2018 Sea Base Scuba Participant Guide
Mission Statement

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 the values of the Scout Oath and Law.

National High Adventure Sea Base

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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
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Greetings from Florida Sea Base!

Your crew will dive one of the largest coral barrier reefs on the planet and experience the most diverse ecosystem in North America: Florida’s Coral Reef. In preparation for your adventure it is imperative that you read, understand and adhere to Sea Base Eligibility Requirements, Sea Base Policies and Procedures, and requirements outlined in “Preparing for Sea Base.”

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Florida Gateway to High Adventure

In 1974 a collection of Boy Scout volunteers from Miami and Atlanta, along with South Florida Council District Executive Sam Wampler began offering ocean-based aquatic programs via rented and borrowed equipment in South Florida and the Bahamas. In three consecutive summers seventy to eighty individuals were certified in scuba diving and in 1977 the program was extended to include sailing aboard chartered vessels.

Given significant growth 1974–1978, it became evident that a permanent site was needed to facilitate Florida Gateway to High Adventure programs. With a legacy gift by the Fleishman Foundation in 1979, Toll Gate Inn and Marina on Lower Matecumbe Key was purchased, its buildings renovated, and dormitories built. Florida National High Adventure Sea Base was born.

In 1982 Homer Formby donated Big Munson Island, launching the Sea Base Out Island program. Bahamas Sea Base officially began as a Florida National High Adventure Sea Base program in 1990. Florida Sea Base Conference and Training Center opened in 1995 in the newly constructed Adams Building, gifted in honor of BSA volunteer William L. Adams. Glenn Adams continues his father’s legacy as a member of the Sea Base Committee. With donated funding from the Brinton Trust, in honor of J. Porter Brinton, the Brinton Environmental Center opened in 2001. Under the direction of General Manager Captain Paul Beal and Program Directors Captain Mike and Kelly Lucivero, St. Thomas Sea Base began operation in 2014.

Florida National High Adventure Sea Base: Florida National High Adventure Sea Base is blessed to boast one of the largest Newton Dive Vessel Fleet in South Florida; operate one of the largest 5 Star PADI Dive IDC Resorts in the world; charters more crewed sailing vessels than any other single entity in North America providing opportunities for discovery in the Florida Keys, Bahamas and US Virgin Islands. Looking forward to 2017, Florida National High Adventure Sea Base including the Brinton Environmental Center, Munson Island, Bahamas Sea Base, St. Thomas Sea Base and Florida Sea Base Conference Center will serve an estimated 15,000 traditional Scout participants, the most in Sea Base history.

Florida Keys, United States: Home to the Florida Keys National Marine Sanctuary the Florida Keys stretch from Key Biscayne, past the Dry Tortugas to the Marquesas Keys. A unique ecosystem of mangroves, sea grasses and coral support more than 6,000 marine species.

The original human inhabitants of the Keys were the Native Calusa Indians. Known for their prowess as seafarers, it is possible that the Calusa were the first North Americans to establish trade with Cuba.

Ponce De Leon became the first European to find the Florida Keys in 1513, which he claimed, along with all of Florida, for the Spanish Monarch. Following discovery, the Keys became home to pirates, privateers, wreckers and eclectic individuals seeking to make their mark.

Today, the Florida Keys remain unique. Though only a few miles away from Miami, the islands remain unto themselves. Replacing pirates of old, treasure hunters, conservationists, marine biologists, boat captains and scuba divers continue to seek adventure through exploration.

Florida Sea Base

73800 Overseas Highway, Islamorada, Florida 33036
Phone 305-664-4173
Fax 305-664-2039

Located in the Florida Keys, on a subtropical island and south of Miami, lies the Florida National High Adventure Sea Base. All scuba programs are administered from Florida High Sea Base in Islamorada and include Scuba Certification, Scuba Adventure and Scuba Live Aboard Adventure.

Do not mail packages or letters to participants

What is a BSA High Adventure Base

High Adventure Bases are designed to provide scouts the experiences they could not receive at a normal BSA Camp. High Adventure involves leadership,
team work and, at times, some hard work. This is where scouts begin to develop the skills necessary to become adults and where adults can reminisce about fond memories of their youth.

Eligibility Requirements All Programs

No Exceptions Granted

In accordance with BSA Policy, all rules for participation are the same for everyone without regard to race, color, national origin, age, sex, sexual orientation, or special needs. Due to the nature of Sea Base programs and locations, all Sea Base Eligibility Requirements are mandatory and no exceptions will be granted. Please do not expect or request exceptions. Units should prescreen all youth and adult participants well in advance of their Sea Base Adventure as it is the Unit’s responsibility to comply, and ensure compliance, to eligibility requirements.

Individuals who do not meet Sea Base eligibility requirements will not be permitted to participate in a Sea Base Adventure. Anyone arriving at Sea Base who does not meet the listed criteria will be sent home at their own expense.

All participants must be registered members of the BSA or Learning for Life Incorporated.

Proper Adult Supervision consists of (2) adult leaders per Sea Base Crew; Troops, Teams must have (1) adult over 21 and another over 18. Venture Crews, Posts, Ships must have (2) adults over 21.

