Activities Release
- PADI Florida Addendum Notice to the Minor Child's Parent
- Copy of health insurance card (both sides)
- Copy of scuba diving certification card (both sides)
- Scuba Live Aboard Vessel release (for Scuba Live Aboard only)

Document Link: <https://www.bsaseabase.org/wp-content/uploads/2023/09/Scuba-Adventure-Documents-2024.pdf>

Scuba Live Aboard

- BSA Annual Health and Medical Record Parts A, B1, B2 and C (signed by a physician)
- RSTC Diver Medical Participant Questionnaire (signed by a physician)
- PADI Diver Activities Release
- PADI Florida Addendum Notice to the Minor Child's Parent
- Copy of health insurance card (both sides)
- Copy of scuba diving certification card (both sides)
- Scuba Live Aboard Vessel release (for Scuba Live Aboard only)

Document Link: <https://www.bsaseabase.org/wp-content/uploads/2023/09/Scuba-Live-Aboard-Documents-2024.pdf>

Scuba Advanced Marine Exploration

- BSA Annual Health and Medical Record Parts A, B1, B2 and C (signed by a physician) pg. 15-18
- RSTC Diver Medical Participant Questionnaire (signed by a physician) pg. 23-25
- PADI Continuing Education Administrative Document pg. 33-34
- PADI Florida Addendum Notice to the Minor Child's Parent pg. 32
- Copy of health insurance card (both sides)
- Copy of scuba diving certification card (both sides)
- Coral Restoration Foundation Release – a link will be emailed to each crew leader as we approach summer program.

Document Link: <https://www.bsaseabase.org/wp-content/uploads/2023/09/Scuba-Advanced-Marine-Exploration-Documents-2024.pdf>

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 six-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. 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, 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 six day stay (Dives missed due to weather or divers’ abilities may not be made up). 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, the Scuba Live Aboard program is the adventure you want. 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. Your crew may choose to purchase their own bag from the Ships Store. 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.
- **Your crew will be split onto two vessels for their adventure.** Both boats will stay in close proximity to each other. They will not be able to raft up together for the night or when they are on the reef diving.

Scuba Advanced Marine Exploration: If you are looking for an adventure where you will earn a PADI Advanced Scuba certification and help the reef environment, then this is the adventure for you. How many people can say they have transplanted living coral from a nursery onto a reef? This is only one of the exciting aspects of this adventure. Whether you are doing a night dive on the reef or a deep dive to gain experience, the Advanced class will definitely enhance your diving skills. This is a six-day program that will include up to 11 dives (Dives missed due to weather or divers’ abilities may not be made up).

There is preparatory work that your crew must complete prior to arriving to the Sea Base. Sea Base will send each crew leader a PADI Advanced Open Water diver Manual for each participant. Students must read and complete the following five Knowledge Reviews from the provided PADI Advanced Open Water diver Manual:

- Boat diver
- Night diver
- U/W Navigation
- Deep Diver
- Peak Performance Buoyancy

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. Students must bring the PADI Advanced Open Water Diver Manual and PADI Advanced Open Water Multipurpose Data Carrier with them for their adventure.

“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:

- Fins (please contact Sea Base for those with a size 14 or larger)
- 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 masks, snorkels or dive computers. Yes, you may use a computer if you bring your own. Sea Base highly recommends participants bring any 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 neoprene socks will definitely keep your feet comfortable in our fins.

NOTE: 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/>. All scuba certifications must be non-restricted certification cards.

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 reef safe SPF 35 or greater sunscreen, SPF 35 or greater lip balm, small plastic bottle of vinegar, sea sickness medication, non-spray insect repellent, swimmers ear drops, Benadryl, cooling cloths. Those on Scuba Live Aboard may want two kits as you will be on two vessels.

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. You may also want to have some luau attire for the evening. Tacky flowered shirts are 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
- *Reef Safe sunscreen (No sprays please)
- *Two pairs of shorts (one swim trunks and one land)
- *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
- One sleeping cover, top and bottom sheet
- Pillow with pillow case
- *Two towels
- *Toiletry kit
- *Dive log book and certification card
- *Shoes or sandals
- *Water resistant (watch you could dive with)

**These items are available in our Ships Store*

The Ships store offers custom crew shirts that could double as rash guards. Custom 12.5"x14" 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 and drones.

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 or beginner who 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***