

Participant Guide

National High Adventure Sea Base, BSA

Sea Base St. Thomas

St. Thomas, U.S. Virgin Islands



St. Thomas Sailing Adventure

(8 or 12 passenger)

St. Thomas STEM Eco

(8 passenger)



Revised Date: 02/2023

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

US Virgin Islands Blessing

Bless the creatures of the Sea
Bless this person I call me
Bless the US Virgin Islands, 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.®

Table of Contents

Sea Base History	4
Sea Base General Eligibility Requirements	5
Registered	5
Age Requirement	5
Swim Test	5
Swim Review	5
Completed BSA Annual Health and Medical Record	5
Weight Requirements	5
Sea Base Adult Leader Eligibility Requirements	6
General Eligibility Requirements.....	6
Proper Adult Supervision	6
Adult Leader Training.....	6
Adult Leader Medical Training.....	6
Sea Base Risk Advisory	6
To Limit Risk and the Possibility of Harm	9
Weather Conditions at Sea Base	11
Wildlife and Toxic Plants at Sea Base	12
Sea Base Emergency Procedures	13
Sea Base Policies and Procedures	14
Sea Base Traditions and Awards	16
Preparing for Sea Base	17
Paperwork.....	17
Sea Base Payment Plan	18
Sea Base Travel Plan	19
Sea Base Training Plan	20
Sea Base Program Overview	21
St. Thomas Sailing, crew sizes 8 and 12	21
St. Thomas STEM ECO Adventure	24
Gear and Packing List	25
Sea Base Frequently Asked Questions	27
Tips from past crews:	29
USVI National Park Learning Page	31

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 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 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 Summerland 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 73.8 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 Director Mike Lucivero, Sea Base St. Thomas began sailing operations in 2014. Crews board vessels in beautiful St. Thomas, USVI and then circumnavigate US Virgin Islands. Celebrated globally for its waters, winds, coral reefs and beaches, the US Virgin Islands offer participants amazing opportunities for adventure and exploration.

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
- Scouts, BSA programs are single gender. Male and female Scouts BSA units cannot combine to attend Sea Base.
- Exploring and Venturing programs are coed. Males and females can attend together if the unit booking is an Explorer Post or Venture Crew.



[Coed Crew Requirements Explained](#)

Age Requirement: Every participant must be at least 13 years of age by their date of arrival at St. Thomas 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 within a year of the start of their adventure. 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: 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.** The Sea Base Swim and Snorkel Review is administered by your crew's captain to ascertain the swimming ability of each member of your crew. If your captain determines that a member of your crew is not a strong swimmer that participant will be required to wear a life jacket at all times.

Sea Base participants must be able to:

- Swim in a strong manner.
- Climb a swim ladder, unassisted, in inclement weather, from the water onto a rocking vessel.
- Self-rescue if found overboard in inclement weather.

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: 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 rescue by

USCG, you may not be allowed to participate. Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

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

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 coed (male & female) youth participants, must have at least one female adult leader over the age of 21. [Coed Crew Requirements Explained](#)

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

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
Meet Sea Base Medical Requirements	Medically Approved for Participation
Completed BSA Youth Protection Training	Completed BSA Safe Swim Defense Training
Completed BSA Safety Afloat Training	Completed BSA Hazardous Weather Training
One Adult Must Complete Wilderness First Aid	One Adult Must Complete CPR/AED

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 St. Thomas include temperatures ranging from 70 to 95 degrees, high humidity, heat indexes reaching to 110 degrees, and frequent, sometimes severe,

afternoon thunderstorms. Activities include snorkeling, 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](#).** 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 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 fill out the [Dietary Notification Form](#) once per participant with food allergies or dietary restrictions. Please note: It may not always be possible to accommodate individual preferences (likes and dislikes) that are not of a medical or religious nature. Contact fsb.galley@scouting.org for any dietary questions. **Sea Base St. Thomas is limited to what is available on the island when it comes to the ability to accommodate special dietary needs.**

Meal Planning: As a crew led adventure your Crew Chief will assign tasks in the galley so all crew members will take turns planning, prepping, cooking, and cleaning up after each meal. Your crew will create your own menu. Provisions are based on and limited to what is available on island. Substitutions are frequently made to ensure well balanced and well supplied meals. Please note: What is readily available in the states may not always be available on the island. Sea Base St Thomas does not have a pre-made menu.

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. Please pack your medications in your carry-on bag, not in your crew bag that you plan to check with your airline.

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 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.**

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 are extremely dangerous and often fatal.

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

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 Sea Base St. Thomas 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.

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 rescue by USCG, you may not be allowed to participate. Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

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

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, Florida Keys Sailing, Live Aboard Diving, Keys Adventure or Out island programs.

To Limit Risk and the Possibility of Harm



Leadership: Adult crew leaders must have a strong understanding of every participant's 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 crew 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.

Medications: Participants who are prescribed medication, for any purpose, should continue use as prescribed while at Sea Base unless directed by their 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 including any over the counter medications that might be needed.

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.](#)

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 SPF 35 or greater, non-aerosol, reef safe sunscreen, SPF 35 or greater lip balm, small plastic bottle of vinegar, sea sickness medication, non-spray insect repellent, swimmers ear drops, Benadryl, cooling cloths, and Gold Bond powder.

Special Needs or Medical Concerns: Individuals with special needs or medical concerns must have an onsite advocate who understands the individual's condition and treatment who is prepared to support.

