



# **Scuba Adventure Scuba Certification Scuba Live Aboard**

## **Scuba Advanced Marine Exploration**



# **Participant Guide**

National High Adventure Sea Base, BSA

## **Sea Base Scuba Programs**

78300 Overseas Hwy  
Islamorada, Florida

*Revised Date: 11/2023*

## 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 Sea Base to serve councils and units by providing an outstanding high adventure experience for older Boy Scouts, Varsity Scouts, Venturers, Sea Scouts and their leaders.

Sea Base programs are designed to achieve the principal aims of the Boy Scouts of America:

- To build character
- To foster citizenship
- To develop physical, mental, and emotional fitness

### Keys Blessing

Bless the creatures of the Sea  
Bless this person I call me  
Bless the Keys, you make so grand  
Bless the sun that warms the land  
Bless the fellowship we feel  
As we gather for this meal  
Amen



**Prepared. For Life.®**

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## Payment Plan

**2024 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.

**2025 Sea Base Crews:** The payment schedule published here is outlined for 2024 Sea Base Crews. These guides will be updated in the fall of 2024 for your adventure year, and there may be changes to the payment schedule. Please refer to the Sea Base website, your confirmation emails, and your online reservation for the 2025 Sea Base payment schedule information.

- **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. If any such price changes are implemented, the primary reservation contact will be notified, and a notice will be published to the registration page for affected adventures on the Sea Base website.



**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<sup>st</sup>**.

**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 [2024 Crews Page linked here](#).

NOTE – Read the Unit Leader Responsibilities on page 10 of this guide.

## General Eligibility Requirements

1. **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
- Venturing, BSA

### [Coed Crew Requirements Explained](#)

2. **Age Requirement:** Every participant must be at least 13 years of age by their date of arrival at Sea Base. No exceptions can or will be made.

3. **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. The BSA Swim Test must be documented on the BSA Unit Swim Classification Record and submitted along with all other documentation. Non-swimmers and Beginner Swimmers will not be allowed to participate and will be sent home at their own expense.

❖ *Please note that Sea Base does not provide onsite BSA Swim Tests.*

**Swim Review:** Upon arrival every participant must complete a Sea Base Swim Review in a strong manner. This swim review does not take the place of the BSA Swim Test. **Individuals who do not pass the Sea Base Swim Review will not be permitted to participate and will be sent home at their own expense. No refund will be offered to non-Swimmers.**

4. **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. For example, if the medical form is signed and dated on June 2, 2023, it is valid until June 30, 2024. No other medical form will be accepted. Further, scuba participants must meet all BSA Scuba requirements to scuba dive at Sea Base. Participants who do not meet the BSA Scuba requirements may be allowed to participate as snorkelers if medically approved.

❖ *Sea Base Medical Director has final approval*

5. **Completed RSTC Diver Medical Participant Questionnaire:** Sea Base participants must be fit for scuba diving. All participants must provide a current and complete RSTC Diver Medical Participant Questionnaire per BSA Scuba Policy, the questionnaire must be signed by a physician even if the participant answers NO to all questions on the form. All Scuba Certification Adventure participants RSTC must be signed by an MD or DO only.

❖ *Sea Base Medical Director has final approval*

6. **Weight Requirements:** 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.

7. **Pre-Event Medical Screening Checklist:** Sea Base crews must provide a completed [Pre-Event Medical Screening Checklist](#) for each attending crew. This document is required at check-in.

## Adult Leader Eligibility Requirements

1. Registered Member of the BSA
2. 21 Years of Age or Older
3. Passed [BSA Swim Test](#) as a Swimmer
4. Meets Sea Base Medical Requirements and medically approved for participation.
5. Not to exceed 295lbs.
6. Proper adult supervision
7. Completed [BSA Youth Protection Training](#)
8. Completed [BSA Safety Afloat Training](#)
9. Completed [BSA Safe Swim Defense Training](#)
10. Completed [BSA Hazardous Weather Training](#)
11. [CPR/AED Certification](#), Minimum of 1 Adult per Crew
12. [Wilderness First Aid Certification](#), Minimum of 1 Adult per Crew

**General Eligibility Requirements:** Adult leaders must meet all General Eligibility Requirements (see section 1 – 5 above).

**6. 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](#)

**7-10. 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](#). All BSA Adult Leader Trainings must be current and not expire before or during the adventure.

**11-12. 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. Documentation of higher professional license must be submitted along with other documents. Multiple crews require multiple trained leaders. Sea Base highly recommends that every adult leader completes WFA and CPR/AED.



## Sea Base Risk Advisory

**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 the youth participants.

### **Sea Base participants must be able to:**

- Swim in a strong manner.
- Climb a 6 ft. 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, 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. The Sea Base Medical Director reserves the right to make

final medical decisions regarding the participation of individuals at Sea Base.

**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 provide support.

**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 the BSA Scuba Policy will not be permitted to scuba dive. Various risk factors may exclude a person from scuba diving, either temporarily or permanently.

### **Absolute medical contradictions for scuba diving with the BSA:**

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

### **Risk factors include, but are not limited to:**

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

**NOTE:** For additional information read the detailed description on the following pages. Not every disqualifying medical condition for BSA scuba diving is listed. If you require further clarification regarding an unlisted medical condition and scuba diving with the BSA, please contact the Sea Base Scuba department.

**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.

- Diving as part of an official scouting activity is prohibited for the following:
  - For persons under age 18 with the diagnosis of diabetes.
  - Persons using insulin to control diabetes.

**Participants that are insulin dependent, youth or adult, will not be cleared to scuba dive. Those that are currently scuba certified or have a physician's approval for scuba diving will not be cleared to scuba dive at Sea Base. Participants younger than 18 years of age with diabetes will not be cleared to scuba dive. There are no exceptions, exclusions or waivers to this policy.**

- Persons with diabetes, who are non-insulin dependent and who have had recurrent problems and/or hospitalizations for diabetic problems.
- Persons with any HbA1c test greater than 7.0 in the previous 12 months.
- Persons having a documented or suspected hypoglycemic event requiring treatment or assessment in the previous 12 months.
- Diabetes is considered well-controlled when the following are met:
  - The acceptable oral medications for diabetic control are as single agents only: metformin and metformin analogs; DPP-4 inhibitors (sitagliptin, vildagliptin, alogliptin, saxagliptin and linagliptin); or SGLT2 inhibitors and analogies.

Persons who control their diabetes with exercise and diet (without the aid of medication, except metformin) and document HbA1c test value less than 7.0 in the last 6 months) may be approved to scuba dive.

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

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



- **No participant with a history of seizures or taking anti-epileptic medication may snorkel or scuba dive.**  
-Prospective participants with a history of infant febrile seizures may be considered for snorkeling or diving after formal consultation with a neurologist.

**Asthma or Reactive Airway Disease:**

- Diving as part of an official scouting activity is prohibited for persons being treated for asthma or reactive airway disease.
- Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.  
—Provocative testing can include exercise, hypertonic saline, a hyperpnea test, etc.