Troops, Teams, Crews, Posts and Ships with both male and female participants or leaders must have male and female leadership over the age of 21.

Adult to Youth Ratios: Sea Base Crews musts have more (or equal) youth than adult participants. Individuals 18 to 21 may be counted as youth participants, but must be BSA members as adult assistant leaders.

Age Limits: Every crew member must be 13 years of age by their arrival date at Florida Sea Base.

FAQ: What if I am turning 13 during the middle of my adventure?

All participants must be 13 before the start of their adventure. If they are not 13 years old they may not attend.

Insurance: All participants must provide a front and back copy of their current Health Insurance Card.

Supplemental Insurance: There are several diving incident insurance policies’ available. It would be good to investigate these supplemental insurance programs to see if they would be valuable to you. Your primary medical insurance may exclude scuba diving as a hazardous recreational activity. These policies are not required to participate in Florida Sea Base scuba programs. Contact Divers Alert Network for additional information. https://www.diversalertnetwork.org

Maximum Weight: No Sea Base participant, youth or adult, may weigh over 295 pounds, and should meet the BSA Height/Weight requirements. Individuals exceeding 295 lbs. will vacate their adventure and be sent home at their own expense.

Youth Crew Leader: Crews must elect a seasoned, responsible Youth Crew Leader. NYLT, NAYLE or SEAL training is recommended. The Youth Crew Leader should assist in all aspects of trip-planning (with the exception of medical records).

BSA Recognized Training Agencies:
The Boy Scouts of America only accepts scuba certification credentials from RSTC (http://wrstc.com/) recognized training agencies. These include; NASDS, PADI, PDIC, SSI, SDI, RAID, YMCA and NAUI.

Scout Oath and Law: Participants must know and abide by the Scout Oath and Law.

Florida Sea Base Requirements:

Every member of your crew must be registered with the BSA. Every Adult Leader must complete the following and provide copies of these certifications:

- BSA Youth Protection
- Safe Swim and Safety Afloat
- BSA Weather Hazards
- One adult leader must complete Wilderness First Aid and CPR Training or hold a higher professional certification (EMT, nurse, physician, etc.). Multiple crews require multiple trained leaders. It is recommended that every adult leader in each crew completes WFA and CPR.

FAQ: What if I have a certification from an agency that is not a member of the RSTC? Unfortunately, BSA and Florida Sea Base only accept those agencies that are a part of the RSTC. Your card will not be recognized and you cannot scuba dive at Florida Sea Base if the certification agency is not a member of the RSTC.

Payment Schedule: All Sea Base Crews must adhere to Sea Base payment schedule including:

- $100 per person deposit within 30 days of booking; Spring Crew ½ payment by September 1 of current year, Summer Crew ½ payment by October 1 of current year; final payments are due 90 days before arrival.

Onsite Requirement: Once checked in, Sea Base crews are required to remain onsite. Crews or individuals provided with a check list of requirements to complete prior to departure. These checks are completed at Sea Base during the weeks of their Sea Base Adventure.

General Requirements for all Scuba Programs

Eligibility at a Glance:

- Registered with the BSA
- 13 years of age or older
- Strong Swimmer
- Meet Weight Requirements

Participants

- Must be adults
- Must be registered with the BSA
- Must be 13 years of age or older
- Must have the ability to safely swim
- Must be no greater than 295 pounds

Sea Base Eligibility Requirements

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Packing: Sea Base has limited parking. Crews choosing to rent vehicles should consider a one-day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base provides daily transport to Marathon Airport to secure or drop off rental vehicles. Please arrange to pick up your rental vehicles the day before your departure.

Alcoholic Beverages or Illegal Substances: There is no place in the Boy Scouts of America for the possession or use of alcohol or illegal substances. Anyone found in violation of this policy will be expected to vacate their Sea Base Adventure. Violators may be reported to local law enforcement and their local council.

Smoking: Smoking is permitted only in the designated area.

Scout Appropriate Language: Sexual conversations of any nature including “jokes” are prohibited. Racial, ethnic, religious, sexist and sexual orientation slurs are prohibited. Coarse language is prohibited. Bullying, Hazing, Fighting, Play Fighting, Wrestling: Are all strictly prohibited.

Sexual Contact: Sexual contact of any nature including any public display of affection is prohibited at Sea Base.

Age Restrictions & Showers: At age 18, Sea Base participants are considered adults. Adult males may only shower in adult male showers, youth males may only shower in youth male showers. Adult females may only shower in adult female showers, youth females may only shower in youth female showers.

Dormitories (including common areas): Males may not enter female dormitories and females may not enter male dormitories. Common areas under the scuba dorms are provided for units to get together.

Swim Test: All participants must complete and pass the BSA swim test before their arrival at Florida Sea Base and submit a Unit Swim Classification Record. A completed Unit Swim Classification Record showing that each participant is a strong swimmer must be included in documents brought to Florida Sea Base. http://www.scouting.org/filestore/pdf/Unit_Swim_Classification_Record_2016.pdf.

