

Participant Guide

Bahamas Adventure (6-8)

Bahamas Adventure (10-12)

Bahamas Tall Ship

National High Adventure Sea Base, BSA



Sea Base Bahamas
Marsh Harbour, Bahamas

Revised Date: 02/23/2021

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 the 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:

Trustworthy. Loyal. Helpful. Friendly. Courteous. Kind. Obedient. Cheerful. Thrifty. Brave. Clean. Reverent.

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



Prepared. For Life.®

Sea Base History

Florida Gateway to High Adventure, EST 1974 In 1974 a collection of Boy Scout volunteers from Miami, FL and Atlanta, GA along with South Florida Council District Executive Sam Wampler began offering ocean-based adventure programs with rented and borrowed equipment in South Florida and the Bahamas. In 1977 the program was extended to include sailing aboard chartered vessels.

Florida Gateway to High Adventure becomes Florida National High Adventure Sea Base, EST 1979 Due to the excitement surrounding the unique adventures offered, it quickly became evident that as 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 secured, its building renovated, and dormitories built. Florida National High Adventure Sea Base was born.

Big Munson Island, EST 1982 In 1982 Homer Formby donated a mangrove barrier island, Big Munson Island, located due south of Big Pine Key. Located in the NOAA Florida Keys National Marine Sanctuary, Big Munson is home to several rare species of plants and wildlife including key deer and sea turtles.

Bahamas Sea Base, EST 1990 Sam Wampler and his colleague Joe Maggio began offering sailing programs in Marsh Harbour, Abaco, Bahamas as an extension of Florida National High Adventure Sea Base in 1990. The Sea of Abaco is world renowned for its beautiful protected sailing waters and the Abacos, or Friendly Islands, are equally celebrated for their stunning beaches, settlements and welcoming people.

World Organization of Scouting (WOSM) SCENE Centre, EST 1990'S Recognized for its superior commitment to conservation and education, Sea Base became a Scout Centre of Excellence for Nature and Environment in the 1990's and continues as the lone WOSM SCENE Centre in the United States.

Florida Sea Base Conference and Training Center, EST 1995 Sea Base Conference and Training Center hosts BSA professional and volunteer conferences each winter and spring. Located in the Adams Building, a building gifted in honor of William Adams, the Conference and Training Center serves roughly 1,000 individuals annually.

Brinton Environmental Center (BEC), EST 2001 With funding from the Brinton Trust in honor of J. Porter Brinton, Sea Base completed construction of the Brinton Environmental Center in 2001. Located at Mile Marker 23.8 on Summerland Key, BEC is home to the Keys Adventure, Out Island, Keys Fishing and Marine STEM programs.

Sea Base St. Thomas, EST 2014 Under the direction of General Manager Captain Paul Beal and Program Directors Mike and Kelly Lucivero, Sea Base St. Thomas began sailing operations in 2014. Crews board vessels in beautiful St. Thomas, USVI and then circumnavigate St. John, USVI. Celebrated globally for its waters, winds, coral reefs and beaches, the US Virgin Islands offer participants amazing opportunities for adventure and exploration.

Dry Tortugas, Order of the Arrow Ocean Adventure, EST 2017 Sea Base and the National Order of the Arrow offer Arrowmen one of the most exciting and unique high adventure experiences in Scouting.

Participants travel to Dry Tortugas National Park by vessel and spend their adventure at Historic Fort Jefferson providing service while pursuing adventure.

Sea Base St. Croix, EST 2019 In partnership with the National Capital Area Council, Sea Base will launch its newest program location at BSA Camp Wall in Christiansted, St. Croix, USVI beginning in 2019. Participants will choose between Scuba and “Keys Adventure” style programs. Home to Buck Island National Reef National Monument, East End Marine Park, Historic Fort Christianvaern, amazing coral reefs and breathtaking vistas Sea Base St. Croix will offer youth limitless opportunities for discovery.

Sea Base General Eligibility Requirements

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



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.

Swim Test: Every participant, youth and adult, must complete the [BSA Swim Test](#) as a Swimmer. Non-swimmers and Beginner Swimmers will not be allowed to participate and will be sent home at their own expense. Every Sea Base crew must provide a completed [BSA Unit Swim Classification Record](#).

❖ Sea Base does not provide onsite BSA Swim Tests.

Swim Review: Upon arrival every participant must complete a Sea Base Swim and Snorkel Review in a strong manner. This review does not take the place of the [BSA Swim Test](#).

Individuals who do not pass the Sea Base Swim or Snorkel Review will not be permitted to participate and will be sent home at their own expense.



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.

Weight Requirements: Sea Base participants should meet the 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.