Participants, youth or adult, with asthma will not be cleared to scuba dive. The predisposing factors, severity of attacks or intermittent asthma does not change this BSA policy. Those that are currently scuba certified or have a physician’s approval for scuba diving will not be cleared to scuba dive at Sea Base. There are no exceptions, exclusions or waivers to this policy.

**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 (ADD, ADHD, anxiety and depression):** Any condition should be well-controlled.

- Diving as part of an official scouting activity is prohibited for
  - Participants taking more than one medication for any of these conditions.
  - Participants with anxiety disorder requiring any medication.

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

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

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

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

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

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



## Policies and Procedures

**Adult to Youth Ratios:** Sea Base Crews must have more or an equal number of youth to adult participants. Individuals under the age of 21 may be counted as youth participants when considering this ratio.

☒ *Scouts with Special Needs are counted as youth participants regardless of age.*

**Buddy System:** Adult and youth participants must adhere to the buddy system. While

snorkeling, dive buddies must remain within arms distance. While onshore, participants must travel in groups of two or more. In Key West, crews 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 requiring all participants to submit the BSA AHMR and RSTC**

**Diver Medical Participant Questionnaire forms by or before the deadline date (pg. 17 & 29) and inputting the crew roster 90 days prior to arrival.** [2024 roster instructions linked here](#). A PADI and medical document walkthrough is available on pg. 29-43. Upon arrival, Unit Leaders are responsible to act as the first line of treatment when medical issues arise, fulfill [Safe Swim](#) and [Safety Afloat](#) responsibilities, follow and enforce [BSA Youth Protection](#) Policies, ensure that youth participants follow Sea Base policies and direction from captains and staff members. Unit Leaders must also actively participate in the adventure; *Sea Base is not a passive experience.*

**Youth Crew Leader Responsibilities:** Sea Base should be a youth led adventure. Crews must elect a seasoned youth crew leader prior to onsite arrival. Sea Base should not be the youth's first leadership experience. Youth will make duty assignments for both youth and adults, and ensure that those duties are completed, following 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.

**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. While on base, all participants are expected to dress appropriately, including wearing shirts, shoes and shorts.

**Swimming Attire:** Swimsuits must be modest. For males, tight fitting swim briefs or swim bottoms short enough to allow exposure are not allowed. For females, bikinis are not allowed. Modest tankinis or one-piece swimsuits are appropriate.

**Footwear:** Footwear is required by all participants while onshore. Footwear requirements vary by program. *Please review the provided Packing List for your chosen adventure under Program Overview in this guide.* While on base, most participants choose to wear flip-flops.

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

**Open Scuba:** Only individuals participating in Scuba: Adventure, Certification, Live Aboard, or Advanced Marine Exploration, may Scuba dive while at Sea Base.

**Unplug:** Use of phones, tablets and other transmission electronics should be restricted to emergency or camera use. Please place phones on airplane mode and stowed away. Sea Base is not responsible for damage to phones by salt, sand, water or wave motion damage.

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

**Intentional Damage to Sea Base Vessels, Facilities, Contracted Facilities, Public or**

**Personal Property:** Anyone intentionally damaging property, including pranks that result in damage, will vacate their adventure, and will be held financially liable for damages.

**Bullying, Hazing, Fighting, Play Fighting, Wrestling:** All forms of physical confrontation including “play” are prohibited.

**Sexual Contact:** Sexual contact of any kind, including public display of affection is prohibited.

**Cleanliness:** Dorms, base, galley, marinas, and vessels are expected to be cleaned and maintained by participants. Youth and adults are expected to shower when they have the opportunity.

**Disposal of Trash:** Litter becomes marine debris and negatively impacts the Florida Keys National Marine Sanctuary, Everglades National Park, marine life and our ocean. Participants must ensure that all recycling and garbage is secured and disposed of properly.

**Conservation:** For your own protection and the protection of the environment, Sea Base participants must not touch, harass, or harm wildlife. Sea Base participants must not take or collect rocks, shells, or marine species. Special care must be taken when snorkeling in sensitive areas, such as coral reefs.



## Preparing for Sea Base

### Travel and Preparation Plan

Please place copies of all necessary check-in paperwork in a notebook or folder to keep with you during travel. This is for travel and emergency purposes and not necessarily to be turned in. Sea Base crew number, participant emergency contacts, travel information, and training certificates should be duplicated and placed into a secondary book held by a unit leader



or parent *who is not accompanying* the crew to Sea Base. Parents, guardians and/or spouses should keep a copy of the BSA Annual Health and Medical Record and the RSTC Diver Medical Participant Questionnaire forms for each participant. Please remember, while you are traveling you are not only representing your unit, but also the Boy Scouts of America.

**Travel:** 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.

**Arrival:** All Sea Base Crews are to arrive between 1:00 pm and 3:00 pm, having already eaten lunch. Crews arriving after 3:00 pm may be unable to complete necessary pre-adventure training and will force their adventure to be delayed. **Winter/Holiday/Weekend Crews:** *Expect to add 1-2 hours to your travel time* due to heavy traffic on the roads.

Please arrive at:  
**Sea Base**  
**73800 Overseas Hwy**  
**Islamorada, FL 33036**

**Departure:** Crews may depart Sea Base as early as travel dictates. Scuba Crews should allow 24 hours between their last dive (noon) and scheduled flight to reduce the risk of decompression sickness. Early continental breakfast can be served at 7:00 am upon request. Regular breakfast is at 8:00 am. All crews must vacate Sea Base before 10:00 am. **Winter/Holiday/Weekend Crews:** *Expect to add 1-2 hours to your travel time* due to heavy traffic on the roads.

**Airports:** Sea Base Crews can choose from multiple South Florida Airports, with estimated travel time indicated below:

- Key West International Airport (EYW); 1.5 - 2.5 hour drive
- Miami International Airport (MIA); 2 - 3 hour drive
- Ft. Lauderdale International Airport (FLL); 2.5 - 3.5 hour drive

**Car Rental:** Below is a list of rental car companies with locations on the Florida mainland and in Marathon:

- [Avis Rental Car](#) 800-230-4898
- [Enterprise Rental Car](#) 800-261-7331
- [Budget Rental Car](#) 800-218-7992

**Shuttle Services:** Several agencies provide travel to and from the Florida Keys. Sea Base does not provide a shuttle to or from the airports. Sea Base Crews are responsible to research tour providers and choose those that best suit crew needs. When booking, it is extremely important to demand that your unit arrive at the Sea Base between 1:00 pm and 3:00 pm. Below is a list of service providers.

- [Ace Tours](#) 888-641-4389
- [Blue Sky Adventures](#) 877-225-8375
- [Padrino Transportation](#) 305-852-1468
- [Keys Shuttle](#) 888-765-9997
- [Florida Keys Express Shuttle](#) 305-743-7454
- [Keys Group Transportation](#) 305-296-1800
- [Southern Bus Line](#) 1-888-352-2873
- [Keys Luxury Transportation](#) 305-240-9757

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

**Side Trips and Additional Adventures:** South Florida is an amazing location for discovery. Side trips can add depth to your unit's experience. However, **do not plan to leave Sea Base until your adventure is complete.** If you or your unit chooses to leave Sea Base for any reason other than medical emergency or religious observance your adventure will be vacated, and you will not be permitted to return.