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.

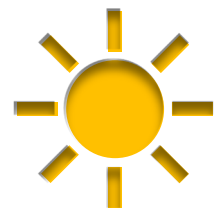
Hydration: Severe dehydration can lead to significant illness, and in extreme cases, death. Crews should establish and utilize a clear hydration plan and ensure that every crew member has or purchases a 32oz. or greater Nalgene style water bottle that can be clipped to a vessel.

❖ **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 reef safe 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, buff, polarized sunglasses.

- **Spray and aerosol sunscreens are prohibited at Sea Base.**

St Thomas does not have a base nor an onsite Ship Store. Visit store.bsaseabase.org Have your orders shipped to your address prior to your departure to Sea Base St Thomas. There is no mailing address at Sea Base St Thomas to ship to or pick up orders.



Available at the Ship Store	
Custom Crew Long Sleeve UPF +30 Shirts	Sea Base Carabiners
Custom Crew Hats	Polarized Sunglasses
Sea Base Hats	Reef Safe 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 store.bsaseabase.org.

Weather Conditions at Sea Base

Sea Base continuously monitors for inclement weather conditions. The topmost priority is your crew's safety, the safety of the captains and their vessels, Sea Base staff and equipment.

Please note: Hurricane season in the Caribbean is from the beginning of June to the end of November.

Prior to your trek monitor forecasts for your arrival through departure dates. Visit sites such as:

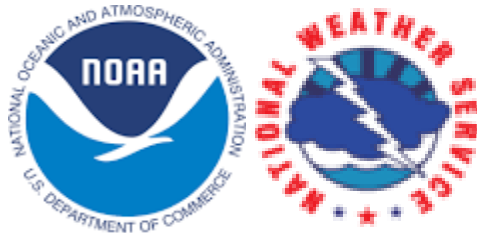
www.noaa.gov

www.wunderground.com

www.accuweather.com

<https://weather.com>

Be familiar with the following weather terminology: Advisory, High Wind Warning, Hurricane, Hurricane Warning, Hurricane Watch, Invest, Storm Surge, Storm Surge Warning, Storm Surge Watch, Storm Warning, Tropical Depression, Tropical Disturbance, Tropical Storm, Tropical Storm Warning, Tropical Storm Watch, Tropical Wave.



Definitions can be found at www.nhc.noaa.gov in the Glossary of NHC Terms.

Please note: No two weather systems are the same; each weather event is taken seriously, and an action plan is developed based on the forecasted severity, strength, and trajectory of the event. Sea Base St Thomas communicates with the USCG, VITEMA and the Red Cross. If deemed necessary for your safety your crew may be evacuated from sea.

Depending on the severity of the weather event evacuation may include:

- Return to the marina and remain on board your vessel at the marina.
- Return to the marina and be transported to shelter.

In case of an evacuation Sea Base St Thomas will communicate with your captain to arrange your vessel's return to the marina, arrange an orderly disembarkation of your vessel, provide ground transportation to a designated shelter where food and cots will be provided.

Florida Sea Base will contact the participants' family members to communicate a set plan of action. Be mindful that evacuations take place swiftly. Sea Base St Thomas cannot field phone calls, texts, or emails during the evacuation process.

Once it is deemed safe and when your vessel is ready to reboard Sea Base St Thomas will arrange your transportation back to the marina. **This does not change or lengthen the days of your trek.**

Wildlife and Toxic Plants at Sea Base

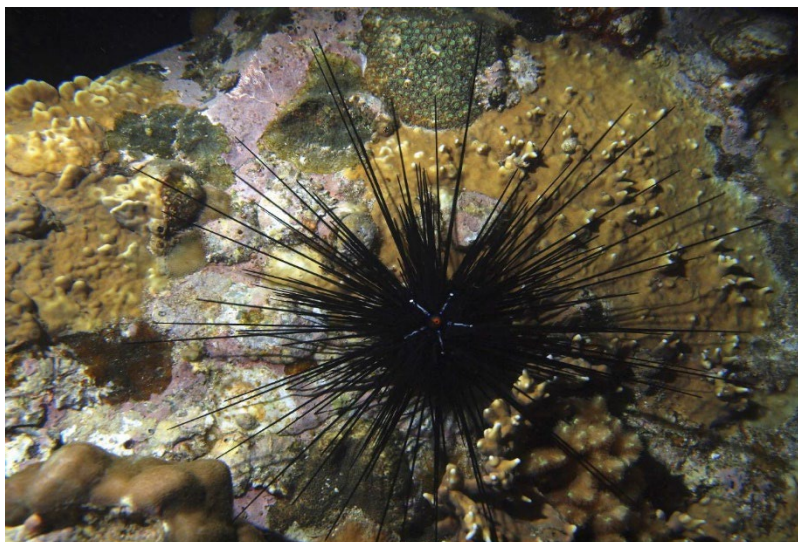
Sharks, Rays, Lionfish, Goliath Grouper and Eels: Sharks, rays, lionfish, goliath grouper and eels pose an **extremely low** risk to humans. Participants should give all marine species a wide berth and avoid touching, harassing or provoking marine animals.