Maximum Weight for Height							
Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295

Absolute Weight Requirement: Most swim ladders and rescue equipment are rated for a maximum of 300lbs. As a result; **no participant, regardless of height, may weigh more than 295lbs.** Anyone weighing more than 295lbs. will be sent home at their own expense. Absolutely no exceptions will be made.

General Eligibility at a Glance:

- Registered member of the BSA
- 13 years of age or older
- Completed [BSA Swim Test](#) as a Swimmer, evidenced by the [BSA Unit Swim Classification Record](#)
- Medically Approved for Participation, evidenced by the [BSA Annual Health and Medical Record](#)
- Meets BSA Height & Weight Guideline, or within 20lbs.
- Meets [Sea Base Risk Advisory Medical Requirements](#)

Sea Base Adult Leader Eligibility Requirements

General Eligibility Requirements: Adult leaders must meet **all** General Eligibility Requirements.

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. ***For 2019 adventures ONLY, a second adult leader may be 18 years old. This is made possible by the availability of Sea Base staff members over the age of 21. For adventures in 2020 and beyond, [BSA YPT](#) requires two adult leaders over the age of 21.***

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](#).

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, EMT, RN, LPN or WFR. Multiple crews require multiple trained leaders. Sea Base highly recommends that every adult leader completes WFA and CPR/AED.

Adult Leader Eligibility at a Glance:

- Registered Member of the BSA
- 21 Years of Age or Older
- Passed [BSA Swim Test](#) as a Swimmer
- Meet BSA Height & Weight or within 20lbs.
- Meets Sea Base Medical Requirements
- Medically Approved for Participation
- Proper adult supervision
- Completed [BSA Youth Protection](#) Training
- Completed [BSA Safety Afloat](#) Training
- Completed [BSA Safe Swim Defense](#) Training
- Completed [BSA Hazardous Weather](#) Training
- [CPR/AED Certification](#), Minimum of 1 Adult per Crew
- [Wilderness First Aid Certification](#), Minimum of 1 per Crew

Sea Base Risk Advisory

Sea Base Experience: Each high-adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of yourself and others. Climatic conditions at Sea Base include temperatures ranging from 50 to 95 degrees, high humidity, heat indexes reaching to 110 degrees, and frequent, sometimes severe, afternoon thunderstorms. Activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and others; all of these have potential for injury. Refer to the Sea Base website for specific information.

Risk Advisory: Sea Base has an excellent health and safety record and strives to minimize risks to participants by emphasizing appropriate safety precautions. **Each crew is required to have at least one adult member trained in [Wilderness First Aid](#) and [CPR/AED](#).** Medical and search-and-rescue services are provided in response to an accident or emergency. However, response times can be affected by location, terrain, weather, or other emergencies and could be delayed for hours. If there is a question about the advisability of participation, contact the family physician first, then call the Sea Base at 305-664-5612. The Sea Base Medical Director reserves the right to make medical decisions regarding the participation of individuals at Sea Base.

Food: The Sea Base offers food appropriate for the experience. If a participant has specific diet restrictions, please contact the [Sea Base Food Service Department](#). The Dietary Notification Form can be found [here](#). Please note: It may not always be possible to accommodate individual preferences (likes and dislikes) that are not of a medical or religious nature.

Medications: Each participant who has a condition requiring medication should bring an appropriate supply for the duration of the trip. Consider bringing duplicate or even triplicate supplies of vital medications. People with allergies that have resulted in severe reactions or anaphylaxis must bring with them **sufficient unexpired EpiPen's to last for up to three hours.**

Recommendations Regarding Chronic Illnesses: Sea Base requires that this information be shared with the parents or guardians and examining physician of every participant. **There are no on-site facilities for extended care or treatment; therefore, participants who cannot meet these requirements will be sent home at their expense. Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history.** Adults or youth who have chronic conditions should undergo a thorough evaluation by a physician before considering participation at the Sea Base or any BSA high adventure activity.

Hypertension (High Blood Pressure): Participants should have a blood pressure less than 140/90. **Persons with significant hypertension (greater than 140/90) should have the condition treated and controlled before attending any high-adventure base and should continue medications while participating.** Those taking beta-blocker medications should consider a change of medication before participating in any Scuba program.

Insulin-Dependent Diabetes Mellitus: **Both the person with diabetes and one other person in the group need to be able to recognize the signs of excessively high blood sugar and adjust the dose of insulin.** An insulin-dependent person who has been newly diagnosed (within the last six months) or who has undergone a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate until better control of the diabetes has been achieved.

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

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

Note: It may be possible for someone with absent or well controlled seizures to attend. However, if they do attend they must not snorkel or scuba dive. To gain clearance, they must be approved by their neurologist.