**Pre/Post High Adventure Rustic camping at Camp Jackson Sawyer:** As you prepare to embark on your adventure, we would like to invite you to extend your stay or accommodate your travel plans by booking Pre/Post Adventure Accommodations through Sea Base. We have several options available exclusively to Sea Base crews:

- Pre/Post Premium- A discounted hotel stay near either FLL and MIA Airport with free Shuttle service to/from the airport to the hotel
- Pre/Post Deluxe- Deluxe tent camping- Stay in a platform tent facing the ocean featuring air conditioning, electricity and bunk beds with food provided at Camp Jackson Sawyer on Scout Key
- Pre/Post Traditional- Stay in traditional dome tents in the shadiest area of the camp with food provided at Camp Jackson Sawyer on Scout Key



**Transportation to Sea Base is not provided to crews; you will need to arrange this on your own.**  
**For more information on these options, please visit our booking site: [www.bsaseabase.org/prepost](http://www.bsaseabase.org/prepost)**

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## Check-In Paperwork at a Glance



Specific to Sea Base Scuba Adventures, the Scuba Department reviews all required documents prior to arrival. *You will not need to present your documents during check in unless specifically asked.* However, Sea Base requests and strongly encourages that you bring a copy of all documents for your crew for travel and medical emergency purposes. Please see specific adventure type for complete list of required documents.

- Scuba Adventure documents listed on page 18
- Scuba Certification documents listed on page 20
- Scuba Live Aboard documents listed on page 22
- Scuba Advanced Marine Exploration documents listed on page 24

## Sea Base Training Plan



Sea Base Adventures are aquatics-based and require participants to be fit, competent swimmers. It is recommended that your unit, in consultation with physicians and local council BSA Aquatics Director or a qualified aquatic professional, develops a crew training regimen. This regimen should include frequent pool training sessions, basic snorkeling instruction and the [BSA Swim Test](#), which is a requirement.

### Program Specific Training

1. Become strong, competent swimmers (monthly swimming sessions are recommended).
2. Snorkel. Practice clearing a mask and snorkel. ([Snorkel BSA](#))
3. Complete one or more pool or open water dives
4. Watch NOAA: [Blue Star Video](#)
5. Review FKNMS: [Corals and Coral Reefs](#)
6. Review FKNMS: [Plant Life](#)
7. Review FKNMS: [Animal Life](#)
8. Review: [Divers Alert Network Dan's Smart Guide to Safe Diving](#)
9. Review appropriate [Guide to High Adventure Scuba Power Point](#) with leaders, participants and parents
10. Adult leaders play an important role in ensuring safety aboard and in the water. Adults must understand [BSA Safe Swim Defense and Safety Afloat](#) Guidelines and be prepared to assist in emergency situations.

❖ *Want to earn college credit for scuba diving? Visit [PADI](#) to find out more.*

### Scuba Certification Cards

Please review the BSA accepted certification agencies on page 47. Sea Base cannot accept “restricted” certification cards or those from agencies not accepted by the BSA.

### Diver Responsibility

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



### Program Overview

Epic Adventures begin with planning and preparation. Upon arrival (1:00pm - 3:00pm), each crew will complete the check in process. Any participants, youth or adult, who do not meet the weight requirement outlined on page 5 or cannot pass the [BSA Swim Test](#) and/or Sea Base Swim Review, for safety purposes, will be required to forfeit their adventure. **Please inform your crew to ensure that no one is disappointed.** Once the initial check in has been completed, crews will be joined by their Divemaster or Instructor to tour the Base, take a crew photo, check out gear, complete a swim review, and complete a scuba review. Crew photos are available for purchase through the [Ship Store](#) via a flash drive in store or online at [seabasephotos.org](#).

**Sea Base Captains:** Every captain under charter at Sea Base is licensed by the United States Coast Guard. Their primary responsibility is to keep your unit safe. It is essential that each crew understands that a request by the captain is an order delivered kindly. The captain is the final authority while aboard.

**Sea Base Vessels:** Every vessel chartered or owned by Sea Base either goes through a United States Coast Guard Inspection or Examination prior to providing charters. Each vessel is also pre-screened by Sea Base. Only vessels deemed safe and capable are chartered.

**Youth Crew Leaders:** Sea Base Adventures should be youth led. Please elect a seasoned youth crew leader prior to arrival. The youth crew leader will work hand in hand with Sea Base Staff to ensure that all duties are assigned and completed.

**Cell Phones/Electronic Devices:** We strongly encourage all participants to “unplug” for the entirety of their Sea Base Adventure, especially while on board a vessel. Please keep in mind that the ocean environment is not conducive to phones and other electronic devices.

**Dorm Sleeping Arrangements:** Both male and female dormitories are available at Sea Base. All dormitories are air-conditioned.

**Scuba Gear:** Sea Base provides fins, regulators, BCD with weight-integrated pockets, weights and tanks. Individuals are welcome to bring their own equipment, other than tanks, for use at Sea Base provided the equipment is inspected and approved by Sea Base staff. Each diver is required to bring a mask, snorkel, and a water resistant watch suitable for scuba diving. *See page 44 for more information on water resistant watches.* For those with a foot size 14 or larger please contact Sea Base.

**Wetsuits:** Generally, wetsuits are only used during Winter and early Spring programs. Wetsuits can be rented through the [Ship Store](#).

**Dive Computers:** Divers are permitted to bring a dive computer if they so choose and are familiar with how they function. Sea Base does not provide dive computers.



**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 PFD. Crew members can purchase mask and snorkels from the [Sea Base Ship Store](#) and pick-up items upon arrival, if they choose. **Full face masks are not permitted at any Sea Base location.**



**Food:** 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](mailto:fsb.galley@scouting.org) for any dietary questions.

**Paperwork:** Every scuba medical must be reviewed prior to arrival. Some individuals with specific medical conditions may take longer than others to be cleared or denied by the Sea Base Medical Director. Participants and Crew Leaders are responsible for completing and submitting all necessary



documents in a timely manner. Individuals and crews who submit after the deadline date risk not being cleared to scuba dive. Incomplete forms cannot be accepted. Individuals who do not meet the BSA SCUBA Policy Medical Requirements/Restrictions, provide incomplete forms or do not turn in necessary paperwork by the deadline date will be allowed to participate as snorkelers provided they are medically cleared to do so. Deadline for paperwork:

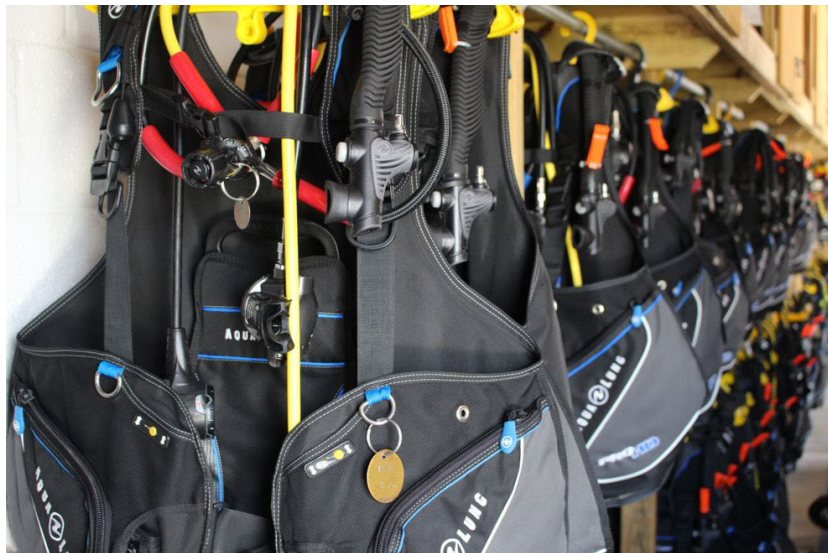
- Spring Crews (February- April) must submit paperwork no later than **January 1**
- Summer Crews (May-August) must submit paperwork no later than **March 1**
- Winter Crews (December) must submit paperwork no later than **September 1**

**Storage for Scuba Live Aboard:** Sea Base provides a limited amount of storage adequate for a single piece of checked luggage per crew and a single piece of carry-on luggage per person. Please limit items to those listed on the packing list. Crews are responsible for providing *two locks*, one for the storage unit and one for the in- room lockbox.

**Sea Base Specific First Aid Kit:** Every crew must provide their own first aid kit (Scuba Live Aboard should have two First Aid Kits). A Sea Base Specific First Aid Kit includes all items found in a [traditional back country first aid kit](#) along with the following items:

1. SPF 35 or greater Reef Safe sunscreen
2. SPF 35 or greater lip balm
3. Small bottle of vinegar (less than 3oz.)
4. Sea sickness medication
5. Non-aerosol insect repellent
6. Swimmers ear drops
7. Benadryl
8. Hand sanitizer

**Tippling Policy:** Sea Base Staff Members are prohibited from accepting monetary tips from participants. If you feel that your staff member has provided exceptional service feel free to give them one of your crew t-shirts, a nice letter from the crew or something that shows your appreciation without giving them money.



## Scuba Adventure



**Overview:** The Scuba Adventure program is an exciting diving adventure. Focused on improving your crew's scuba diving skills and learning about our ocean environment, crews will spend their days diving on the only living coral barrier reef in the continental United States. Diving from one of our Newton Dive boats, crews will board the vessel in the morning after breakfast, dive and eat lunch out on the water and return just before dinner is served on Base. Most nights, crews can expect to participate in an ocean conservation evening program led by Sea Base Divemasters or Instructors. Provided optimal conditions, your crew will participate in as many as 11 open water dives while at Sea Base, including one night dive. Dives missed due to weather conditions or divers' abilities may not be made up. All dives will be conducted within the PADI-recommended 60 ft. limit for Open Water Divers. There will not be any opportunity to work on advanced certifications or merit badges. Please note that daily activities are dictated by weather, tides, and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.

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

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates. For example, if you arrive on a Sunday, your departure day is Saturday.

**Program Specific Preparations:** All scuba crews are required to complete and submit all mandatory documents prior to arrival. These mandatory documents are listed below.

**Program Specific Documents:** Prior to arrival at Sea Base, we must receive all the following documents:

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival) [2024 roster instructions linked here](#).
- [BSA Unit Swim Classification Record](#) with each participant listed
- [BSA Safe Swim](#) Certificates for each adult leader
- [BSA Safety Afloat](#) Certificates for each adult leader
- [BSA Youth Protection](#) Certificates for each adult leader and youth over 18 years of age.
- [BSA Hazardous Weather](#) Certificates for each adult leader
- [Wilderness First Aid](#) Certificate or greater certification for at least one adult
- [CPR/AED](#) Certificate for at least one adult
- BSA Annual Health and Medical Records for each participant
- Copies of Insurance Cards (front and back) for each participant
- RSTC Diver Medical Participant Questionnaire
- PADI Diver Activities Release
- Scuba Certification Cards
- Florida Addendum Notice to the Minor Child's Parent or Natural Guardian
- [Pre-Event Medical Screening Checklist](#)  
*Notify Sea Base of any food allergies or dietary restrictions at least 2-4 weeks prior to arrival [HERE](#).*

**[Use this link for all required Scuba Adventure documents](#)**

**Accommodations:** All Scuba Adventure participants will stay in air-conditioned dormitories. The dorms are equipped with bunk beds and twin-size mattresses. Showers and laundry facilities are available. Linens are not provided.

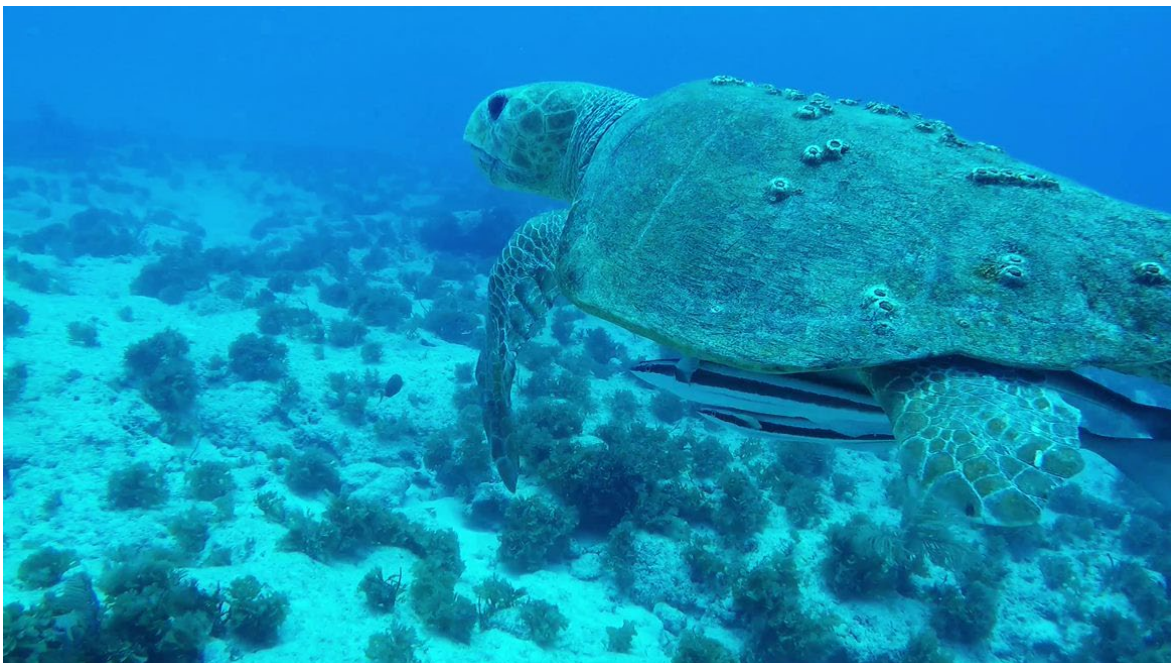
**Storage:** Each Scuba Adventure dormitory is equipped with dressers and a small closet to be shared among the crew.