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)

Manchineel or Death Apple Tree (extremely toxic): Found on and near beaches, this tree has green heart shaped leaves with yellowish veins. Ingestion of the fruit can cause severe burning, blistering, temporary blindness or death. See: [NPS Plants to Avoid While Hiking](#)

Comocladia or Christmas Bush: This small bush is found in open canopies and along trails. Its dark green leaves can have a reddish hue and it may or may not be bearing a red fruit. Touching the plant can cause itching, burning, swelling, irritation and rash that can last several days or several weeks. The fruit found on Christmas Bush should not be ingested. See: [NPS Plants to Avoid While Hiking](#)

Pencil Euphorbia or Milk Bush (extremely toxic): Distinguished by bright green pencil-thin cylindrical branches, this shrub like tree secretes a milky sap when broken or damaged which can cause skin irritation, burns, severe rash and blisters, and blindness. See: [NPS Plants to Avoid While Hiking](#)

Jumbie Bean, Crab's Eye or Rosary (extremely toxic): Found in well drained wooded areas, this vine has bright red seeds. If ingested seek medical attention immediately. Symptoms can include nausea, vomiting, convulsions, liver failure and death. See: [NPS Plants to Avoid While Hiking](#)



Sea Base Emergency Procedures

Medical Emergencies on Land: Call 911, alert Sea Base staff. Secure individuals [BSA AHMR](#) for EMS.

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

Fire on Land: Pull fire alarm, call 911, keep your crew together and move to the defined evacuation point, alert Sea Base staff.



Fire at Sea: Follow direction of captain. If captain is incapacitated, call Channel 16: "US Coast Guard, US Coast Guard, US Coast guard 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 USCG approved life jackets and in an orderly manner abandon ship. As participants abandon ship, the adult crew leader should count off to ensure that there is no one left aboard the vessel. Once in the water the adult 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 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. *Buddy pairs cannot be coed.* **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 is a youth led adventure. Crews must elect a seasoned crew leader, Crew Chief, 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. Please review the provided Packing List on page 21. You will be barefoot onboard your vessel. Recommended footwear for hiking is sandals (that strap on or attach securely to the foot) or tennis shoes.

Unplug: Use of phones, tablets and other transmission electronics should be restricted to emergency use. Please place phones on airplane mode and stow away. Cell phone service on island is Liberty (AT&T) or Sprint. Verizon and T-Mobile may work from time to time on Liberty (AT&T) towers. Be mindful that you may pick up service on BVI towers, you will incur international rates. Check with your cell service.

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: Vessels are expected to be cleaned and maintained by participants. Youth and adults are expected to take dock showers upon return to the marina. A dock shower is a shower with a hose on the dock.

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 their 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 of Excellence for Nature and Environment](#) in the United States. 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 store.bsaseabase.org. Orders should be placed at least 6 weeks prior to onsite arrival to ensure on time delivery. Orders are not to be shipped to Sea Base St Thomas. There is no base at Sea Base St Thomas.

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, Crew Chief, 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 Captain Club Certificates free of charge, patches are available for purchase at the end of your trek.

Snorkeling BSA: If participants fulfill the requirements listed, the captain will sign a Snorkel BSA card and issue to each participant, which he/she may turn in to their council or online for purchase of a patch, which can be sewn to swim trunks.

50-Miler Award: This is a great commitment on part of the captain and participants, which must be started at the very beginning of the week, if desired. This patch must be purchased from the crew's council or online.

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. The Duty to God patch is available online at the Ship Store.

STEM: Participants in Sea Base St Thomas Eco STEM are eligible upon completion of their High Adventure to obtain the STEM patch. This patch is available online at the Ship Store.

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

Paperwork: Participation for Sea Base requires significant paperwork. It is essential that your crew compiles all necessary documents and travel information in an easy to use and understand format. A hard copy of all the following documents must be presented at time of check in. Any missing, expired, ineligible documentation may delay or even prevent your crew from departing on their High Adventure.

- Printed Crew Roster (Crew Roster must be uploaded 90 days prior to arrival)
- [BSA Safe Swim Certificates](#) for each adult leader
- [BSA Safety Afloat Certificates](#) for each adult leader
- [BSA Youth Protection Certificates](#) for each adult leader
- [BSA Hazardous Weather](#) Certificates for each adult leader
- [Wilderness First Aid](#) Certificate (One adult leader per crew)
- [CPR/AED](#) Certificate (One adult leader per crew)
- [BSA Unit Swim Classification Record](#) with each participant listed
- [Pre-Event Medical Screening Checklist](#) with each participant listed
- [BSA Annual Health and Medical Records](#) for each participant
- Copies of Medical Insurance Cards (front and back) for each participant
- Government issued photo ID* and copy of Birth Certificate **OR** Passport for each participant- Passports are recommended

Participants 18 and up will need a [Real ID](#) if they are utilizing the photo ID and Birth Certificate option.



Sea Base highly recommends that all forms are duplicated and held by an adult leader who is not accompanying the crew to Sea Base. This adult leader should be available the date of check in in case forms are lost, misplaced or forgotten.

Required Paperwork at a Glance	
Crew Roster	Safe Swim Defense Certificates
BSA Annual Health and Medical Records	Front & Back Copies of Insurance Cards
Safety Afloat Certificates	Youth Protection Certificates
Hazardous Weather Certificates	ID* with Copy of Birth Certificate or Passport
Unit Swim Classification Record	Pre-Event Medical Screening Checklist
Minimum of 1 Adult Leader Must Have	Minimum of 1 Adult Leader Must Have
CPR/AED Training Card	Wilderness First Aid Training or Greater Certification

Participants 18 and up will need a [Real ID](#) if they are utilizing the photo ID and Birth Certificate option.