Fishing: Fishing on Florida Sea Base property is unavailable. Those on the Scuba Live Aboard vessels will have the opportunity to fish as a part of their adventure.

Unplug: Use of phones, tablets and other transmission electronics should be restricted to emergency use. Please place phones on airplane mode and stow away. We do not advocate that youth members bring electronics onto vessels or use them on base.


Custom Crew Apparel: Sea Base provides units the opportunity to purchase Official Sea Base Custom Crew UPF 45 Activity Uniform long sleeve shirts, short sleeve shirts and wide brimmed hats at www.fsbshipstore.com. Please make sure all orders are placed no later than six weeks prior to your arrival to ensure adequate shipping time.

FAQ: Could we leave Florida Sea Base to go out to dinner one evening? No, crews are not permitted to leave Sea Base once you arrive.

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

FAQ: Do we do a swim test upon arrival at Florida Sea Base? All units will complete a swim review upon arrival at Florida Sea Base. This is not the full BSA Swim Test.

If we are certified scuba divers do we still have to do the BSA Swim Test before we arrive? Yes.

Swimming Attire: Swimming attire must be modest. For males, tight fitting swim briefs short enough to potentially cause exposure are not allowed. For females, bikinis are not allowed. Modest tankinis or one-piece swimsuits are appropriate. Many female participants opt for athletic style swimsuits.

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

Footwear: Footwear is required for all participants while onshore. Sandals/flip flops are considered appropriate footwear.

Conservation: Sea Base participants must not touch or harm wildlife including coral. Sea Base participants must not take or collect rocks, shells, or marine species from any environment while at Florida Sea Base.

Cleanliness: Dorms, Base, Galley and Vessels are expected to be maintained by participants. Each crew will be responsible for daily dorm cleaning.

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

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Open Swimming: Open swimming at any Sea Base owned or contracted marina is prohibited.
Scuba Equipment: Sea Base provides masks, snorkels, fins, regulators, BCD with weight-integrated pockets, weights and tanks. Individuals are encouraged to bring their own equipment, other than tanks, for use at Sea Base provided the equipment is inspected and approved by Sea Base staff. Wetsuits can be rented at www.fsbshipstore.com. Each diver is required to bring a dive watch suitable for scuba diving. These watches may also be purchased at the Ships Store. Sea Base does not provide dive computers.

FAQ: Do I need wet suit boots with the fins?
Our fins are an open heal design (strap) but not meant to be worn with boot. For comfort we suggest you use neoprene socks instead of the booties, but it is not required.

Does Sea Base offer dive computers for rent?
Florida Sea Base does not have dive computers on our equipment nor do we have them for rent.

If I have specialized equipment could I use it at Florida Sea Base?
If you have specialized equipment (i.e.: dry suits, full face masks, side mount systems, etc.) you will be required to show proof of certification and experience.

Careers at Florida Sea Base: Florida Sea Base is continually looking for staff members to work in the Scuba Department. As you could guess, working as a part of the FSB Scuba Team involves some specialized training. This training will not only enable you to work as a part of our team but start you on a career in the recreational scuba industry. The Divemaster Academy is the first course you want to look at followed by the Instructor Development Course. Please use the addresses below to find additional information.

Divemaster Academy
http://www.bsaseabase.org/Adventures/Instructor%20Development%20Course.aspx

Earn College Credit for Scuba Certification Courses: For those participating in the Scuba Certification Program, the American Council on Education (ACE), through its College Credit Recommendation Service, has evaluated and recommended college credit for most PADI courses. ACE is the major coordinating body for all the nation’s higher education institutions. Want to learn more? Contact PADI Americas at training@padi.com.

Packing for Scuba Adventure: While at Sea Base your crew will be housed in air conditioned dormitories overlooking the Atlantic Ocean and Florida Bay. Showers and laundry facilities are available. All items brought from home should be packed into a small bag or backpack. Please do not bring a large suitcase. Limit items to those listed in the “What to Bring” section for your adventure.

FAQ: Do I need to bring bedding if I’m staying in the dorm?
Mattresses are provided, but nothing else. Sheets, a pillow and a light blanket are usually enough.

Traveling to Florida Sea Base: While traveling please consider that you are representing not only your unit but the whole of Scouting. Please act in a responsible and kind manner.

Your crew needs to arrive at Florida Sea Base between 1 and 3pm, having already eaten lunch.

If flying, your crew has several options:
• Key West International (EYW)
• Miami International (MIA)
• Hollywood/Fort Lauderdale International (FLL)

Departing Florida Sea Base: A Scout is Clean. Prior to departure your crew will be responsible for cleaning your dormitory and dormitory restroom. Please ensure that you have taken all personal items with you. Gear left at FSB will be donated to local charities. Once packed, your crew may leave Sea Base as early as necessary. Early breakfast is served at 7am and regular breakfast at 8am. Crews may remain onsite no later than 11am but must clear the dormitories by 10 AM.

Food Allergies: Please alert Florida Sea Base Food Service to known allergies and restrictions via email two weeks prior to arrival FSB.Galley@scouting.org.