**IMPORTANT Travel Information:** Scuba participants must not fly for a minimum of **18 hours (24 hours recommended)** after diving.

**Tentative Schedule:**

Scuba Adventure Tentative Schedule							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Departure
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
AM		Pool Skills Review (if necessary) Navigation Skills	Open Water Dives 3 & 4 BSA Snorkel Lunch onboard the boat	Open Water Dives 5 & 6 BSA Snorkel Lunch onboard the boat	Open Water Dives 8 & 9 BSA Snorkel Lunch onboard the boat	Open Water Dives 10 & 11 BSA Snorkel Lunch onboard the boat	Depart
		Lunch					
PM	Check In 1-3 PM  Room Assignment Issue Equipment Pool Skills Review Swim Review	Dives 1 & 2					
	Dinner	Dinner	Dinner	Dinner	Dinner		
Evening	Orientation	Presentation: Dive Against Debris	Presentation: Fish Identification	Night Dive Dive 7	Presentation: Shark Awareness	Luau	

*Please note that program is dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.*



## Scuba Certification

**Overview:** The Scuba Certification Adventure is a rigorous diving adventure centered on certifying your crew as PADI Open Water Scuba Divers. Crews can expect to spend the first half of their week in classroom and pool sessions led by their Instructors. Once your crew has sufficiently completed all class and pool work, crews will then spend the second half of their week completing open water dives within the Florida Keys National Marine Sanctuary and the only living coral barrier reef in the continental United States. All dives will be conducted within PADI standards for Open Water Students. There will not be any opportunity to work on advanced certifications or merit badges. Please note that daily activities are dictated by weather, tides, and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.



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

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates. For example, if you arrive on a Sunday, your departure day is Saturday.

**Program Specific Preparations:** Scuba Certification participants are required to complete the following prior to arrival:

- Complete and submit all mandatory documents (listed below)
- Read the PADI Open Water Manual
- Complete all 5 PADI Open Water Knowledge Reviews
- Failure to complete all required materials will result in loss of dive time or may result in not becoming scuba certified.
- Complete and submit all mandatory documents prior to arrival. These mandatory documents are listed below.
- ***Prior to arrival, Sea Base will provide 1 PADI Open Water Diver video per crew. Please coordinate and watch as a crew.***

**Program Specific Documents:** Prior to arrival at Sea Base, we must receive all of the following documents:

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival) [2024 roster instructions linked here](#)
- [BSA Unit Swim Classification Record](#) with each participant listed
- [BSA Safe Swim](#) Certificates for each adult leader
- [BSA Safety Afloat](#) Certificates for each adult leader
- [BSA Youth Protection](#) Certificates for each adult leader and youth over 18 years of age.
- [BSA Hazardous Weather](#) Certificates for each adult leader
- [Wilderness First Aid](#) Certificate or greater certification for at least one adult
- [CPR/AED](#) Certificate for at least one adult
- BSA Annual Health and Medical Records for each participant

- Copies of Insurance Cards (front and back) for each participant
- RSTC Diver Medical Participant Questionnaire signed by an **MD or DO only**
- PADI General Training Release
- PADI Standards of Safe Diving
- Florida Addendum Notice to the Minor Child’s Parent or Natural Guardian
- [Pre-Event Medical Screening Checklist](#)

Notify Sea Base of any food allergies or dietary restrictions at least 2-4 weeks prior to arrival [HERE](#).

**[Use this link for all required Scuba Certification Adventure documents](#)**

**Accommodations:** All Scuba Certification participants will stay in air-conditioned dormitories. The dorms are equipped with bunk beds and twin-size mattresses. Showers and laundry facilities are available. Linens are not provided.

**Storage:** In addition to the larger storage mentioned on page 16, each Scuba Adventure dormitory is equipped with dressers and a small closet to be shared among the crew.

**IMPORTANT Travel Information:** Scuba participants must not fly for a minimum of **18 hours (24 hours recommended)** after diving.

**Tentative Schedule:**

Scuba Certification Tentative Schedule							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Depart
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
AM		Knowledge Review Section 2 & 3  Issue Equipment Swim Review	Knowledge Review Section 5 Final Exam	Open Water Certification Dives 1, 2 & 3 BSA Snorkel	Open Water Certification Dive 4 Fun Dives 5 & 6	Fun Dives 7 & 8	Depart
		Lunch	Lunch	Lunch onboard the boat	Lunch onboard the boat	Lunch onboard the boat	
PM	Check In 1-3 PM  Room Assignment  Knowledge Review Section 1	Confined Water Dives 1 & 2	Confined Water Dives 3, 4 & 5				
	Dinner	Dinner	Dinner	Dinner	Dinner		
Evening	Orientation	Knowledge Review Section 4	Presentation: Fish Identification	Presentation: Dive Against Debris	Presentation: Shark Awareness	Luau	

*Please note that program is dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.*



## Scuba Live Aboard Adventure



**Overview:** The Scuba Live Aboard Adventure is a well-rounded scuba diving adventure. As one of the more diverse scuba programs offered at Sea Base, crews will spend their days sailing, fishing and scuba diving on board one of Sea Base's Scuba Live Aboard sailing vessels (crews will be split onto two boats). During this adventure crews can expect to learn about our ocean environment and dive on the only living coral barrier reef in the continental United States. Scuba Live Aboard boats are working vessels. Your crew, youth and adults, will learn what it is to crew aboard a vessel. The elected Youth Crew Leader will assign duties to youth and adult crew members, which will include preparing meals, cleaning the boat-including the head, anchor watch, and any other duties assigned by the captain. While aboard, the captain is the final authority figure. The number of dives completed during this adventure is based upon the weather and the participants diving abilities. All dives will be conducted within the PADI-recommended 60 ft. limit for Open Water Divers. There will not be any opportunity to

work on advanced certifications or merit badges. Please note that daily activities are dictated by weather, tides, and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.

**Crew Size:** 12 individuals. This number includes both youth and adult participants. Crews may not exceed the maximum number allowed.

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates. For example, if you arrive on a Sunday, your departure day is Saturday.

**Accommodations:** Apart from your arrival and luau days, all Scuba Live Aboard participants will spend the night sleeping on board their vessel. Most participants choose to sleep under the stars instead of below deck. There may not be enough bunks below deck for everyone. It is a good idea to bring a sleeping pad and a light blanket. Do not bring hammocks. Linens are not provided.

**Special Note:** Scuba Live Aboard crews will be assigned to two vessels. Most captains will not allow participants to wear shoes aboard. Please do not purchase expensive deck or sailing shoes for your adventure.

**Program Specific Preparations:** All scuba crews are required to complete and submit all mandatory documents prior to arrival. These mandatory documents are listed on the following page.