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.

- **Disclaimer:** BSA National High Adventure Bases set baseline pricing 12-24 months prior to attendance. Additional fuel, food, utilities or other surcharges may be required based on economic conditions, increased costs, and other factors.

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

Deposit: \$250.00 per crew, required to create a reservation.

30-Day Payment: Within 30 days of sign up, each crew must submit their first payment. The 30-day payment is 10% of the remaining balance after the original deposit.

Half Payment: One half of each crew's remaining balance is due on **November 1**.

Final Payment: Due 90-days prior to each crew's scheduled arrival.

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

Reservation Dashboard & Payment Status: The designated Reservation Contact and Additional Reservation Contact can view their reservation's specific payment schedule on a Reservation Dashboard through the reservation portal on our [2023 Crews Page linked here](#).

Sea Base Travel 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.

Air Travel: Crews must fly into [Cyril E. King \(STT\) Airport](#).



Ground Transportation from Cyril E. King (STT) Airport to Sea Base (Sapphire Beach

Resort Marina): Sea Base has an ongoing relationship with Franklin Connor to provide crews transportation to and from the airport. Franklin Connor can be reached at (340) 727-0841 (text preferred). Crews are responsible for fare and **taxi fare is cash only**. The price of fares is regulated by the government. Please make your ground transportation arrangements well in advance.

Arrival: It is essential for crews to arrive after 1:00pm, having already eaten lunch, and not later than 4:00pm. If a crew arrives after 4:00pm due to flight changes, it must communicate those changes to Sea Base St. Thomas. **Within 1 week of your arrival, you will be contacted by Sea Base St. Thomas to review your arrival details.**

Accommodations: Some crews opt to arrive on island before or stay on island after their High Adventure. Crews in the past have booked accommodations at:

Sapphire Beach Resort: 340-775-2600 (mention that you are with BSA, they do offer a discount)

Bunker Hill: 340-774-8056

Windward Passage: 340-774-5200

Emerald Beach Resort: 340-777-8800

Lindbergh Bay Hotel: 340-774-2525

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

Departure: Your vessel will return to Sapphire Marina at 8:30am your final morning. Your crew, under the guidance of your captain, will clean the boat and make ready for the next arriving crew. Your crew will have the opportunity to take a dock shower prior to departure. **Check out time your final morning is 11:45am.** Plan accordingly. Book your return flight home for that same day no earlier than 4pm. Airlines require that you arrive at the airport 3 hours prior to your flight. You will need to clear through Customs and Security. OR Make arrangements to spend a night on island before flying home the following day.

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:

- [Safe Swim Defense Training](#)
- [Safety Afloat Training](#)
- [BSA Swim Test](#)
- Monthly Swimming Sessions beginning 6 months prior to arrival
- Complete 3 strenuous 2-3-mile hikes
- [Snorkeling BSA](#)
- Watch VIIS: [Protect Coral While Snorkeling](#)
- [Review Guide to High Adventure Sailing](#)
- Watch US Sailing Video: [Parts of a Boat](#)
- Watch US Sailing Video: [Parts of a Rig](#)
- Watch US Sailing Video: [Points of a Sail](#)
- Visit: [US Virgin Islands National Park](#)
- Review: [NPS Plants to Avoid While Hiking](#)
- Review: [NPS Things to Avoid While in the Water](#)
- Review: [NPS Fish Guide](#)



Sea Base Program Overview

St. Thomas Sailing, crew sizes 8 and 12

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.**

The US Virgin Islands National Park Learning Page (PG 31) provides many helpful links. Explore the Park prior to arrival! **Live. Learn. Explore. More. Sea Base.**

Required Paperwork at a Glance	
Crew Roster	Safe Swim Defense Certificates
BSA Annual Health and Medical Records	Front & Back Copies of Insurance Cards
Safety Afloat Certificates	Youth Protection Certificates
Hazardous Weather Certificates	ID* with Copy of Birth Certificate or Passport
Unit Swim Classification Record	Sea Base Vessel Liability Waiver
Pre-Event Medical Screening Checklist	
Minimum of 1 Adult Leader Must Have	Minimum of 1 Adult Leader Must Have
CPR/AED Training Card	Wilderness First Aid Training or Greater Certification

Participants 18 and up will need a [Real ID](#) if they are utilizing the photo ID and Birth Certificate option.

Length of Adventure: 5 nights, 6 days including arrival and departure dates. Crews may not arrive early or depart later than scheduled unless they make offsite accommodations.

Crew Size: (6-8 passenger) The United States Coast Guard dictates crew size and allows no more than 8 total paid participants aboard Sea Base vessels. (10-12 passenger) Sea Base St Thomas vessels pass a specific USCG Inspection to carry up to 12 passengers.

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 Sea Base St. Thomas as soon as possible.

Departure Time: Crews **depart at 11:45am.**



Vessel Assignments: Sea Base charters several types of vessels. Crew vessel assignments are not made until onsite arrival. They vary in size and configuration, meet USCG requirements and accommodate 6-8 or 10-12 passenger crews.

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 6-8 passenger crew may bring 1 military style duffle bag to carry snorkels and masks, first aid kits, sunscreen and crew sleeping gear. 10-12 passenger crews may bring 2 military style duffle bag. * Check with your airline the largest size that you are allowed to check in.