Sea Base Specific First Aid Kit: Each Sea Base crew is required to provide a Sea Base Specific First Aid Kit. A list of items can be found at www.bsaseabase.org.

What Not to Bring: Personal scuba tanks, spear guns, personal music player or video games, firearms or fireworks, dive knives, aerosol sunscreen or bug spray, valuable or unnecessary items.

Crew Sizes: The number of individuals allowed to participate in each adventure is limited and this number cannot be exceeded. Please review the limits for each individual program.

FAQ: If I overbooked our crew could Sea Base make an exception or waver to add an additional participant to my crew? No, crew sizes are set and cannot be exceeded.

Scuba Reviews/Refresher: It may have been some time since you or other members of your crew have been scuba diving. Completing a “Scuba Review” prior to your arrival will help ensure you maximize your time enjoying the reefs of the beautiful Florida Keys.
Multiple Crews for Scuba Adventure: When booking multiple crews, Sea Base makes every effort to ensure that your group stays together throughout your adventure. Due to limits imposed on us by the USCG and available space, groups over 32 members will be split on different vessels.

Hydration: The number one reported health concern at Sea Base is dehydration. Severe dehydration can lead to significant illness, and in extreme cases, death. Crews should establish and utilize a clear hydration policy and ensure that each crew member has or purchases a Nalgene-style bottle with carabiner that can be fixed or clipped to the vessel. Sea Base branded Nalgene’s and carabiners are available at www.fsbshipstore.com.* Scuba Live Aboard Crews should not bring metal or aluminum water bottles

Sunscreen and Coverage: Overexposure to sun can cause burns, blisters, and illness leading to discomfort, and in some cases, suspension or cancellation of crew adventures. Medical professionals and Sea Base strongly recommend that individuals taking part in activities like those at Sea Base utilize sun coverage in addition to sunscreen. Every Sea Base participant should have:

1) A long and short sleeve UPF 45 or greater shirt*
2) Wide brimmed hat*
3) Polarized sunglasses*
4) SPF 45 or greater biodegradable sunscreen (suntan lotion, aerosol and spray sunscreens are prohibited).

*Available onsite and online at www.fsbshipstore.com.

Special Note: 4,000 to 6,000 metric tons of sunscreen wash over coral reefs each year causing significant damage. Please plan to use biodegradable, reef safe sunscreen during your Sea Base Adventure. Biodegradable sunscreen can be purchased at the Ships Store www.fsbshipstore.com.

Ear Care: Special consideration must be given to ear care. After snorkeling, diving, or swimming, participants should dry their ears to limit the possibility of Swimmer’s Ear. This can be done by tilting one’s head to the side and pulling on the earlobe until confined water is released.

Motion Sickness: It is inevitable that some crew members will get seasick. Vessels do not return to Sea Base because of sea sickness. Participants should speak with their physicians regarding the use of sea sickness medication.

Cleanliness: Participants are advised to maintain proper hygiene and to shower daily (when available). They should properly wash hands whenever possible and always after using the restroom, prior to cooking and prior to putting hands in mouth. Showers are available at each Sea Base facility and rented marina. Please bring a pair of sandals that can be used in the shower.

Marine Heads: Participants are seldom accustomed to utilizing a marine head. Nothing other than bodily waste, including toilet paper, should be placed in the marine head. Paper waste should always be properly disposed of in the waste basket. Following use of the head every participant is expected to clean the head if necessary.

Sea Base Traditions

Flag Ceremonies: Assembly for raising begins each morning at 7:45. Assembly for retreat begins at 5:45 pm. We ask that crews arrive 5 minutes early to each ceremony. Proper attire is required for all Flag Ceremonies.

Council Shoulder Patches and Unit Numbers: Units completing a Sea Base Adventure may affix or have its unit numbers affixed to the galley walls at Sea Base. BSA unit numbers are available for purchase in the Sea Base Ship Store.

Florida Sea Base Awards

Scouting Centers of Excellence in Nature and Environment (S.C.E.N.E.) Award: Florida Sea Base is the first scouting facility in the world to be designated as a S.C.E.N.E. camp. All participants are eligible to earn the S.C.E.N.E. patch at no cost. As Boy Scouts strive to be good stewards of our country’s natural resources and ecosystem, the SCENE award recognizes them for the work they did here and at home. To earn this award there are several requirements that must be completed while at Florida Sea Base and at home. At Sea Base, the required project is a Reef Fish Survey. You will identify species of fish and record the abundance of those species on our reefs. You will learn fish identification during one of our evening programs.
Sea Base Blessing
Bless the creatures of the sea
Bless this person I call me
Bless the Keys, You make so grand
Bless the sun that worms the land
Bless the fellowship we feel
As we gather for this meal.
Amen

Duty to God Award: The Florida National High Adventure Sea Base “Duty to God” program is designed to expand a participant’s awareness of this bountiful creation and of our responsibility to the land, air and sea. It is also put in place to examine our relationship to our Creator – God. Both adult and youth participants of Sea Base may take part in this program.