Asthma: **Asthma must be well-controlled before participating.** This means: 1) the use of a rescue inhaler (albuterol) less than two times per week (except use for the prevention of exercise induced asthma); 2) nighttime awakenings for asthma symptoms less than two times per month. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. **Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek.** If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

Allergy or Anaphylaxis: Persons who have had an anaphylactic reaction from any cause must contact the Florida Sea Base before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. **You and at least one other member of your crew must know how to give the treatment.** If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery: Individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval

to participate. Permission is not guaranteed. **A person with a cast on any extremity may participate only if approved by their physician AND Sea Base.**

Psychological and Emotional Difficulties: A psychological disorder does not necessarily exclude an individual from participation. Any condition should be well-controlled without the services of a mental health practitioner. Under no circumstance should medication be stopped immediately prior to participation, and medication should be continued throughout the entire high-adventure experience. Participants requiring medication must bring an adequate supply for the duration of the trip.

Weight Limit: Sea Base participants should meet the BSA Height and Weight Guidelines. **Exceptions may be made for individuals who do not exceed the BSA H&W Guidelines by 20 or more pounds.** 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 participant, regardless of height, may weigh more than 295 pounds.**

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.

To Limit Risk and the Possibility of Harm

Leadership: Crew leaders must have a strong understanding of every participants limitations and be fully prepared to administer treatment for medical conditions.



Medical Treatment: [Wilderness First Aid](#) and [CPR/AED](#) trained crew leaders are the first line of treatment in any medical emergency. **Adult leaders must be prepared to assume this role and responsibility.** Any medical emergency requiring professional assistance will be referred to the United States Coast Guard or appropriate agency if at Sea or local EMS if on land.

Health Insurance and BSA Campers Accident and Sickness Plan: Every Sea Base participant should have health insurance and provide front and back copies of their insurance card. All campers are covered by a limited Campers Accident and Sickness Plan. This plan is a secondary policy. When not insured, BSA Campers Accident and Sickness Plan becomes the primary policy. [Please review the policy for details.](#)

Medications: Participants who are prescribed medication, for any purpose, **should continue use as prescribed while at Sea Base unless directed by his/her physician.** It is the role of the unit leader to ensure that each participant takes medication as prescribed.

Storing and Dispensing Medications: Sea Base does not store or dispense medication. **Prior to arrival the crew must develop a system to secure/lock, store, and dispense medication.**

Over the Counter Medication: Sea Base does not dispense any type of medication including over the counter medication. Each crew is responsible to bring a Sea Base specific first aid kit (below) including any over the counter medications that might be needed.

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

Special Needs: When required, **individuals with special needs must have an advocate who is actively participating as a member of the crew** and understands the individual's limitations and needs.

Cleanliness: Participants should properly wash hands whenever possible and always after using the restroom, prior to cooking or putting their hands in their mouth.

Ear Care: After snorkeling, diving or swimming; participants should tilt their head to one side, gently pull on their earlobe until confined water is released and then repeat on the opposite side.

Motion Sickness: Due to the nature of ocean-based adventures, it is inevitable that some crew members will have issues with sea sickness. **Vessels do not return to Sea Base because of sea sickness.** Participants should speak with their physician regarding use of sea sickness medications.

Hydration: Severe dehydration can lead to significant illness, and in extreme cases, death. Crews should establish and utilize a clear hydration plan and ensure that every crew member has or purchases a wide-mouth Nalgene style water bottle that can be clipped to a vessel.

❖ **Metal and aluminum water bottles are prohibited for Sailing programs.**

Sunscreen and Sun Coverage: Overexposure to sun can cause burns, blisters, and illness leading to discomfort and, in severe cases, suspension or cancellation of an individual's or crew's adventure. In addition to biodegradable SPF 35 or greater sunscreen; Sea Base highly recommends that every participant wear a long sleeve UPF 30 or greater shirt (particularly while snorkeling), hat- preferably wide brimmed, buff, polarized sunglasses.

❖ Spray and aerosol sunscreens are prohibited at Sea Base.



Available at the Online Ship Store	
Custom Crew Long Sleeve UPF +30 Shirts	Sea Base Carabiners
Custom Crew Hats	Polarized Sunglasses
Sea Base Hats	Biodegradable Sunscreen
Bufs	Motion Sickness Medication
Swimmers Ear Drops	Sea Base Water Bottles

❖ Sea Base does not have onsite stores in St. Thomas or the Bahamas visit www.bsaseabase.org.