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, or unnecessary items. Excessive items may have to be left on the dock.**

Sea Base Captains: Every captain under charter at Sea Base is experienced and vetted. Their 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. Only vessels deemed safe and capable by the United States Coast Guard are chartered. 6-8 passenger crews will be assigned a 40+ft mono-hull sailboat the day of their arrival. 10-12 passenger crews will be assigned a 50+ft mono-hull sailboat the day of their arrival. Sea Base St Thomas' fleet consists of a variety of mono-hull sailboats, each with their own configuration; sloop, ketch and/or schooner.

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

Arrival: You will be greeted by Sea Base St Thomas Staff at Sapphire Beach Resort Marina. A quick briefing will take place wherein the Adult Leader will provide a copy of the required paperwork for check in. Your crew will then be assigned and escorted to your vessel where you will meet your captain, you will bring onboard your gear and complete captains briefing prior to setting sail.

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 your Crew Chief and captain.

Float Plan: Float plans vary widely based upon weather, sea conditions, wind and other factors. Your crew, under the guidance of your captain, will develop your own Float Plan. In general; crews will circumnavigate (weather dependent) US Virgin Islands within sight of land.

Itinerary: Your crew, with the guidance of your captain, and the leadership of your Crew Chief, will create and navigate your own course. Therefore, there is no set itinerary. Your crew will decide how much or how little they want to learn, explore, see, and do on their High Adventure.

Onboard Sleeping Arrangements: Due to heat, humidity and close quarters, sailing participants sleep on deck. Each vessel is configured differently. Your crew will select where on deck they choose to sleep. Sleeping bag liner, sleeping pad or inflatable are your options to bring with you. It is suggested to bring bungee cords or string to tie down your sleeping gear at night. During times of rain showers all will be down below.

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.



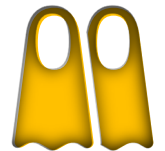
Going Ashore: Crews will go ashore frequently to explore USVI National Park, hike and snorkel. Crews will swim ashore. Crews, youth and adults, are required to stay together. While onshore; crews represent themselves, Sea Base and the Boy Scouts of America. Crews vandalizing property, stealing or consuming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

Swimming Ashore: Crews will swim ashore frequently to access beaches, USVI National Park and coral reefs. Distances, at times, can be challenging. It is imperative that every participant is a good swimmer.

⊗ Anytime youth or adult participants are in the water they must wear a snorkel vest. Due to Coast Guard regulations and insurance purposes dinghy usage by participants is only for emergencies. The gear your crew chooses to have once ashore is to be transported in a dry bag. It is recommended that your crew determine what size dry bag they will need. Most crews perform a test run during their final shake down meeting. Example of gear that goes in your dry bag will be footwear that you will wear on hikes, a camera, sunscreen, small first aid kit, etc....

Hiking: Crews will have multiple opportunities to hike USVI National Park trails. While hiking, crews must remain on the trail and should have a solid working knowledge of [NPS Plants to Avoid While Hiking](#).

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



Departure: Prior to departure, each crew is responsible to clean and prepare their vessel for the next incoming crew. Each crew member will have the opportunity to take a dock shower prior to departure. Departure time the final day is **no later than 11:45am**.



St. Thomas STEM ECO Adventure

Overview: STEM ECO participants will depart from Sapphire Marina onboard a vessel that accommodates a crew of 8 passengers. Under the guidance of your captain your crew will navigate around the waters of the US Virgin Islands always within sight of land. Your self-guided adventure allows you to do as much or as little as your crew wants to learn and explore. Your crew will learn to sail by learning terminology and theory, study wind speed and direction. While snorkeling various sites your crew will learn to identify fish and coral, test for water depth, temperature, acidity, and salinity and capture this data on survey sheets. Also, on board your vessel your crew can perform experiments, build an anemometer, learn to use a sextant, look at microscopic marine life through a microscope and discuss each day's experiences and findings along with thought provoking video presentations.

STEM ECO Adventure Crew Size: Maximum total of 8 passengers with 2 Adult Participants. US Coast Guard regulations only allow up to 8 passengers. Your crew will be onboard a monohull sailboat 40' or greater.

Length of Adventure: 5 nights, 6 days

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 Sea Base St. Thomas as soon as possible.

Departure Time: Crews **depart at 11:45am.**



Gear and Packing List

Prepared: Sea Base provides provisions for you to prepare your own meals, eating utensils, cooking equipment, fishing gear, snorkeling fins, swim vest and mesh bag to store your snorkel gear. Participants must bring their own snorkel and mask. Sea Base does not allow full-face snorkel equipment. Space is limited, do not bring personal fishing gear.

Snorkeling Gear: 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 swim vest. Crew members can purchase masks and snorkels from the [Sea Base Ship Store](#). Do not ship your orders to Sea Base St. Thomas, there is no base. *Full face masks are **not** permitted at any Sea Base location.*

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 Sea Base St. Thomas. Your unit may or may not catch fish. **Fishing is not permitted from mooring balls in St. John National Park**



Packing List: Participants should limit personal and crew items to those listed below. Personal items must fit in your individual duffel bag no greater than 24". No suitcases. There is no onsite storage available.

