



# Participant Guide

National High Adventure Sea Base, BSA



## Brinton Environmental Center

Out Island Adventure, Keys Adventure,  
Florida Fishing Adventure, Marine STEM Adventure

**Summerland Key, Florida**

## Mission of the Boy Scouts of America

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetime by instilling in them the values of the Scout Oath and Law.

### Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

### Scout Law

A Scout is:

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

## Mission Statement of Sea Base, BSA

It is the mission of the Florida National High Adventure Sea Base to serve councils and units by providing an outstanding high adventure experience for older Boy Scouts, Varsity Scouts, Venturers, Sea Scouts and their leaders.

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

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

## Keys Blessing

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



**Prepared. For Life.®**

## Sea Base History

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

**Florida Gateway to High Adventure becomes Florida National High Adventure Sea Base, EST 1979** Due to the excitement surrounding the unique adventures offered, it quickly became evident that 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 Big Pine Key. Located in the NOAA Florida Keys National Marine Sanctuary, Big Munson is home to several rare species of plants and wildlife including key deer and sea turtles.

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

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

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

**Brinton Environmental Center (BEC), EST 2001** With funding from the Brinton Trust in honor of J. Porter Brinton, Sea Base completed construction of the Brinton Environmental Center in 2001. Located at Mile Marker 23.8 on Summerland Key, BEC is home to the Keys Adventure, Out Island Adventure, Fishing Adventure and Marine STEM Adventure 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 St. John, USVI. Celebrated globally for its waters, winds, coral reefs and beaches, the US Virgin Islands offer participants amazing opportunities for adventure and exploration.

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

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

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

## Sea Base General Eligibility Requirements

**Registered:** To attend Sea Base, youth and adult participants must be registered in one of the following programs:

- Exploring, BSA
- Learning for Life
- BSA Merit Badge Counselor
- Scouts, BSA
- Sea Scouts, BSA
- STEM Scouts, BSA
- Varsity, BSA
- Venturing, BSA



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

**Swim Test:** Every participant, youth and adult, must complete the [BSA Swim Test](#) as a Swimmer within a year of the start of their adventure. The [BSA Swim Test](#) should be documented on the [BSA Unit Swim Classification Record](#) and submitted during check in. 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.**

**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. No other medical form will be accepted.

**Weight Requirements:** Sea Base participants should meet BSA Height and Weight Guidelines. **Exceptions may be made for individuals who do not exceed the BSA H&W Guidelines by more than 20lbs.** To receive an exception, the participant must provide a letter from their physician stating that they are in good health and are approved for participation.

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

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

**General Eligibility at a Glance:**

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

## Adult Leader Eligibility Requirements

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

**Proper Adult Supervision:** As required by [BSA Youth Protection](#), every crew must have at least two adult leaders over the age of 21. Sea Base crews with co-ed (male & female) youth participants, must have at least one female adult leader over the age of 21. *\*\*For 2019 adventures ONLY, a second adult leader may be 18 years old. For adventures in 2020 and beyond, [BSA YPT](#) requires two adult leaders over the age of 21.\*\**

**Adult Leader Training:** Every adult leader must be a registered member of the BSA and complete [Youth Protection Training](#), [BSA Safe Swim Defense](#), [BSA Safety Afloat](#), and BSA [Hazardous Weather Training](#).

**Adult Leader Medical Training:** At least one adult leader in each crew must complete [Wilderness First Aid Training](#) (WFA) and Basic [CPR/AED](#) from an agency approved by the [American Camping Association](#) or hold a higher professional license such as MD, 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.
- Meets Sea Base Medical Requirements
- Medically Approved for Participation
- Proper adult supervision
- Completed [BSA Youth Protection](#) Training
- Completed [BSA Safety Afloat](#) Training
- Completed [BSA Safe Swim Defense](#) Training
- Completed [BSA Hazardous Weather](#) Training
- [CPR/AED Certification](#), Minimum of 1 Adult per Crew
- [Wilderness First Aid](#) Certification, Minimum of 1 per Crew

## Sea Base Risk Advisory

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

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

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

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

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



chronic conditions should undergo a thorough evaluation by a physician before considering participation at the Sea Base or any BSA high adventure activity.