Wildlife and Toxic Plants at Sea Base

Sharks, Rays, Lionfish, Goliath Grouper and Eels: Sharks, rays, lionfish, goliath grouper and eels pose an **extremely low** risk to humans. Participants should give all marine species a wide berth and avoid touching, harassing or provoking marine animals.

Moon Jellyfish and Portuguese Man-O-Wars: Jellyfish and man-o-wars pose a limited risk during Sea Base Adventures. Moon jellyfish stings can cause skin irritation and minor pain. Treatment includes rinsing the affected area with vinegar. Man-o-wars can cause skin irritation, swelling and pain. Treatment includes removing the tentacles and rinsing the affected area with vinegar. If swelling worsens or an allergic reaction occurs, medical evaluation and/or treatment may be required.



Fire Coral: Sea Base participants should never touch any coral or coral like structure. When touched, Fire Coral shoots a coiled barb which releases a neurotoxin upon entering either prey or predator. In humans, the toxin can cause burning skin conditions or rashes that may last several days. Treatment includes rinsing the affected area with vinegar and keeping the affected area clean and dry. Open wounds or severe scrapes require medical evaluation.



(NOAA Photos)

Sea Urchins: Covered in calcium carbonate spines; Sea Urchins pose a limited risk to divers, snorkelers, and waders who step on or attempt to grab or handle the species. Sea Urchin spines can easily penetrate skin and then break off. To avoid this risk, participants should avoid handling Sea Urchins and wear hard soled shoes or dive booties when wading in areas populated by Sea Urchins.



(Photo Divers Alert Network)

Sea Base Emergency Procedures

Medical Emergencies on Land: Call 911, alert Sea Base staff. AED's are clearly marked and located in each program office. Secure individuals [BSA AHMR](#) for EMS.

Medical Emergencies while at Sea: Call Channel 16, or 911. Secure individuals [BSA AHMR](#) for EMS.

Fire on Land: Keep your crew together and move to a safe location, alert Sea Base staff.



Fire at Sea: Follow direction of captain. If captain is incapacitated, call Channel 16:

"Royal Bahamas Defense Force, Royal Bahamas Defense Force, Royal Bahamas Defense Force this is Sea Base vessel _____ located at latitude/longitude _____ we have a fire aboard." If the fire is small, the size of a wastebasket, all participants must don lifejackets and then a trained adult should use an onboard fire extinguisher to put out the fire. If the fire is larger than a wastebasket and the crew is forced to abandon ship, "May Day, May Day, May Day this is Sea Base vessel _____ located at latitude/longitude _____ we have a fire aboard and are abandoning ship. We have _____ adults _____ youth plus _____ crew." Every participant must don an approved life jackets and in an orderly manner abandon ship. As participants abandon ship, the crew leader should count off to ensure that there is no one left aboard the vessel. Once in the water the crew leader must take a second headcount, form a circle by locking arms and stay together until rescue arrives.

Man Overboard: Maintain eye contact, point to the individual and yell, "Man Overboard." Continue to point and maintain eye contact until the individual is safely back aboard the vessel.

Aggressive Individual: Move away from the person as quickly as possible. Once at a safe distance, alert Sea Base staff or in extreme circumstances call 911.



Sea Base 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 or scuba, diving buddies must remain within arms distance. While onshore participants must travel in groups of two or more. **In Key West, the Bahamas and US Virgin Islands 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 inputting the unit 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 crew leader prior to onsite arrival. Sea Base should not be the youths first leadership experience. Youth will make duty assignments for both youth and adults. Ensure that those duties are completed and follow 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. Sea Base strongly suggests users of such products purchase nicotine gum or use other alternatives while at Sea Base.

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 provided Packing List. While on base, most crews choose to wear flip flops.

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 use. Please place phones on airplane mode and stow away.

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

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.

Sea Base Traditions and Awards

Conservation: Sea Base is recognized as the lone World Organization of Scouting Movement, Scout Centre for Excellence of Nature and Environment (S.C.E.N.E) in the United States. As part of your adventure your unit will have the opportunity to earn the WOSM SCENE Award. [Project S.C.E.N.E](#)

While not every unit will choose to earn the SCENE Award, it is imperative that each participant understands that Sea Base adventures are conducted in sensitive marine environments. Participants

must not touch or harm wildlife including endangered sea turtles and coral. Participants must not take shells, coral, artifacts from Florida Keys National Marine Sanctuary, Dry Tortugas National Park, Everglades National Park, US Virgin Islands National Park, Buck Island National Reef National Monument, East End Marine Park or any adjacent waters.

Sea Base Custom Crew Gear: Every Sea Base participant should arrive with (2) long sleeved UPF 30 or greater shirts, a hat and buff. Sea Base provides the opportunity for units to order customized, official apparel at www.bsaseabase.org. Order should be placed at least 6 weeks prior to onsite arrival to ensure adequate shipping time.