Snorkeling BSA: Every Sea Base participant should arrive at BSA Sea Base a proficient snorkeler. Upon arrival, each participant will complete and earn the BSA Snorkel Award.

Inclement Weather: Participant 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 program activities cancelled due to inclement weather.

Hurricanes: Program interruption due to a hurricane is 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 insurance is highly recommended to cover the cost of travel expenses, especially July–August.

REEF: Our Reef Survey Projects and fish identification are conducted using programs developed by REEF Environmental Education Foundation (REEF). For more information on REEF and the surveys use the following address http://www.reef.org/

PADI Project AWARE: One of our evening programs teaches the PADI Project AWARE Coral Reef Conservation course. Once completed, participants have the option of receiving a PADI Coral Reef Certification card. There is a processing fee of approx. $18 for the certification card. www.projectaware.org/

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What to Bring

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water bottle with carabiner, coffee mug</td>
<td></td>
</tr>
<tr>
<td>1 UPF +45 Long Sleeve Shirt, Custom Crew Offered</td>
<td></td>
</tr>
<tr>
<td>1 UPF +45 Short Sleeve Shirt, Custom Crew Offered</td>
<td></td>
</tr>
<tr>
<td>Wide Brim Hat with strap</td>
<td></td>
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<tr>
<td>Polarized sunglasses with strap</td>
<td></td>
</tr>
<tr>
<td>16 oz. +45 SPF biodegradable sunscreen, no sprays</td>
<td></td>
</tr>
<tr>
<td>2 pairs of shorts: 1 swim trunks or swimsuit, 1 land shorts</td>
<td></td>
</tr>
<tr>
<td>Light pants, zip off trek pants recommended</td>
<td></td>
</tr>
<tr>
<td>Female participants should have a one piece or conservative tankini</td>
<td></td>
</tr>
<tr>
<td>3 pairs of socks, Sea Base recommends 1 pair of neoprene socks</td>
<td></td>
</tr>
<tr>
<td>2 Locks per crew (combination or key)</td>
<td></td>
</tr>
<tr>
<td>Shoes or sandals</td>
<td></td>
</tr>
<tr>
<td>Rain Jacket and fleece for winter and early spring crews, light rain jackets for late spring and summer crews</td>
<td></td>
</tr>
<tr>
<td>Spending money ($125–$175)</td>
<td></td>
</tr>
<tr>
<td>Indicates items available in the Ships Store</td>
<td></td>
</tr>
</tbody>
</table>

Packing List: Sea Base provides meals, scuba equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

IMPORTANT! All SCUBA Adventure participants MUST NOT fly for at least 18 hours after their last dive. To reduce your risk of Decompression Sickness, your flight home should be scheduled for 8:00 am or later.
Sea Base Specific Unit Health and Safety Plan Risk Advisory

Sea Base has an outstanding health and safety record. This is because crew leaders understand that Sea Base programs are remote, and arrive prepared—trained to assume leadership responsibilities in emergency situations. Sea Base parents, guardians, adult leaders and participants are advised that Sea Base Adventures, including travel to and from Sea Base, can involve exposure to accidents, illness or injury associated with a physically demanding high adventure program conducted in a sometimes-hostile aquatic environment. Participants may be confronted with severe weather conditions including extreme heat and humidity, tropical force storms and intense tropical sun. In addition to weather, the Florida Keys are home to sea creatures such as rays, jellyfish, sea urchins, coral, barracuda and sharks that pose a limited risk.

To limit risk and possibility of harm Sea Base requires: Prospective participants who are prescribed medication, for any purpose, should continue 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 a physician. Certain drugs, specifically psychotrophic drugs and drugs related to anxiety, may preclude individuals from participating in scuba programs.

Annual Health and Medical Records (AHMR): Sea Base participants must be in good health. All participants must provide a current and complete BSA Annual Health and Medical Record signed by a physician. BSA Annual Health and Medical Records are good for 12 months from the end of the month in which they were completed. The form can be found on the Sea Base website www.bsaseabase.org/resources/forms. No other form will be accepted. Out of date forms will not be accepted.

Required Documents: All Scuba program participants must complete the following documents:

BSA Annual Health and Medical Record (AHMR) Parts A and B must be received by the following dates:
- January 1 for Spring Crews
- March 1 for Summer Crews
- October 1 for Winter Crews.

FAQ: Why do we ask for these documents this far in advance of your adventure?
This gives the Florida Sea Base staff time to review BSA Part A and B for any issues that may restrict or disqualify an individual from participation in their adventure. Doing this gives the participant and parents enough time to resolve the issue or decide on an alternative option.

FAQ: These dates are too early for us to see our physician because of health insurance rules. This is not an issue because BSA Parts A and B are completed by the participant and parents. No physician signature is required. The BSA Part C and PADI Medical Statement are required to have a physician’s signature but those are not due until 30 days prior to arrival at Florida Sea Base.

Medical Qualifications: Scuba Participants are held to a higher 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. Final decisions for clearance rest with Sea Base Medical Director.

IMPORTANT!
Do not wait until the last minute to submit documents required to clear you for scuba diving. Documents submitted later than the required 30 day deadline may not give Sea Base the opportunity to review and clear a participant prior to their arrival.