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

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

**Seizures (Epilepsy):** A seizure disorder or epilepsy does not exclude an individual from participating at a high-adventure base. However, the seizure disorder should be well controlled by medication. **A minimum one-year seizure-free period is considered adequate control.** Exceptions to this guideline may be considered on an individual basis and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew.

**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 before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. **You and at least one other member of your crew must know how to give the treatment.** If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

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

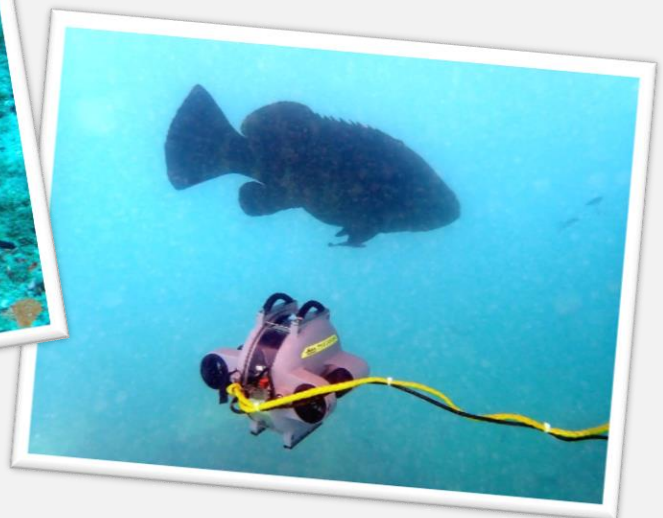
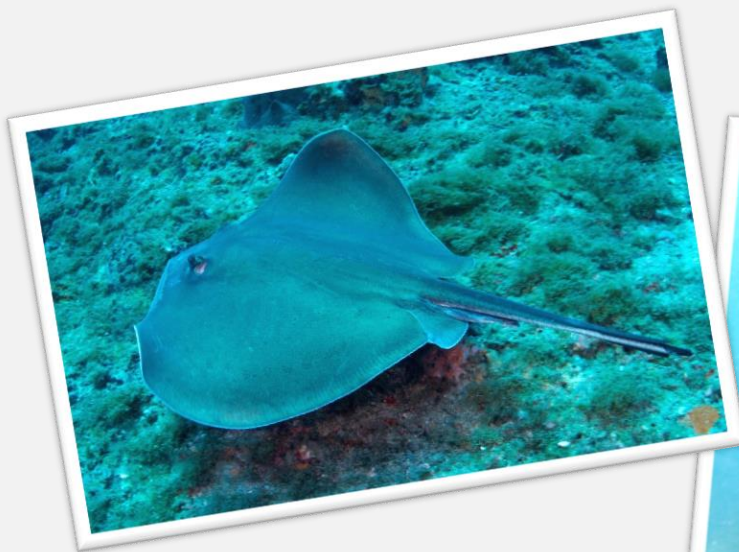
to participate. Permission is not guaranteed. **A person with a cast on any extremity may participate only if approved by their physician AND Sea Base.**

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

**Weight Limit:** Sea Base participants should meet the BSA Height and Weight Guidelines. **Exceptions may be made for individuals who do not exceed the BSA H&W Guidelines by more than 20 pounds.** To receive an exception, the participant must provide a letter from their physician stating that they are in good health and are approved for participation. **No participant, regardless of height, may weigh more than 295 pounds.**

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

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





## To Limit Risk and the Possibility of Harm

**Leadership:** Adult crew leaders must have a strong understanding of every participants limitations and be fully prepared to administer treatment for medical conditions. Adult crew leaders are responsible to know and reinforce [BSA Safe Swim Defense, Safety Afloat](#) and [BSA Youth Protection](#).