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](#)

Captains Club: While at Sea Base crews may earn the Captains Club Award. To earn the award, your unit will need to properly prepare for the adventure, elect a seasoned youth crew leader, work as a team, assume responsibility for their adventure, take care of their vessel, and adhere to the Scout Oath and Law. Sea Base provides the Captain Club Certificate free of charge, if crew members would like the patch they can be purchased online at store.bsaseabase.org.

Duty to God: Sea Base encourages individuals and units to celebrate creation. The Duty to God Award is designed to enhance your units 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 online at store.bsaseabase.org. 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. Upon arrival each participant will have the opportunity to earn the BSA Snorkel Award, and throughout their Sea Base Adventure. Awards are available for purchase at the Ship Store. Learn more here: [BSA Snorkeling Award](#)

Triple Crown and Grand Slam Award: 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. Applications for these awards can be found at www.nationalhighadventureawards.org.

Advancement at Sea Base: Advancement is not part of the formal Sea Base experience. Sea Base does not offer structured merit badge programs or merit badge instructors. If your unit is interested in advancement while at Sea Base, your crew will need to develop a plan for advancement prior to arrival.



Preparing for Sea Base

Participation at Sea Base requires significant paperwork. It is essential that your crew compiles all necessary documents required by Sea Base in addition to necessary travel information in an easy to use and comprehensible format to be submitted upon arrival. 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.



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. It is essential that your crew compiles all necessary documents and travel information in an easy to use and understand format. All paperwork will be submitted upon arrival. The following documents are required:

1. Completed Crew Roster (Must be uploaded 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
8. **Passport Books are required. Passport Cards are not accepted.**

Sea Base Travel and Preparation Plan

Preparation: Each crew is responsible to plan, secure and finance travel to Sea Base including ground transportation. Travel Insurance is highly recommended. The unit chartering organization, unit committee, local council, parents and participants should be made aware of all travel plans.

International Travel: As with all international travel, please ensure that every member of your unit has a valid passport book. Additionally, every youth travelling to Sea Base Bahamas needs to have the [Sea Base Consent Form](#) signed and notarized if they are not travelling with a parent. This is not a requirement of Sea Base, but a requirement of the Bahamian Government. Both parents need to sign the notarized consent form. If you are a single parent, we recommend including a notarized letter stating and explaining sole custody of the child. For clarification, please visit this website: [Bahamas-Unaccompanied Minor Information](#).



Air Travel: Crews must fly into MHH Abaco Bahamas Airport.

Ground Transportation: Crews should take the first available taxi cab from MHH to Conch Inn and Marine. Cab fare and tip is the responsibility of the crew. Crews should anticipate \$5-10 per person, per trip.

Arrival: It is essential for crews to arrive after 1:00pm, having already eaten lunch, and not later than 4:00pm. If a crew will arrive after 4:00pm due to flight changes, it must communicate those changes to Sea Base Bahamas.

Travel Arrangements: We ask that all Bahamas Sea Base Crews arrive between 1:00pm and 4:00pm. If your travel plans do not permit for this arrival time, crews arriving a day early or departing a day late have stayed in nearby places in Marsh Harbour; Sea Base Cannot accommodate extra night stays. While Sea Base does not recommend or guarantee service of specific hotels, historically, many of our crews have used either the Conch Inn and Marina or Pelican Beach Villas to accommodate their extra stay.

- Conch Inn and Marina: (242) 367-4000
- [Pelican Beach Villas](#): (912) 437-3000

Departure: Sea Base crews may depart as early as necessary. **Crews must depart by 10:00am.**

Sea Base Training Plan



Prepared: Sea Base Adventures are aquatics based and require participants to be fit, competent swimmers and hikers. It is recommended that your unit, in consultation with your local council BSA Aquatics Director or

qualified swim instructor, develops a crew training regimen that includes both swimming and snorkeling. An adequate plan includes:

1. [BSA Swim Test](#). Become strong, competent swimmers (monthly swimming sessions are recommended beginning 6 months prior to arrival).
2. Snorkel. Practice clearing a mask and snorkel. ([Snorkel BSA](#))
3. Become proficient with nautical map and compass navigation.
4. Seek local instruction regarding the use of VHF marine radios, safety flares, man overboard procedures and drill potential emergency situations.