Packing List Personal	Packing List Personal
Required	Required
2 UPF +30 Long Sleeved Shirts	Lightweight Raingear (may not be needed during your adventure but best not to be without)
Wide Brimmed Hat	Polarized Sunglasses
Buff	Wide Mouth Plastic Water Bottle with Plastic Carabiner
Reef Safe Sunscreen, No Sprays	Toiletry Kit
1 Pair Regular Shorts	Headlamp
1 Set Proper Swim Attire	2 Towels
2 Pairs Regular Socks	Light Weight Sleeping Pad or Inflatable
1 Pair Light Pants	Light Weight Sleeping Cover
1 Pair Sandals	Small Pillow
1 Pair Jogging or Hiking Shoes	Spending Money (\$200-\$250)
Government issued photo ID* and Copy of Birth Certificate or Passport	Prescription Medication
Recommended	Recommended
1 Pair Neoprene Socks	Waterproof Camera
	Solar charger for camera/cell phone

Participants 18 and up will need a [Real ID](#) if they are utilizing the photo ID and Birth Certificate option.

- Many of these items are available at: <http://store.bsaseabase.org/>

Crew Packing List	Crew Packing List
Unit Roster	BSA Youth Protection Training Copies
BSA AHMR for Each Participant	Unit Swim Classification Record
Wilderness First Aid & CPR Training Cards	Front & Back Copies of Insurance Cards
Safe Swim Defense Training Copies	Crew First Aid Kit (Sea Base Specific on pg. 10)
Safety Afloat Training Copies	1 Medium Size Dry Bag (6-8 passenger) 2 Medium or 1 Large Size Dry Bag (10-12 passenger)
Hazardous Weather Training Copies	Pre-Event Medical Screening Checklist



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. Learn more here: [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 our youth to adult ratio? No. Participants may be considered as youth or adults until their 21st birthday as they are eligible to register in Exploring or Venturing as youth participants.

Can an 18-year-old youth serve as a second adult leader? [BSA YPT](#) requires two adult leaders over the age of 21.

Can two adult males take a coed 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 St. Thomas Sea Base Adventure? 13 years of age prior to date of arrival.

Can we attend Sea Base as a coed crew? [The guidelines for units to attend as a coed Sea Base crew](#) per BSA Policy are below. Your unit can attend coed by one of the two options listed:

- Attending as a linked male and female Scouts BSA troop in the same Sea Base crew:**
 - Scouts BSA is a single-gendered program; as such, a male and female Scouts BSA troop can attend together in the same crew **IF each troop** provides their own leadership in the Sea Base crew. Each troop must have a minimum of 2 adult leaders age 21+ attending in the crew. This is a total of 4 adult leaders age 21+ for a Sea Base crew composed of 1 female troop and 1 male troop that are linked.
 - Units who do not share the same charter partner must have local council and charter partner approval per the BSA Guide to Safe Scouting.
 - Scouting's Barriers to Abuse** require buddy pairs to be single gender. At least 2 youth members of each gender must be present in each Sea Base crew to meet requirements for buddy pairs.
 - Scouting's Barriers to Abuse** require 2 adult leaders age 21+ to attend with each Sea Base crew. If female youth are present, at least one of those leaders **MUST** be female.
- Attending as a Venturing Crew, Sea Scouting Ship or Exploring Post**
 - Venturing, Sea Scouting and Exploring are coed programs.
 - Members of these programs can attend coed as long as Scouting's Barriers to abuse (below) are met.
 - Scouting's Barriers to Abuse** require buddy pairs to be single gender. At least 2 youth members of each gender must be present in each Sea Base crew to meet requirements for buddy pairs.
 - Scouting's Barriers to Abuse** require 2 adult leaders age 21+ to attend with each Sea Base crew. If female youth are present, at least one of those leaders **MUST** be female.

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 weigh more than 295lbs? You will not be permitted to participate and will be sent home at your own expense.

Do participants need to bring in their original birth certificate to St. Thomas? No. If they are not bringing a passport, and have chosen the ID and certificate option, a copy of the birth certificate is fine. *The copy does not need to be notarized.*

Why does each member of my crew need to bring a passport OR government issued ID and copy of birth certificate to Sea Base St. Thomas? The U.S. government requires travelers to pass through customs on their way back to the mainland United States. These documents are required to pass through customs.

How can non-driving youth obtain a government-issued photo ID? States will issue non-driver's license photo IDs to those under the driving age if your participants select the option to attend with a photo ID and copy of their birth certificate. Your local DMV will be able to help provide the photo ID. This is only applicable if your participants do not have passports.

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.

Can my crew arrive early or stay an extra day at Sea Base or aboard a vessel? No. Due to the growth and popularity of our programs, we are not able to offer early arrival or late departures days. **Please see [page 19](#) in this guide to review other overnight accommodations.**

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

When is hurricane season? June 1st through November 30th.

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

How much spending money should I bring to Sea Base? \$200-\$250

Do my crew members need to purchase snorkel gear? Yes. Each participant is required to bring their own mask and snorkel. Sea Base will provide fins, mesh bag and PFD, *only*. For your convenience, masks and snorkels can be purchased online at our [Sea Base Ship Store](#). **Full face masks/snorkels are NOT permitted at Sea Base.**

What is my Expedition Number? Every crew is assigned a number when they register e.g., TA061023-A. The first two letters represent the adventure you are registered for: TA (St. Thomas 6-8); TS (St. Thomas 10-12); or TE (St. Thomas STEM Eco Sailing). Then comes the date you arrive 061023 (June 10, 2023) Finally, the last letter or letters represent your crew's assigned identification letter(s).