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

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

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

**Storing and Dispensing Medications:** Sea Base does not store or dispense medication. **Prior to arrival the crew must develop a system for properly storing and dispensing medication.**

**Over the Counter Medication:** Sea Base does not dispense any type of medication including over the counter medication. **Each crew is responsible to bring a Sea Base Specific First Aid Kit (below), including any over the counter medications that might be needed.**

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

- SPF 35 or greater sunscreen
- Non-aerosol insect repellent
- SPF 35 or greater lip balm
- Swimmers ear drops
- Small plastic bottle of vinegar
- Benadryl
- Sea sickness medication

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

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

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

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

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

**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 individuals or crews adventure. In addition to biodegradable SPF 35 or greater sunscreen; Sea Base highly recommends that every participant wear a long sleeve UPF 30 or greater shirt (particularly while snorkeling), hat, buff and polarized sunglasses.



☒ Spray and aerosol sunscreens are prohibited at Sea Base.

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

Visit our Sea Base Ship Store at [www.fsbshipstore.com](http://www.fsbshipstore.com).

## Wildlife and Toxic Plants at Sea Base

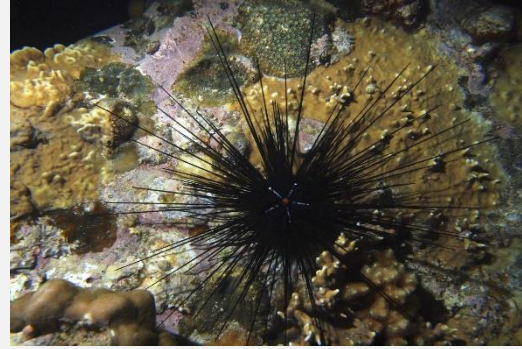
**Sharks, Rays, Lionfish, Goliath Grouper and Eels:** Sharks, rays, lionfish, goliath grouper and eels pose an **extremely low** risk to humans. Participants should give all marine species a wide berth and avoid touching, harassing or provoking marine animals.

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



**Poisonwood Tree:** Sea Base participants should not touch the leaves or oil of a poisonwood tree, or burn the limbs or leaves of a poisonwood. Poisonwood Trees contain urushiol oil (similar to its relatives poison sumac and poison oak) that can cause skin irritation. Burning the limbs can cause extreme lung and eye irritation. Poisonwood can be identified by its calico bark and glossy, droopy leaves. The leaves are in sets of 5 and create a two-two-one pattern.

**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.



## Sea Base Emergency Procedures

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

**Medical Emergencies while at Sea:** Call Channel 16, 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 an equal number of youth to adult participants. Individuals under the age of 21 may be counted as youth participants.

❖ Special Needs Scouts are counted as youth participants regardless of age.

**Buddy System:** Adult and youth participants must adhere to the buddy system. While snorkeling, dive buddies must remain within arms distance. While onshore, participants must travel in groups of two or more. **In Key West, the Bahamas and US Virgin Islands units must travel as a group.**

**Unit Leader Responsibilities:** Prior to arrival, unit leaders are responsible to ensure that all paperwork and trainings are up to date and complete. **This includes inputting the unit roster 90 days prior to arrival.** Upon arrival, Unit Leaders are responsible to act as the first line of treatment when medical issues arise, fulfill [Safe Swim and Safety Afloat](#) responsibilities, follow and enforce [BSA Youth Protection](#) Policies, ensure that youth participants follow Sea Base policies and direction from captains and staff members. Unit Leaders must also actively participate in the adventure; Sea Base is not a passive experience.

**Youth Crew Leader Responsibilities:** Sea Base should be a youth led adventure. Crews must elect a seasoned crew leader prior to onsite arrival. Sea Base should not be the 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.

**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 on pages 21-29. 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, Scuba Certification, Scuba Live Aboard or St. Croix Scuba may scuba dive while at Sea Base.

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

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

**Intentional Damage to Sea Base Vessels, Facilities, Contracted Facilities, Public or Personal Property:** Anyone intentionally damaging property, including pranks that result in damage, will vacate their adventure and will be held financially liable for damages.

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

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

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

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

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

## Sea Base Traditions and Awards

**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 and refuse.

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



**Council Shoulder Patches and Unit Numbers:** Units completing a Sea Base Adventure may affix its unit numbers to the galley walls at the Brinton Environmental Center. 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:** Every Sea Base participant should arrive with a long sleeve UPF 30 or greater shirt and wide brimmed hat. Sea Base provides the opportunity for units to order customized, official apparel at [www.fsbshipstore.com](http://www.fsbshipstore.com) . Orders should be placed at least 6 weeks prior to onsite arrival to ensure on time delivery.