FAQ: If I am disqualified for scuba diving because of a medical condition is there a waiver or appeal process? The Sea Base Medical Directors decision is final. There is no appeal or waiver process. The staff of Florida Sea Base is unable to change, alter or deviate from the decision of the Medical Director or BSA policies regarding medical fitness for scuba diving.

If I am disqualified from scuba diving may I participate as a snorkeler? Yes, if you meet medical requirements to attend Sea Base.

Can I bring my forms with me instead of sending them prior to my arrival? No, doing so will not give us sufficient time to review your information. Sea Base Staff may not have the ability to resolve issues and it is likely we will not be able to clear you to dive. It is imperative that all forms are sent in on or before the stated deadlines.

Is there a list of the medicines that will disqualify me from scuba diving? There is no list. We look at the illness that is being treated and not the medications. However, there may be times when certain medications will prevent a person from scuba diving. Contact the Scuba Department for additional information.

Medical Issues that may disqualify an individual from scuba diving. In addition to this booklet the following information is listed on the Florida Sea Base website and the BSA AHMR “High-Adventure Risk Advisory to Health-Care Providers and Parents” www.bsaseabase.org/
IMPORTANT!
This is meant to be a guide for the more common medical conditions and not an absolute list. If you have a medical condition that may be of concern, please contact the Scuba Department at Florida Sea Base for guidance.

Cardiovascular Disease: Prospective participants who have experienced any of the following conditions, relating to Cardiac Cardiovascular Disease are to undergo a thorough evaluation by their treating physician and be medically cleared for high adventure before participation at Sea Base:
1) Angina; Chest pain caused by coronary artery or congenital heart disease
2) Myocardial infraction, heart attack
3) Heart surgery including angioscopy to treat coronary artery disease
4) Stroke or Transient Ischemic attacks
5) Claudication
6) Family history of heart disease in individuals under 50
7) Weight in excess of recommended guidelines

Hypertensive: Prospective participants who are Hypertensive; blood pressure greater than 140/90 must 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.

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

Seizures: Any seizure activity within the past five years, regardless of control and/or medication, disqualifies an individual from participation in any scuba program. A person with a history of seizure activity who has been asymptomatic AND medication-free for five years, as evidenced by a physician, will be allowed to dive.

Asthma and Scuba Diving:
Persons being treated for asthma (including reactive airway disease) are disqualified from BSA scuba programs.
1) Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive as part of a BSA activity upon submission of evidence from their treating physician.
2) Persons with a history of asthma who have been asymptomatic and have not used medication to control asthma for five years or more may be allowed to scuba dive as part of a BSA activity upon submission of evidence from their treating physician.

Sleep Apnea:
Prospective participants with sleep apnea may participate at Sea Base if:
1) They have been medically cleared by their physician.
2) They understand that they are responsible to provide battery power if participating in a Scuba Live Aboard Adventure. Live Aboard vessels do not have electricity available for CPAP machines.

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?

Medications:
Prospective participants taking any medications for ADD, ADHD, anxiety, depression or any medications that may be contraindicated for scuba diving must be medically cleared.
by their physician in consult with DAN-Divers Alert Network and the Sea Base Medical Director. Final decision for participation rests with Sea Base Medical Director. Attention is paid to anxiety medications and the effect anxiety may have on the scuba diver.

Weight Limits: Weight limit guidelines (see Part C of the BSA Health and Medical Record) are used because individuals outside of these guidelines are at a greater risk for heart disease, stroke, injury and death. These guidelines are for all Scouting high adventure activities. Participants who exceed the weight limit of 295 lbs., as evidenced by their BSA Health and Medical Record, will not be allowed to participate in a Sea Base Adventure and will be sent home at their own expense.

Common mistakes to avoid when completing the BSA Annual Health and Medical Record and PADI Release and Medical Documents:

The following are BSA and PADI forms have highlighted sections. The highlighted sections are areas most often left blank or not completed correctly. Please be aware that all sections must be completed, not just the highlighted sections.

BSA AHMR Part A
- Box not filled in for “List participant restrictions, if any”
- Participant or parent signatures and date missing
- “Adults Authorized to take to and from Events” blank

BSA AHMR Part B p1
- Boxes not marked “YES” or “NO”
- No information included in explanation space on boxes marked “YES”
- Please remember that once a medical condition is indicated we must follow up on all issues and they cannot be changed or altered to allow a participant into the program.
- Please mark all boxes individually, not just a line through all boxes

BSA AHMR Part B p2
- Allergies and restrictions not completed
- Reasons for medications not completed if medications are taken
BSA AHMR Part C

• “Medical restrictions to participate” box not completed
• “Allergies or Reactions” not completed
• Height, weight blood pressure and pulse left blank
• “Examiners Certification” questions not answered completely. All eight questions must be answered. Physicians must have reviewed the supplemental risk advisory.
• Form must have examiner’s signature and date.