How do I contact Sea Base St. Thomas? The onsite contact is 305-998-9315 or seabase.st.thomas@gmail.com

Where does my unit check in? Sapphire Beach Resort Marina, 6720 Estate Smith Bay, St. Thomas, USVI.

Tips from past crews:

Drinking water: Water onboard your vessel is R/O (reverse osmosis) water. The "taste" may be unfamiliar to you since it has no taste. We provide flavorings such as iced tea, tang, lemonade. TIP: Bring your own favorite flavor powdered packets. NO Hi-C or Kool Aid-they will cause stains on surfaces of the boat.

Heads: Heads are small spaces. Your captain will show you the proper use of the head. Follow your captain's instructions, items such as "flushable wipes" are NOT flushable. You do not want to spend time during your trek fixing the head when one of your crew does not follow instructions. Your crew will be frequently cleaning the head. TIP: Bring a small deodorizing spray such as Poo-Pourri.

Water bottles: Make sure EVERY member of your crew brings a plastic water bottle (Nalgene). Make sure EVERY member of your crew has their plastic water bottle with them when they arrive at the marina. There is no store at the marina to purchase a forgotten or lost plastic water bottle. TIP: You will want to have a wide mouth (large opening) plastic water bottle. It will be easier to pour powdered flavors into the opening. Make sure you bring a plastic carabiner to attach to your water bottle. A neoprene sleeve is strongly suggested since your bottle will be exposed often in the sun.

Check-in required paperwork: Please have ALL the required paperwork gathered in one complete set. There is no base at Sea Base St Thomas. Check-in takes place in the parking lot of the marina. You do not want to fumble around with papers blowing around in a parking lot. TIP: Make sure BEFORE YOU BOARD YOUR PLANE that you have ALL the required paperwork for check-in. There is nothing more frustrating for you and your crew when you are missing a form, training certificate, etc...Also make sure that ALL medical forms are signed by a doctor and all youth forms are signed by a parent/guardian. Carry your check-in paperwork in a folder, envelope or even a large Ziploc bag. Binders are heavy for you and take up room in your carry-on.

Footwear: You will be barefoot onboard your vessel. Most captains will have you remove your footwear prior to boarding their vessel. The only footwear you will need is for onshore excursions. TIP: Hiking boots are strongly NOT recommended. They are too hot and heavy. The trails are not strenuous. For onshore excursions wear sandals that securely strap to the foot such as Keens, Tevas, etc.. or basic tennis shoes. DO NOT buy new footwear. There is nothing worse than breaking in a new pair of shoes while on a hike. They may cause blisters. Sliders, mules, flip flops, etc.. are NOT recommended for shore excursions.

Dry bag: You will use your dry bag to transport whatever gear your crew wants during shore excursions. This will be your footwear and maybe one phone/camera. TIP: Crews in the past, at their final shakedown meeting, toss all their footwear together to see what size dry bag your crew will need.

Reef safe sunscreen: TIP: It may be difficult to find reef safe sunscreen for sale in your area. Plan ahead, purchase online and have it shipped to you to pack with your crew's gear. You may opt to stop at a store on your way from the airport to the marina but BEWARE prices on island are much higher than in the states and availability is sporadic at best.

Snorkel gear: Every crew member is required to bring their own snorkel and mask. Sea Base St Thomas provides fins, swim vests and a mesh bag for your snorkel gear. TIP: we have all sizes of fins, if you are a large or small size, we will have fins for you, so you do not have to bring your own. Make sure EVERY member of your crew brings their snorkel and mask. There is no base at Sea Base St Thomas. There is no store at the marina to purchase a lost or forgotten snorkel and mask. You may stop at a store to purchase on your way from the airport but BEWARE prices are much higher than in the states and availability is sporadic at best.

Provisions: Your vessel will be fully stocked with a variety of provisions to make all your meals. A sample of snacks provided include fruits, granola bars, Rice Krispie treats, cookies, chips, crackers, etc... TIP: If you have a favorite seasoning that you would like to share with your crew and captain please feel free to bring along. If you have a favorite snack that you would like to share with your crew and captain, please do so but NO chocolate, powdery or cheesy snacks. It will be very hard and time consuming for you to remove the fingerprint and smudge stains they will cause.

Swim wear: Make sure every crew member brings with them proper swim attire, one piece, tankinis, board shorts or swim trunks. NO bikinis or thongs. TIP: You will NEED a long sleeve SPF swim shirt.

Toiletries: When packing bring all toiletries you would normally pack for any trip. There is no base at Sea Base St Thomas. There is no store at the marina. You may opt to stop at a store on your way from the airport to the marina but BEWARE prices are much higher than in the states and availability is sporadic at best.