5. Adult leaders play an important role in ensuring safety aboard and in the water. Adults must understand [Safe Swim Defense Training](#) and [Safety Afloat Training](#) Guidelines and be prepared to assist in emergency situations.
6. [Review Guide to High Adventure Sailing](#)
7. Watch US Sailing Video: [Parts of a Boat](#)
8. Watch US Sailing Video: [Parts of a Rig](#)
9. Watch US Sailing Video: [Points of a Sail](#)

Sea Base 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 10% of the remaining balance after the original deposit. If a unit has reserved multiple crews, it must make payment for each crew reserved.

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

Final Payment: February-April Crews due **January 15** | May-September Crews due **February 1** | December Crews due **August 1**

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

2022 Adventures: Please refer to payment plan for 2022 Sea Base Adventures on our website, www.bsaseabase.org, or at this link: [2022 Payment Schedule](#)



Bahamas Sea Base Program Overview

Planning: Epic Adventure begins with planning and preparation. Upon arrival (1:00pm- 4:00pm), each crew will have its paperwork reviewed and complete a gear shakedown. Any participant who does not meet the BSA Height and Weight Requirements as outlined or has not passed the [BSA Swim Test](#) prior to arrival will forfeit their adventure. **Please vet your crew to ensure that no one is disappointed.**

Check In Paperwork at a Glance:

1. Completed Crew Roster (Must be uploaded 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
8. **Passport Books are required. Passport Cards are not accepted.**

Length of Adventure: 6 nights, 7 days including arrival and departure dates. Crews may not arrive early or depart later than scheduled unless they make offsite accommodations.

Crew Size: Maritime Law dictates crew size.

Arrival Time: Crews must arrive **between 1:00pm and 4:00pm having already eaten lunch.** Crews arriving later than 4:00pm may have their adventure delayed by 24 hours. If your crew is delayed due to flights or island transport, alert Bahamas Sea Base as soon as possible.

Departure Time: Crews may depart as early as necessary but must **depart no later than 10:00am.**



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. In addition to personal bags; each crew may bring 2 military style duffle bags to carry first aid kits (pg. 9), sunscreen and crew sleeping gear.

Storage: Sea Base does not have onsite storage. Everything will travel aboard the vessel. As a result, **it is imperative that crews not bring hard side luggage, check-in luggage or unnecessary items.**

Sea Base Captains: Every captain under charter at Sea Base is experienced and licensed. His or her primary responsibility is to ensure the safety of the vessel and crew. It is essential that each crew understands that a request by their captain is an order delivered kindly. The captain is the final authority while aboard the vessel.

Sea Base Vessels: Every vessel chartered by Sea Base completes a safety examination prior to providing charters.

Crew Leaders: Adult crew leaders are responsible to ensure that all BSA and Sea Base Policies, including [Safe Swim Defense and Safety Afloat](#), are followed. Adult crew leaders are also the first line of treatment in a minor or major medical event.

Youth Crew Leader: Sea Base is a youth led adventure. Crews must elect a seasoned Youth Crew Leader prior to arrival. The Youth Crew Leader will work hand in hand with the captain to ensure that all duties are assigned and completed.

Working Vessel: 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.

Float Plan: Float plans vary widely based upon weather, sea conditions, wind and other factors.

Onboard Sleeping Arrangements: Due to heat, humidity and close quarters, most sailing participants choose to sleep on deck.

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.

Going Ashore: Crews will go ashore frequently to explore, hike and snorkel. Crews, youth and adults, are required to stay together. While onshore; crews represent themselves, Sea Base and the Boy Scouts of America. Crews vandalizing property, stealing or consuming alcoholic beverages will be forced to vacate their adventure.

Snorkeling: The Bahamas are home to some of the most beautiful mangrove and reef snorkels in the world. While snorkeling participants must wear a snorkeling PFD, stay within arm's reach of their buddy and never take, touch or harass underwater species including coral.



Final Evening: Sea Base Bahamas Sailing Adventure Crews return to dock at Conch Inn and Marina for their final evening/night.

Departure: Prior to departure, each crew is responsible to provision and clean their vessel.

Gear and Packing List

Prepared: Sea Base provides meals, eating utensils, cooking equipment, fishing and snorkeling fins and vest along with nearly everything else a participant might need on their adventure.

Snorkeling Gear: New Requirement for 2021 Adventures Individuals are required to use their own mask and snorkel at Sea Base. The only snorkeling gear provided by Sea Base is a mesh bag, fins and PFD. Crew members can purchase masks and snorkels from the [Sea Base Ship Store](#) and pick-up items upon arrival, if they choose. *Full face masks are **not** permitted at any Sea Base location.*



Fishing Gear: Fishing gear is provided. Participants should note that while fishing is offered, it is not a primary activity at Bahamas Sea Base. Your unit may or may not catch fish.

Packing List: Participants should limit personal and crew items to those listed below. There is no onsite storage available.