**Program Specific Documents:** Prior to arrival at Sea Base, we must receive all of the following documents:

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival): [instructions](#)
- [BSA Unit Swim Classification Record](#) with each participant listed
- [BSA Safe Swim](#) Certificates for each adult leader
- [BSA Safety Afloat](#) Certificates for each adult leader

- [BSA Youth Protection](#) Certificates for each adult leader and youth over 18 years of age.
- [BSA Hazardous Weather](#) Certificates for each adult leader
- [Wilderness First Aid](#) Certificate or greater certification for at least one adult
- [CPR/AED](#) Certificate for at least one adult
- BSA Annual Health and Medical Records for each participant
- Vessel Release
- Copies of Insurance Cards (front and back) for each participant
- RSTC Diver Medical Participant Questionnaire
- PADI Diver Activities Release
- Scuba Certification Cards
- Florida Addendum Notice to the Minor Child's Parent or Natural Guardian
- [Pre-Event Medical Screening Checklist](#)

Notify Sea Base of any food allergies or dietary restrictions at least 2-4 weeks prior to arrival [HERE](#).

[Use this link for all required Scuba Live Aboard documents](#)

**Storage:** As noted on page 16, Sea Base provides a limited amount of storage adequate for a single piece of checked luggage per crew and a single piece of carry-on luggage per person.

**IMPORTANT Travel Information:** Scuba participants must not fly for a minimum of **18 hours (24 hours recommended)** after diving.

**Tentative Schedule:**

Scuba Live Aboard Tentative Schedule							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Departure
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
AM		Provision Vessel Load Vessel Depart Sea Base	Open Water Dives BSA Snorkel	Open Water Dives	Open Water Dives	Last Open Water Dive  Lunch onboard the boat	Departure
		Lunch					
PM	Check In 1-3 PM  Room Assignment  Issue Equipment Pool Skills Review Swim Review	Dive 1					
	Dinner	Dinner	Dinner	Dinner	Dinner		
Evening	Orientation	Presentation: Dive Against Debris	Presentation: Fish identification	Night Dive	Presentation: Shark Awareness	Luau	

Please note that program is dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors. There is no guarantee on the number of dives your crew will participate in.



## Scuba Advanced Marine Exploration Program

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

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

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

***Please complete this prior to your arrival.*** If the knowledge reviews are not completed prior to your arrival, this may preclude you from receiving your certification. Students must bring the PADI Advanced Open Water Diver Manual and PADI Advanced Open Water Multipurpose Data Carrier with them for their adventure.

**Crew Size:** 12 individuals. This number includes both youth and adult participants. Crews may not exceed the maximum number allowed.

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates. For example, if you arrive on a Sunday, your departure day is Saturday.

**Program Specific Preparations:** Scuba Advanced Marine Exploration participants are required to complete the following prior to arrival:

- Complete and submit all mandatory documents (listed below)
- Read the PADI Advanced Open Water Manual
- Complete all PADI Knowledge Reviews (see above)
- Failure to complete all required materials will result in loss of dive time or may result in not becoming Advanced Open Water certified.
- Complete and submit all mandatory documents prior to arrival. These mandatory documents are listed below.

**Program Specific Documents:** Prior to arrival at Sea Base, we must receive all of the following documents:

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival) [2024 roster instructions linked here](#)
- [BSA Unit Swim Classification Record](#) with each participant listed
- [BSA Safe Swim](#) Certificates for each adult leader
- [BSA Safety Afloat](#) Certificates for each adult leader
- [BSA Youth Protection](#) Certificates for each adult leader and youth over 18 years of age.
- [BSA Hazardous Weather](#) Certificates for each adult leader



- [Wilderness First Aid](#) Certificate or greater certification for at least one adult
- [CPR/AED](#) Certificate for at least one adult
- BSA Annual Health and Medical Record
- Copies of Insurance Cards (front and back) for each participant
- RSTC Diver Medical Participant Questionnaire
- PADI Continuing Education Administrative Document
- Scuba Certification Card (both sides)
- Florida Addendum Notice to the Minor Child’s Parent or Natural Guardian
- [Pre-Event Medical Screening Checklist](#)

*Notify Sea Base of any food allergies or dietary restrictions at least 2-4 weeks prior to arrival [HERE](#).*

**[Use the link for all required Advanced Scuba Marine Exploration documents](#)**

**Accommodations:** All Scuba Advanced Marine Exploration participants will stay in air-conditioned dormitories. The dorms are equipped with bunk beds and twin-size mattresses. Showers and laundry facilities are available. Linens are not provided.

**Storage:** Each Scuba Adventure dormitory is equipped with dressers and a small closet to be shared among the crew.

**IMPORTANT Travel Information:** Scuba participants must not fly for a minimum of **18 hours (24 hours recommended)** after diving.

**Tentative Schedule:**

Scuba Advanced Marine Exploration Tentative Schedule							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Depart
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
AM		Issue Equipment Pool Skills Review Swim Review	Advanced Open Water Dives 3 & 4 Compass and Natural and Navigation Dive BSA Snorkel	Coral Restoration Foundation Coral Presentation Coral Nursery and Coral Planting Dives Dives 5 & 6	Coral Restoration Foundation Coral Nursery and Coral Planting Dives Dives 7 & 8	Advanced Open Water Dives 10 & 11 Deep Dive and Fish Count BSA Snorkel	Depart
		Lunch					
PM	Check In 1-3 PM  Room Assignment  Advanced Class Knowledge Review	Advanced Open Water Dives 1 & 2 Peak Performance Buoyancy & Boat Dives	Lunch onboard the boat	Lunch onboard the boat	Lunch onboard the boat	Lunch onboard the boat	
	Dinner	Dinner	Dinner	Dinner	Dinner	Luuu	
Evening	Orientation	Advanced Class Knowledge Review	Presentation: Dive Against Debris	Presentation: Fish Identification	Night Dive Dive 9		

*Please note that program is dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.*

## Scuba Packing List:

Sea Base provides meals, gear bags, scuba equipment, and nearly everything else you will need on your adventure. Below is a list of personal and crew items required or recommended for your adventure.

### WHAT TO BRING: (Personal Items)

- Dive logbook and Scuba certification cards
- Water Resistant watch
- 1 UPF +30 long sleeve shirt
- 1 UPF +30 short sleeve shirt
- Wide brimmed hat with strap
- 16oz +45 Reef Safe sunscreen
- **NO SPRAYS.**
- Insect Repellent, non-aerosol
- Polarized Sunglasses with strap
- Water bottle with carabiner, coffee mug
- 2 Pairs of shorts: (1) swim trunks or swimsuit (1) dry pair for land
- 1 Light pair of pants, zip off trek pants recommended
- 3 Pairs of socks
- 2 Pairs of shoes
  - (1) Teva or Chaco style sandals
  - (1) Good walking shoes (open-toed shoes are permitted)
- 1 Pair dive booties or neoprene socks (optional)
- Completed PADI Manual (for Open Water or Advanced Certification)
- 1 Conch Luau Shirt
- Rain Jacket
  - Winter/Early Spring Crews: Rain Jacket and fleece
  - Late Spring/Summer Crews: Light Rain Jackets
- 1 Sleeping cover / linens for a twin mattress
  - Winter/Early Spring Crews: Middle weight sleeping bag or blanket.
  - Late Spring/Summer Crews: Sleeping bag insert
- 1 Small pillow, backpacking recommended
- 2 Towels
- Toiletry Kit
- Flashlight, headlamp recommended
- Prescription Medications
- Spending money (\$125-\$175)
- Camera, waterproof recommended
- Mask and Snorkel (can be purchased from the [Sea Base Ship Store](#))

### WHAT TO BRING: (Crew Items)

- Sea Base Specific First Aid Kit
- 2 combination or key locks for crew storage
- Copies of BSA AMHR for each participant

### WHAT NOT TO BRING

- We encourage ALL participants to “unplug” during the entirety of their adventure. Phones and all electronic devices are strongly discouraged, especially on the water.
- Firearms or fireworks
- Fishing gear
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear guns are prohibited
- Dive knives

## Sea Base Traditions and Awards

**Leave No Trace:** Take only memories and leave only bubbles. Sea Base Adventures are conducted in ecologically sensitive environments. Participants must not touch or harm wildlife including coral. Participants must not take coral, artifacts, or shells from the Florida Keys National Marine Sanctuary. Participants must properly dispose of and when possible recycle all trash.

