

Additional Medical Information for General Programs:

COASTS Accommodations. Special Needs youth who do not meet certain attendance requirements may be eligible to attend COASTS designated programs.

Weight Limits. Those persons weighing more than 295 pounds will not be permitted to attend.

If a participant weighs more than 295 pounds, they will be sent home at their own expense. There will be weigh-ins upon arrival at Sea Base. There are no exceptions or waivers to the 295-pound weight limit.

Sleep Apnea. Prospective participants with sleep apnea may participate at Sea Base if they have been medically cleared for participation, **they understand that they are responsible to provide battery support for their CPAP and may not have access to electricity** if participating in Bahamas, St. Thomas, St. Croix, Florida Keys Sailing, Live Aboard Diving, Keys Adventure or Out island programs.

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

- 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. Participants meeting these criteria must be wearing a USCG approved lifejacket and may not be wearing a mask anytime they are in the water. Participants meeting these criteria are allowed to **swim** in the water but must be accompanied by their buddy AND an adult who is trained to recognize symptoms of a seizure.
 - Prospective participants with a history of infant febrile seizures may be considered for snorkeling after formal consultation with a neurologist.

Additional Medical Information for Scuba Diving Adventures:

Absolute medical contradictions for scuba diving with the BSA:

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

Risk factors include, but are not limited to:

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

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.

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

- Diving as part of an official scouting activity is prohibited for the following:
 - For persons under the age of 18 years with a 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 any 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 and linagliptin); or SGLT2 inhibitors and analogies.
 Persons 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.

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 or Reactive Airway Disease.

- Scuba 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 conducted by a pulmonologist.
 - Provocative testing can include exercise, hypertonic saline, a hyperpnea test, etc.

Participants, youth or adults, with asthma will not be cleared to scuba dive. The predisposing factors, severity of attacks or intermittent asthma does not change this BSA policy. Those that are currently scuba certified or have 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.

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 any medication

Several medications are NOT COMPATIBLE with the hyperbaric stresses of scuba diving. All medications MUST be listed on the BSA Annual Health Medical Record. Tose participants on multiple medications (more than one) for ADD, ADHD, Depression or any psychological condition will not be cleared for scuba diving. There are no exceptions, exclusions or waivers to this policy.

Concussions. Those participants who have suffered a concussion and any side effects from the concussion should contact DAN and Sea Base to discuss this issue. Please provide the following information on the BSA Medical:

1. When did the injury occur?
2. Was there loss of consciousness. Inability to recollect events?
3. Were there reports of disorientation after the incident?
4. Have there been any lingering affects?