PERSONAL PACKING LIST:

- | | |
|--|---------------------------------------|
| ✓ 2 UPF +30 Long Sleeved Shirts | ✓ 2 Pairs Regular Socks |
| ✓ Raingear | ✓ 1 Pair Jogging or Hiking Shoes |
| ✓ Wide Brimmed Hat | ✓ Headlamp |
| ✓ Polarized Sunglasses | ✓ 2 Towels |
| ✓ Buff | ✓ Light Weight Sleeping Pad |
| ✓ Water Bottle with Carabiner (no metal bottles) | ✓ Light Weight Sleeping Cover |
| ✓ Biodegradable Sunscreen, No Sprays | ✓ Small Pillow |
| ✓ Toiletry Kit | ✓ Spending Money (\$150- \$200) |
| ✓ 1 Pair Regular Shorts | ✓ Passport Book |
| ✓ 1 Pair Swimming Shorts | ✓ Prescription Medication |
| ✓ 1 Pair Light Pants | ✓ 1 Pair Neoprene Socks (recommended) |
| ✓ 1 Pair Sandals | ✓ Waterproof Camera (recommended) |

CREW PACKING LIST:

- | | |
|--|--|
| ✓ Crew Roster | ✓ Unit Swim Classification Record |
| ✓ BSA Youth Protection Training Copies | ✓ Wilderness First Aid & CPR/AED |
| ✓ Safe Swim Defense Training Copies | Training Cards |
| ✓ Safety Afloat Training Copies | ✓ Copies of Insurance Cards |
| ✓ Hazardous Weather Training Copies | ✓ Crew First Aid Kit (pg. 9) |
| ✓ BSA AHMR for Each Participant | ✓ 1 Medium Size Dry Bag |

WHAT NOT TO BRING:

- | | |
|---|---|
| • We encourage all participants to “unplug” during the entirety of their adventure. Phones and all electronic devices are strongly discouraged. | • Aerosol sunscreen or insect-repellent |
| • Firearms or fireworks | • Personal music players or video games |
| | • Mess kits |

- Valuable or unnecessary items
- Spear Guns are prohibited

Sea Base 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. Scholarship Forms can be found at [Sea Base Scholarship Application](#).

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 or 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.



Can an 18-year-old youth serve as a second adult leader? For 2019 adventures ONLY, a second adult leader may be 18 years old. This is made possible by the availability of Sea Base staff members over the age of 21. For adventures in 2020 and beyond, [BSA YPT](#) requires two adult leaders over the age of 21.

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](#) Certification 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](#).

Can two adult males take a co-ed or female unit to Sea Base without an adult female leader? No. Any crew with youth female participants must have an adult female, over the age of 21 present.

Must parents register with the BSA to participate? Yes.

How old must I be to participate in a Sea Base Adventure? 13 years of age prior to date of arrival.

What if I am not a strong swimmer? Sea Base does not offer programs for non-swimmers or beginner swimmers. For your protection; if you have not passed the [BSA Swim Test](#) or are unable to complete the Sea Base Swim Review you will be sent home at your own expense.

May I use a work or sports physical instead of a BSA Annual Health and Medical Record? No. Sea Base cannot accept any other medical form.

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.

What if I arrive at Sea Base without a completed BSA Annual Health and Medical Record? You will not be allowed to participate.

What if I arrive at Sea Base and exceed the maximum weight limit by 20lbs. or less and do not have a note from my physician? You will not be allowed to participate.

What if I arrive at Sea Base and weigh more than 295lbs? You will not be allowed to participate.

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 Bahamas, St. Thomas, St. Croix, Florida Keys Sailing, Live Aboard Diving, Keys Adventure or Out island programs.

Where does my unit check in? Conch Inn and Marina, Marsh Harbour, Abaco, Bahamas.

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

A

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

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 those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by 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 adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication 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/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also 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 use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, 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/film/videotapes/electronic representations and/or sound 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 BB 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 19915(a)) My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

☐ Checking this box indicates you DO NOT want your child to use a BB device.

NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any:

☐ None

I understand that, if any information I've provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: _____ Date: _____

Parent/guardian signature for youth: _____ Date: _____

(If participant is under the age of 18)

Complete this section for youth participants only:

Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

Name: _____ Name: _____

Phone: _____ Phone: _____

Adults NOT Authorized to Take Youth to and From Events:

Name: _____ Name: _____

Phone: _____ Phone: _____



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B1

Part B1: General Information/Health History

Full name: _____

Date of birth: _____

Age: _____ Gender: _____ Height (inches): _____ Weight (lbs.): _____

Address: _____

City: _____ State: _____ ZIP code: _____ Phone: _____

Unit leader: _____ Unit leader's mobile #: _____

Council Name/No.: _____ Unit No.: _____

Health/Accident Insurance Company: _____ Policy No.: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____



Please attach a photocopy 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:

Name: _____ Relationship: _____

Address: _____ Home phone: _____ Other phone: _____

Alternate contact name: _____ Alternate's phone: _____

Health History

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

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes <input type="checkbox"/> No <input type="checkbox"/>
		Hypertension (high blood pressure)	
		Adult or congenital heart disease/heart attack/chest pain (anginal)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma/reactive airway disease	Last attack date: _____
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion/TBI	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Neurological/behavioral disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures or epilepsy	Last seizure date: _____
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Skin issues	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		List all surgeries and hospitalizations	Last surgery date: _____
		List any other medical conditions not covered above	



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Part B2: General Information/Health History

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

Allergies/Medications

DO YOU USE AN EPINEPHRINE
AUTOINJECTOR? Exp. date (if yes) _____ ☐ YES ☐ NODO YOU USE AN ASTHMA RESCUE
INHALER? Exp. date (if yes) _____ ☐ YES ☐ NO

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

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

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.

Medication	Dose	Frequency	Reason

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

Administration of the above medications is approved for youth by: _____

Parent/guardian signature

MD/DO, NP, or PA signature (if your state requires signature)



Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

Immunization

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

Yes	No	Had Disease	Immunization	Date(s)
			Tetanus	
			Pertussis	
			Diphtheria	
			Measles/mumps/rubella	
			Polio	
			Chicken Pox	
			Hepatitis A	
			Hepatitis B	
			Meningitis	
			Influenza	
			Other (i.e., Hib)	
			Exemption to immunizations (form required)	

Please list any additional information about your medical history:

DO NOT WRITE IN THIS BOX.

Review for camp or special activity.

Reviewed by: _____

Date: _____

Further approval required: ☐ Yes ☐ No

Reason: _____

Approved by: _____

Date: _____



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Part C: Pre-Participation Physical

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

C

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____



You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit www.scouting.org/health-and-safety/ahmr to view this information online.

Please fill in the following information:

	Yes	No	Explain
1 Medical restrictions to participate			

Yes	No	Allergies or Reactions	Explain
		Medication	
		Food	

Yes	No	Allergies or Reactions	Explain
		Plants	
		Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
4 Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Skin issues			
Other			

Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Has no uncontrolled heart disease, lung disease, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: _____ Date: _____

Examiner's printed name: _____

Address: _____

City: _____ State: _____ ZIP code: _____

Office phone: _____

Height/Weight Restrictions

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

NOTE: Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295



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High-Adventure Risk Advisory to Health-Care Providers and Parents

Florida Sea Base

Phone: 305-664-4173

Website: www.bsaseabase.org

Asthma. Asthma must be well-controlled before participating. This means: **1)** the use of a rescue inhaler (albuterol) less than two times per week (except use for the prevention of exercise-induced asthma); **2)** nighttime awakenings for asthma symptoms less than two times per month. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: **1)** you have asthma not controlled by medication; or **2)** you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or **3)** you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

Asthma and Scuba Diving: Persons being treated for asthma (including reactive airway disease) are disqualified from BSA scuba programs. 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. Persons with a history of asthma who have been asymptomatic and have not used medication to control asthma for fewer than five years may be allowed to scuba dive as part of a BSA activity upon submission of a methacholine challenge test showing the asthma to be resolved to the satisfaction of the Sea Base physician.

Allergy or Anaphylaxis. Persons who have had an anaphylactic reaction from any cause must contact the Florida Sea Base before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval to participate. Permission is not guaranteed. A person with a cast on any extremity may participate only if approved by their physician AND the Florida Sea Base.

Psychological and Emotional Difficulties. A psychological disorder does not necessarily exclude an individual from participation. Any condition should be well-controlled without the services of a mental health practitioner. **Under no circumstance should medication be stopped immediately prior to participation, and medication should be continued throughout the entire high-adventure experience.** Participants requiring medication must bring an adequate supply for the duration of the trip. **SPECIAL NOTE ON SCUBA DIVING—** Several psychotropic medications are NOT COMPATIBLE with the hyperbaric stresses of scuba diving. All medications MUST be listed on the BSA Annual Health and Medical Record. These medications will be reviewed by the Florida Sea Base health advisor and considered on an individual basis.

Weight Limits. Participants may complete their Sea Base adventure as long as they do not exceed 295 pounds in body weight. There are **NO EXCEPTIONS TO THE MAXIMUM WEIGHT LIMIT**, and those exceeding the maximum weight will be sent home at their own expense.



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