PADI/RSTC Medical Statement  Page 1

• All lines must be marked with complete “YES” or “NO”
• No participant or parent signature along with date

PADI/RSTC Medical Statement  Page 2

• Physician’s Impression not clearly marked
• Remarks section has limitations for scuba diving listed
• No Physician signature or date. Must be Physician (MD or DO) signature

Information Regarding Medical Restrictions form

This form is required when participants are taking medications that may cause safety concerns while scuba diving. This includes medications used for ADD/ADHD, anxiety, depression, etc. (this is not a complete list). The participant’s prescribing physician (MD or DO) needs to read and sign the form. Once we receive the form it will be forwarded to our Medical Director who has the final decision for qualifying all participants for scuba diving. Completing this form does not guarantee qualification for scuba diving while at Florida Sea Base.

PADI Release Forms

Please see which PADI Release forms are required for each Scuba Adventure. Those releases along with a link to the correct forms are found in the following sections of this guide. The most common problems are:

• Using the incorrect form for the Scuba Adventure you are registered for.
• Participant or parent signature and dates missing.

Scuba Adventure Program

Scuba Adventure Crew Size:
Maximum of 8 individuals. This number includes both youth and adult participants. Crews may not exceed the maximum number allowed.

Packing for Scuba Adventure: While at Sea Base your crew will be housed in air conditioned dormitories overlooking the Atlantic Ocean and Florida Bay. Showers and laundry facilities are available. All items should be packed into a small bag or backpack. Please do not bring any large suitcases. Limit items to those listed in “What to Bring.”

Scuba Adventure Arrival and Brief Overview: Scuba Adventure is a 7-night 8-day program, which includes your arrival and departure...
dates. Your first activity, as with any Scout activity, will be a review of paperwork. It is essential that paperwork is complete and accurate prior to arrival. Following completion of paperwork and gear shakedown, your crew will have its picture taken, receive a tour, check out dive gear, complete a FSB Swim Review, complete Scuba Review, eat dinner, and then complete a Scuba Adventure Orientation.

Each Scuba Adventure itinerary is different due to weather, season, experience and arrival time. Safety is the first priority of Sea Base. Provided optimal conditions, your crew will participate in as many as 11 open water dives while at Sea Base, including one night dive. All dives will be conducted within the PADI-recommended 60 ft. limit for Open Water Divers. There will not be any opportunity to work on advanced certifications. On Day 7 of your adventure your crew will clean and return dive gear and participate in a Sea Base closing ceremony: Conch Luau!

Required Documents: All Scuba Adventure program participants must complete the following documents:

- BSA Annual Health and Medical Record (AHMR) Parts A and B must be received by the following dates:
  - January 1 for Spring Crews
  - March 1 for Summer Crews
  - October 1 for Winter Crews.

**30 Days Prior to Arrival:**

- Copy of their Dive Certification Card from a Scuba BSA recognized agency
- Copy of Health Insurance Card

Useful links:

- RSTC/PADI Medical Statement(https://www.bsaseabase.org/filestore/HealthSafety/pdf/padi.pdf)
- BSA Annual Health and Medical Record (AMHR) Part C(https://www.bsaseabase.org/filestore/HealthSafety/pdf/680-001_seabase.pdf)
- BSA Annual Health and Medical Record (AHMR) Parts A and B(https://www.bsaseabase.org/filestore/seabase/pdf/ahmr.pdf)
- RSTC/PADI Medical Statement(https://www.bsaseabase.org/filestore/HealthSafety/pdf/padi.pdf)
- Copy of their Dive Certification Card(https://www.bsaseabase.org/filestore/seabase/pdf/Certified_Divers.pdf)

**FAQ:**

Even if I answer “NO” to all the questions on the PADI/RSTC Medical Statement, do I have to get it signed?

Yes, the form must be signed by a physician (MD or DO) for each participant who will be scuba diving.

Can the PADI Medical Statement be signed by someone other than a physician? No, it must be signed by a physician (MD or DO). Incomplete forms will be returned to the crew leader for proper completion.

Scuba Adventure Packing List:

Sea Base provides meals, scuba equipment and everything you will need on your adventure but you will want to bring some additional spending money. Below is a list of personal items required for your adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

**Scuba Live Aboard Adventure**

**Scuba Live Aboard Crew Size:**

Maximum of 12 individuals. This number includes both youth and adult participants. Crews may not exceed the maximum number allowed.

**Packing for Scuba Live Aboard:**

For travel, all items should be packed into a small bag or backpack. All items going aboard your vessel will be re-packed into a 12 x 24 inch duffle bag provided by Sea Base. Custom Crew duffle bags are available for purchase at www.fsbshipstore.com. If you plan on purchasing a custom crew bag, orders must be placed no later than six weeks prior to arrival. While there are no showers or laundry facilities available aboard, there are at Florida Sea Base. All other items brought to Florida Sea Base that will not fit into the 12 x 24” duffle will be stores in a 3’ x 3’ x 4’ locker. Please do not bring large suitcases. Limit items to those listed in “What to Bring.”