**Flag Ceremonies:** Flags Ceremonies Assembly for raising begins each morning at 7:45 am. Assembly for retreat begins at 5:45 pm.

**Council Shoulder Patches and Unit Numbers:** Units completing a Sea Base Adventure may affix its unit numbers to the galley walls. BSA unit numbers are available for purchase in the [Ship Store](#).

**Uniforms:** Sea Base requires units to arrive on site in uniform. Uniforms, field or activity, must be worn to flag ceremonies.

**Scholarships:** Every youth deserves the opportunity to accompany their unit to Sea Base regardless of financial position. Scholarships are available to individuals with a demonstrated need. Learn more here: [Sea Base Scholarship Application](#).

**Sea Base Custom Crew Gear:** Sea Base provides the opportunity for units to order customized, official apparel at [Sea Base Ship Store](#), like long sleeve UPF shirts. Designs and Colors are subject to change. Go to [www.store.bsaseabase.org](http://www.store.bsaseabase.org) for updated information on making your crew order.

**Advancement and Merit Badges:** Advancement is not part of the Sea Base experience. Sea Base does not offer 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.

### **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](http://www.nationalhighadventureawards.org).

**Project SCENE:** Sea Base became the only Scouting facility in the US to be designated as a Scout Center for Excellence of Nature and Environment (S.C.E.N.E.). Through participation in environmental programs like exotic plant eradication, potential and actual marine debris removal, fish ID and counts, Sea Base crews can earn a Project SCENE Award. Learn more here: [Project S.C.E.N.E.](#)

**Goal: Clean Seas:** Marine debris is one of the most widespread and persistent forms of pollution affecting the world's ocean and coastal waters. Goal: Clean Seas Florida Keys is a community-led program developed in the wake of Hurricane Irma in 2017 to address the threat of marine debris to ecosystems within Florida Keys National Marine Sanctuary. Sea Base is working with Florida Keys National Marine Sanctuary and the National Marine Sanctuary Foundation to identify and remove marine debris throughout the Florida Keys.

**Duty to God:** Sea Base encourages individuals and units to celebrate creation while at Sea Base. Sea Base Duty to God Award is designed to enhance adventure by propelling participants to find evidence of Higher Purpose in the oceans, reefs, and marine species encountered

at Sea Base. Patches are available for purchase at the [Ship Store](#). [Majestic Depths PDF](#).

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

**Dive Against Debris:** One of our evening programs teaches the [Dive Against Debris by Goal-Clean Seas Florida Keys](#). On each dive participants will collect debris found on the dive sites. The debris collected will be weighed and recorded. The information is then uploaded to the Dive Against Debris website.

**Conch Luau:** On the last night of your Sea Base Adventure your crew will participate in a Conch Luau. This is a special dinner festival complete with fun, music and games. Dress for the Conch Luau should be Florida Keys or Hawaiian style. Floral shirts are available for purchase on site at the [Ship Store](#).

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

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# Scuba Medical Information

## Document Submission

***Paperwork Submission Prior to Arrival:*** At Sea Base our number one priority is your safety. Sea Base is responsible to review and pre-screen thousands of scuba medical documents each year. Once reviewed, hundreds of documents must be sent to the Sea Base Medical Director for further review. The Medical Director often requires additional information to be submitted by the treating physician. Failure to submit medical documents on time may result in the individual or crew not being cleared to scuba dive at Sea Base.

- Winter Crews (December) must submit paperwork no later than October 1.
- Spring (February - April) must submit paperwork no later than January 1.
- Summer (Mid May – August) must submit paperwork no later than March 1.

**Submission Steps:** Sea Base screens thousands of scuba participant medicals each year. To help expedite the process of submitting and reviewing scuba medical documents, Sea Base will send all the necessary documents to the Crew Leader for each Participant. The Crew Leader will collect all the documents once they have been completed and review them for completeness and accuracy. Once completed, the Crew Leader will mail the documents to Sea Base as a Crew Package. Sea Base cannot accept documents submitted electronically. Documents returned after the deadline, see above deadlines, may affect your crew's ability to participate in their full adventure.

Please send completed documents to:

Sea Base  
Attn: Program Office  
73800 Overseas Highway  
Islamorada, FL 33036

\*Please note that each family is responsible for completing their own medical. The Crew Leader cannot complete a medical for a participant that is not their immediate family. \*

# Sea Base Scuba Program Frequently Asked Questions

**Are scholarships available?** YES! Scholarships are available to those with a demonstrated financial need. Sea Base has limited scholarship funds; complete and forward all applications in a timely manner. Scholarship Forms can be found at Sea Base [Scholarship Form](#).

**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. They must complete Youth Protection Training.

**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. Without exception, every adult leader participating in a Sea Base program must be registered with the BSA and complete [Youth Protection](#), [BSA Safe Swim](#), [BSA Safety Afloat](#), and [BSA Weather Hazards](#) trainings.

**How old must I be to participate in a 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:

1. **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.

## 2. **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 beginning 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. You will not be allowed to participate in Sea Base programs unless you use the [BSA Annual Health and Medical Record](#).

**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. See page 33 for those items most often omitted or not completed on the [BSA AHMR](#) Part C.

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

**What if I arrive at Sea Base and exceed 295lbs.?** You will not be allowed to participate.

**Can I bring my CPAP Machine on my Adventure?** Participants 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 a Scuba Live Aboard Adventure.

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

**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 13](#) in this guide for crew camping options at Camp Jackson Sawyer before or after your adventure.**

**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 1<sup>st</sup> through November 30<sup>th</sup>.

**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.

**Where does my unit check in?** 73800 Overseas Highway, Islamorada, Florida, Mile Marker 73.8

**What time should my crew check in?** Sea Base Crews should check in no earlier than 1:00 pm and no later than 3:00 pm

**Should our unit travel in uniform?** Absolutely. Units must arrive in BSA Uniform. Field or Activity Uniforms are acceptable.

**Will I be permitted to fish during my adventure?** With the exception of Scuba Live Aboard Crew, fishing is not available to scuba crews.

**Do I need wetsuit booties with the fins?** No, our fins are an open heal design (strap) but not meant to be worn with boot. For comfort we suggest you use neoprene socks instead of the booties, but it is not required.