**Conch Luau:** On the last night of your Florida 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. Crews should be ready with a short, Scout appropriate song or skit.



**Advancement and Merit Badges:** Advancement is not part of the formal Sea Base experience. Sea Base does not have structured merit badge programs or merit badge instructors.

**Triple Crown and Grand Slam Awards:** 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. Learn more here: [www.nationalhighadventureawards.org](http://www.nationalhighadventureawards.org)

**Project SCENE:** Florida 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](#)

**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](#). Learn more here: [Duty to God](#)

**BSA Snorkeling Award:** Every Sea Base participant should arrive at BSA Sea Base having already become a proficient snorkeler. Upon arrival each participant will have the opportunity to earn the BSA Snorkel Award, and throughout their Sea Base Adventure. Patches are available for purchase at the Ship Store. Learn more here: [BSA Snorkeling Award](#)

**Stand Up Paddle Boarding BSA Award:** A limited number of Florida Sea Base participants will have the opportunity to earn the Stand-Up Paddleboard Award. Patches are available for purchase at the Ship Store. Learn more here: [BSA SUP Award](#)

**Kayaking BSA Award:** A limited number of Florida Sea Base participants will have the opportunity to earn the Kayaking Award. Patches are available for purchase at the Ship Store. Learn more here: [BSA Kayaking Award](#)

**Club Cayo Hueso:** Keys Adventure participants are able to earn this award during their stay. Patches are available for purchase at the Ship Store. Learn more here: [Club Cayo Hueso](#)

**Castaway Club:** Out Island Adventure participants are able to earn this award during their adventure on Big Munson Island. Patches are available for purchase at the Ship Store. Learn more here: [Castaway Club](#)

## Preparing for Sea Base

### Sea Base Travel and Preparation Plan

Participation at Sea Base requires significant paperwork. It is essential that your crew compiles all necessary documents required by Sea Base in addition to necessary travel information in an easy to use and comprehensible format to be submitted upon arrival. Plastic sleeves are discouraged to ensure a timely check in process. Sea Base Crew Number, Participant Emergency Contacts, Travel Information, and Training Certificates should be duplicated and placed into a secondary book held by a unit leader or parent who is not accompanying the crew to Sea Base, and should be available to contact on the day of check in. Parents, guardians, spouses should keep a copy of the [BSA Annual Health and Medical Record](#) for each participant. Please remember, while you are traveling you are not only representing your unit, but also the Boy Scouts of America.

**Travel:** Each crew is responsible to plan, secure, and finance travel to Sea Base. Travel Insurance is strongly recommended. The Unit Chartering Organization, Unit Committee, parents of participants, and participants should all be made aware of travel plans.

**Arrival:** It is essential for Sea Base Crews to arrive after 1:00 pm, having already eaten lunch, and not later than 3:00 pm. Crews arriving after 3:00 pm may be unable to complete necessary pre-adventure training and will force their adventure to be delayed for up to 24 hours.

**Departure:** Crews may depart the Brinton Environmental Center as early as travel dictates. Early breakfast can be served any time before regular breakfast. Regular breakfast is at 8:00 am. All crews must vacate Sea Base before 10:00 am.

**Airports:** Sea Base Crews can choose from multiple South Florida Airports:



- Key West International Airport (EYW)
- Miami International Airport (MIA)
- Ft. Lauderdale International Airport (FLL)

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



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

**Shuttle Service:** 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 Brinton Environmental Center 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
- [Emerald Transportation](#) 305-852-1468
- [Keys Shuttle](#) 888-765-9997
- [Florida Keys Express Shuttle](#) 305-743-7475
- [Southern Bus Line](#) 1-888-352-2873
- [Spring's Island Taxi](#), local only 1-305-664-4331
- [Davis Tours](#) 1-954-472-2858

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.