USVI National Park Learning Page

Overview: [Park Brochure](#) and [Map](#)

From the Water: [Marine Visitor Interactive Map](#)

In the Water:

- [Sea Turtles](#)
- [Fish Guide](#)

On the Water:

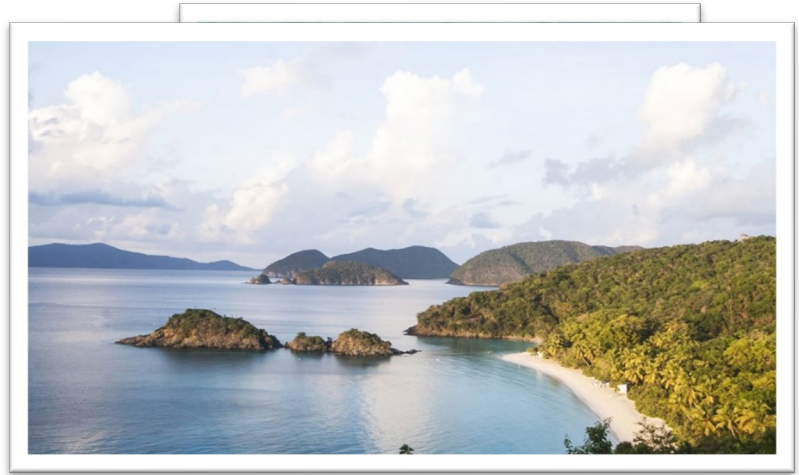
- [Mooring and Anchoring Map](#)
- [Marine Hazards to Avoid](#)

On the Land:

- [Virgin Islands Bird Checklist](#)
- [Bird Photo Guide](#)
- [Virgin Islands Tree Guide](#)
- [Hazardous Plants](#)

USVI National Park:

- [YouTube](#)
- [Photo Gallery](#)



Photos NPS

For information about visiting St Thomas please visit the Department of Tourism site at visitusvi.com

BSA Annual Health and Medical Record Form

Please make sure all highlighted and circled sections are completed

A**Part A: Informed Consent, Release Agreement, and Authorization**
 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/ videolapes/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/videolapes/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: _____
 Phone: _____

 Name: _____
 Phone: _____
Adults NOT Authorized to Take Youth to and From Events:
 Name: _____
 Phone: _____

 Name: _____
 Phone: _____

Prepared. For Life.®

 680-001
 2019 Printing

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	



Prepared. For Life.®

680-001
2019 Printing

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 NO

DO 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: _____



Prepared. For Life.®

Part C: Pre-Participation Physical

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

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/ahm/ 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	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				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



Prepared. For Life.®

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

Phone: 305-664-4173

Website: www.bsaseabase.org

Florida Sea Base

Sea Base Experience. Sea Base adventures are not risk-free. Participants must follow safety measures and take personal responsibility for their health and safety. Climate conditions include temperatures ranging from 45 to 95 degrees, high humidity, heat indexes reaching 110 degrees, and frequent, sometimes severe tropical weather. Prolonged, rigorous activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and others.

It is the responsibility of participants, participant parents or guardians, participant health-care teams, and unit leaders to see that each individual—youth or adult—can safely take part in Sea Base adventures.

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

Sea Base participants must be able to

- Swim in a strong manner
- Climb a 6-foot ladder, unassisted, in inclement weather, from the water onto a rocking vessel
- Self-rescue if found overboard in inclement weather

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

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

Special Needs or Medical Concerns. Any individual with special needs or medical concerns must have an onsite advocate who understands the individual's condition and treatment and who is prepared to provide support to the individual.

Trained Leadership. Each crew is required to have at least one adult who is trained in wilderness first aid and CPR or has a greater professional medical certification. This leader acts as the primary first response until emergency services arrive. There are no on-site facilities for treatment or extended care at Sea Base. Sea Base does not staff professional medical personnel.

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

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

Recommendations Regarding Chronic Illness and/or Compromised Immune System.

Persons with chronic conditions and/or compromised immune systems should seek medical advice and education regarding medical risks associated with harsh marine environments before participating. Individuals with open wounds or who are at risk for chronic illnesses or immune disorders should not attend Sea Base.

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

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

- Insulin-dependent persons who have been newly diagnosed or who have undergone changes in delivery systems in the last six months are advised not to participate.
- Persons with diabetes who have had frequent problems and/or hospitalizations should not participate.
- Persons using insulin to control diabetes **will not** be permitted to **scuba dive**.
- Any HbA1c test greater than 7 in the previous 12 months **disqualifies** a person from **scuba diving**.
- Persons under the age of 18 who control their diabetes with exercise and diet (without the aid of medication) and can provide three sequential hemoglobin tests with HbA1c values less than 6 **may** be approved to scuba dive.
- Persons over the age of 18 who control their diabetes with exercise and diet (without the aid of medication) and can provide four HbA1c tests, each with a value less than 7, within the previous 12 months **may** be approved to scuba dive.

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

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

Asthma. Asthma must be well-controlled. Persons requiring use of medication and/or an inhaler must bring an ample supply.

- Persons being treated for **asthma (including reactive airway disease)** are **disqualified from scuba diving**.
- Persons with a history of asthma who have been asymptomatic **and** not used medications to control asthma for five years or more **may be allowed to scuba dive** if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.
—Provocative testing can include exercise, hypertonic saline, a hyperpnea test, etc.



Prepared. For Life.®

609-001
October 2018

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

Florida Sea Base

Phone: 305-664-4173 Website: www.bsaseabase.org

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

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

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

Weight Limits. Participants must meet BSA height and weight guidelines. Exceptions **may** be made for individuals who do not exceed the BSA height and weight guidelines by more than 20 pounds. Due to rescue equipment weight restrictions, individuals who are 78 inches (6.5 feet) and taller cannot be offered an exception.

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

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



Prepared. For Life.®

690-001
October 2019