**If I have specialized equipment could I use it at Sea Base?** If you have specialized equipment (i.e.: dry suits, side mount systems, etc.) you will be required to show proof of certification and experience. Full face masks are not allowed.

**Why do I need a dive watch?** Everyone needs a dive watch to be able to plan and record their dives to ensure we are staying within the dive time/depth limits. Every diver needs his or her own watch and/or timing device (participants may bring their own computer if desired). It does not need to be an expensive watch and there are several inexpensive styles online. As long as it is waterproof, and you can take it underwater it should be fine. All Sea Base regulators have a three-gauge console that includes a pressure gauge (SPG), depth gauge and compass. Sea Base does not supply dive computers.

**May I bring a diving knife or dive gloves?** No, dive knives and gloves are not allowed. We do not wear gloves because touching the corals is harmful to corals and you.

**Do I need a wetsuit?** Not during the summer. Water temperatures reach up to 86 degrees. During the winter and spring water temperatures are lower and a wetsuit is suggested. Sea Base rents full wetsuits for \$25 per week. Contact the [Ship Store](#) to reserve a wetsuit.

**Why does Sea Base ask for our scuba medical documents this far in advance of your adventure?**

This gives the Sea Base staff time to review all paperwork for any issues that may restrict or disqualify an individual from participation in their adventure. Doing this gives the participant and parents enough time to resolve the issue or decide on an alternative option.

**Why must all forms be signed by both the youth and parent?**

Even though a youth is underage, and their signature may not be legally binding, there is information in the documents they should be made aware of. By signing, they are acknowledging that they have at least read the information that will increase their knowledge and make them a safer scuba diver.

**If I am disqualified for scuba diving because of a medical condition is there a waiver or appeal process?**

The Sea Base Medical Director's decision is final. There is no appeal or waiver process. The staff of Sea Base is unable to change, alter or deviate from the decision of the Medical Director or BSA policies regarding medical fitness for scuba diving.

**My physician has cleared me to scuba dive, so I am cleared to participate?**

Just because your physician

has cleared you or you are already certified does not mean you will be able to participate. If you have one or more of the previously listed medical conditions that will disqualify you by BSA standards, you may not be cleared to participate. No physician, not even our Medical Director may waive or change a BSA policy relating to scuba diving.

**If I am disqualified from scuba diving may I participate as a snorkeler?**

Possibly, if you meet medical requirements to attend Sea Base.

**Can I bring my forms with me instead of sending them prior to my arrival?**

No, doing so will not give us sufficient time to review your information. Sea Base Staff may not have the ability to resolve issues and it is likely we will not be able to clear you to dive. It is imperative that all forms are sent to Sea Base on or before the stated deadlines. Address and deadlines are on page 29.

**Is there a list of the medicines that will disqualify me from scuba diving?**

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





# Appendix

## BSA Scuba Diving Policy

The BSA scuba diving policy is applicable to introductory scuba experiences/scuba training/certification courses, and recreational diving experiences. The BSA recognizes scuba industry standards and implements them by using outside agencies for training and certification. Introductory scuba experience programs must, at a minimum, meet the requirements set forth by the instructor's recognized scuba training agency.

### Training and Supervision

Any person possessing, displaying, or using scuba (self-contained underwater breathing apparatus) gear in connection with any Scouting-related activity must be either under the direct supervision of a recognized diving instructor or currently certified by a recognized agency. Any introductory scuba experience program or training/certification course must be conducted by a recognized professional divemaster or diving instructor.

A recognized professional divemaster or instructor is any currently certified (renewed) divemaster or instructor who: (i) is in good standing with an agency recognized by the RSTC (Recreational Scuba Training Agency), (ii) carries professional liability insurance, and (iii) is approved by the local BSA council.

Scuba Diving merit badge counselors are not required to be diving instructors. However, the merit badge requirement for earning an open water diver certification must be done under the supervision of a recognized diving instructor.

Recreational diving activities by BSA groups whose members are currently certified must be directly supervised by a responsible adult currently certified (renewed) as a divemaster, assistant instructor, or higher rating from a recognized agency. Dive environments, equipment, depths, procedures, supervision, and buddy assignments must be consistent with each individual's certification.

Because dives by recreational divers may be infrequent, the divemaster or instructor supervising a BSA scuba activity should screen participants prior to open-water activities and provide remedial instruction and practice as appropriate. Such remedial instruction and practice should be in accordance with the policies and standards of the divemaster's or instructor's agency for Scuba Review, Scuba Refresher, or similar program.

Diving using surface-supplied air systems is not authorized in connection with any BSA activity or facility except when done under contract by commercial divers.

See BSA national camp standards for Nationally Approved and Council operated scuba diving programs.

### Age-Appropriate Restrictions

Youth members registered in Cub Scout programs are not authorized to use scuba in any activity.

Registered members of Scouts BSA and older BSA youth programs (age 11 and above) may participate in introductory Scuba BSA programs and scuba certification programs conducted by recognized agencies appropriate to their age and current level of certification.

Members of BSA programs, based on age, may participate in recreational group dives as unit, district, or council activities, provided such dives are consistent with their certifications and under direct supervision of a responsible adult currently certified as a divemaster, assistant instructor, or higher rating from a recognized agency.

Standards of the recognized scuba agencies require students for open-water certification programs to be at least 15 years of age but allow special certification programs for younger students. Since all instruction for BSA scuba

programs must be conducted by professionals certified by a recognized agency, additional agency-specific, age-related restrictions and protocols apply to students under 15 years of age.

The divemaster or instructor supervising a recreational dive by a BSA group must implement the following policies. Additional restrictions and protocols from the certifying agency may apply.

- Depths are limited to 40 feet for divers under 12 years of age and to 60 feet for divers 12 to 14 years of age.
- Additional divemasters or instructors must be present to maintain a ratio of one trained supervisor to four buddy pairs (eight divers) containing no more than four divers under 15 years of age.
- In addition to the divemaster or trained supervisor, each diver under the age of 15 must have an assigned adult diver who is certified as an open water diver or higher rating as part of the dive group. It is recommended that no more than three divers under the age of 15 years may dive with the assigned adult diver.
- Note: The 8:1 youth to trained supervisor ratio is a maximum ratio and should be reduced based upon weather, water conditions including current, surface conditions and visibility, participants comfort and skill level and the ability of the divemaster or instructor to control the group.

## Recognized Agencies

Recognized agencies are:

- PADI: Professional Association of Diving Instructors
- NAUI: National Association of Underwater Instructors
- SSI: Scuba Schools International
- IDEA: International Diving Educators Association
- PDIC: Professional Diving Instructors Corporation
- SDI/TDI: Scuba Diving International
- YMCA Scuba Program (discontinued in 2008, but certification cards are still recognized)
- NASDS: National Association of Scuba Diving Schools (merged with SSI, but certification cards are still recognized)
- IANTD-International Association of Nitrox and Technical Divers
- RAID-Rebreather Association of International Divers
- SNSI-Scuba and Nitrox Safety International
- NASE-National Academy of Scuba Educators

In addition to the agencies listed by name, any current member of the [World Recreational Scuba Training Council \(WRSTC\)](#), which includes all RSTC members, is also recognized.

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