**Scuba Live Aboard Arrival and Brief Overview:**

Scuba Live Aboard is a 7 night and 8-day program, including your arrival and departure date. Your first activity, as with any Scout activity, will be a review of paperwork. It is essential that paperwork is complete and accurate prior to arrival. Following completion of paperwork and gear shakedown, your crew will have its picture taken, receive a tour, check out dive gear, complete a FSB Swim Review, complete Scuba Review, eat dinner, and then complete a Scuba Live Aboard Orientation.

Each Scuba Live Aboard itinerary is different due to weather, season, and experience. All crews will overnight at Sea Base in Islamorada and then travel to and board their vessel (some crews may be split onto two boats instead of one vessel) on day 2. Scuba Live Aboard boats are working vessels. Your unit, youth and adults, will learn what it is to crew aboard a vessel. The elected Youth Leader will assign duties to youth and adult crew members, which will include preparing meals, cleaning the boat-including the head, anchor watch, and any other duties assigned by the captain. While aboard, the captain is the final authority figure.

Over the course of the next 5 days, your unit will explore the waters and reefs surrounding the Florida Keys. Safety is the first priority of Sea Base. Provided optimal conditions your crew will have 10–15 dives while at Sea Base including one or more night dives. All dives at Sea Base...
are conducted within the PADI-recommended 60 ft. limit for Open Water Divers. There will not be any opportunity to work on advanced certifications. On Day 7 your crew will return to Sea Base, clean and return dive gear, and participate in a Sea Base closing ceremony: Conch Luau!

Sleeping on the boats: Most participants choose to sleep under the stars instead of below deck. There also may not be enough bunks below deck for everyone. It is a good idea to bring a sleeping pad and a light blanket. Do not bring hammocks.

Scuba Live Aboard Packing List: Sea Base provides meals, scuba equipment and everything you will need on your adventure, but you will want to bring some additional spending money. **Below is a list of personal items** required for your adventure. Note that most items are available at the Ship Store or online at www.fsbshipstore.com.

**Required Documents:** All Scuba Live Aboard program participants must complete the following documents:

- BSA Annual Health and Medical Record (AHMR) Parts A and B must be received by the following dates:
  - January 1 for Spring Crews
  - March 1 for Summer Crews
  - October 1 for Winter Crews.

**30 Days Prior to Arrival:**
- Copy of their Dive Certification Card from a Scuba BSA recognized agency
- Copy of Health Insurance Card

**Scuba Certification**

**Scuba Certification Adventure Crew Size:** Maximum of 8 individuals. This number includes both youth and adult participants. Crews may not exceed the maximum number allowed.

**Prior to arrival:** Scuba Certification participants must read the PADI Open Water Manual, complete all PADI Open Water Knowledge Reviews and watch the PADI Open Water Diver video. Failure to complete all required materials will result in loss of dive time or may result in not becoming scuba certified. All participants must bring their completed PADI Open Water Manual, logbook and RDP with them to Sea Base.

**Special Note:** Scuba Live Aboard crews will be assigned to either one or two vessels depending on availability. Most captains will not allow participants to wear shoes aboard. Please do not purchase expensive deck or sailing shoes for your adventure.
FAQ: Even if I answer “NO” to all the questions on the PADI/RSTC Medical Statement, do I have to get it signed?
Yes, the form must be signed by a physician (MD or DO) for each participant who will be scuba diving.

Can the PADI Medical Statement be signed by someone other than a physician?
No, it must be signed by a physician (MD or DO). Incomplete forms will be returned to the crew leader for proper completion.

Required Documents: All Scuba Certification program participants must complete the following documents:

BSA Annual Health and Medical Record (AHMR) Parts A and B must be received by the following dates:
- January 1 for Spring Crews
- March 1 for Summer Crews
- October 1 for Winter Crews.

30 Days Prior to Arrival:
- RSTC/PADI Medical Statement signed by a physician http://www.bsaseabase.org/filestore/HealthSafety/pdf/padi.pdf
- Copy of Health Insurance Card

IMPORTANT!
SCUBA Certification participants MUST NOT fly for at least 18 hours after their last dive. To reduce your risk of Decompression Sickness, your flight home should be scheduled for noon or later.

SEA BASE TALENT AND PHOTO RELEASE
All BSA Sea Base participants, parents and legal guardians of participants are informed that photographs, film, video, electronic representations and/or sound recordings may be made and/or captured during their Sea Base Adventure. These images, recordings may be used for training and promotion purposes for Sea Base. Each Sea Base participant and parent, and legal guardian of participant, by completing the required Annual Health and Medical Record “Part A: Informed Consent, Release Agreement, and Authorization,” will fulfill the necessary Talent Release requirements for Sea Base BSA. For complete statement refer to BSA Annual Health and Medical Record.

Social Media
Posts tagging Sea Base or made by units or individuals to Sea Base Social Media Channels; Twitter, Facebook, Instagram, YouTube may be shared, as is standard, to other Sea Base and BSA Social Media Channels. Photos and posts may also be used in Sea Base and BSA Marketing print.
Like us on Facebook. Follow us on Twitter and Instagram.

facebook.com/bsaseabase

twitter.com/bsaseabase

instagram.com/bsaseabase

www.bsaseabase.org