## Check-In Paperwork at a Glance



All crews should arrive with *copies* of the following check in paperwork. Paperwork should be organized in a notebook or folder. Plastic sleeves are discouraged to ensure a timely check in process. All paperwork will be submitted upon arrival. The following documents are required:

- 1) Completed Roster (submitted 90 days prior to arrival)
- 2) Copies of Training Certificates for each adult leader ([Safe Swim Defense](#), [Safety Afloat](#), [Hazardous Weather](#), [Youth Protection](#))
- 3) [Wilderness First Aid](#) (WFA) Certificate (One adult leader per crew)
- 4) [CPR/AED Training](#) Certificate (One adult leader per crew)
- 5) [BSA Unit Swim Classification Record](#) with each participant listed
- 6) Completed [BSA Annual Health and Medical Records](#) for each participant
- 7) Copies of Medical Insurance Cards for each participant

## 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) Practice fishing knots. Ex. Palomar Knot, Uni Knot, Uni-to-Uni Knot
- 4) Become proficient with nautical map and compass navigation.
- 5) Seek local instruction regarding the use of VHF marine radios, safety flares, man overboard procedures and drill potential emergency situations.
- 6) 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.
- 7) Watch: A [Reef Etiquette Video](#) produced by NOAA.

## 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 \$100 processing fee.

**First Payment:** Within 30 days of reservation, each crew must send their first payment. The first payment is based upon the maximum number of participants per crew multiplied by \$100. For example; if a crew has booked an adventure with 6-8 participants they must pay \$800. If a unit has been awarded multiple crews, it must make payment for each crew awarded.

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

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

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

## Brinton Environmental Center Program Overview

Epic Adventures begin with planning and preparation. Upon arrival (1:00- 3:00pm), each crew will have paperwork reviewed, complete a gear shakedown and then complete a Sea Base Swim Review and snorkel lesson. Any participant, youth or adult, who do not meet the height and weight requirement outlined on page 8 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.** The crew will have dinner on site. The following morning, each crew will have their photo taken. Photos are available for purchase at the [Ship Store](#).

**Sea Base Captains:** Every captain under charter at Sea Base is licensed by the United States Coast Guard. His or her 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 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 on primitive Big Munson Island. Please keep in mind that the ocean environment is not conducive to phones and other electronic devices.

**Arrival:** Crews must arrive to the [Brinton Environmental Center \(23800 Overseas Hwy. Summerland Key, FL 33042\)](#) having eaten lunch and check in between 1:00pm and 3:00pm on their designated arrival day. ***DO NOT arrive to our main location in Islamorada; please note that our two Florida Keys’ locations are 50 miles apart.***

Drive time to the Brinton Environmental Center from Ft. Lauderdale is 4 hours, Miami is 3.5 hours, and from Key West is 45 minutes. Crews arriving after 3:00 pm may be unable to complete necessary pre-adventure training (swim review and snorkel lesson) and will force their adventure to be delayed.

**Departure:** Prior to departing, each crew is responsible for cleaning their dorm room and disposing of trash. Crews may check out and depart at any time on the final day of their adventure before 10:00am. Continental early breakfast can be served if departing before regular 8:00am breakfast.

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

**Tent Sleeping Arrangements:** For several adventures, participants will be provided with tents. Youth and adults may not share tents unless the adult is a legal guardian of the youth. Youth more than 2 years apart in age cannot share a tent. Non-married males and females may not share a tent.



**Snorkeling Gear:** All snorkeling gear is provided by Sea Base. Individuals may bring their own gear if they choose to do so.



**Fishing Equipment:** All fishing tackle and equipment is provided by Sea Base. Please do not bring personal fishing gear.

**Fishing License:** Required for all Adventures at the Brinton Environmental Center, including Keys Adventure, Out Island Adventure, Fishing Adventure, and Marine STEM Adventure.

All participants ages 16 and over must purchase a valid Florida Fishing License. Go to [gooutdoorsflorida.com](http://gooutdoorsflorida.com) and purchase the appropriate 7-day saltwater fishing license for the dates of your adventure. If you are participating during lobster season from August 6 through March 31, you may wish to purchase a lobster stamp as a part of your fishing license. Sea Base does not participate in the lobster sport/mini season in July. Current rates are \$30 for a non-resident 7-day saltwater fishing license and \$5 for a lobster permit. *Sea Base does not sell fishing licenses on site.*

**Storage:** 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. There is a 4' x 4' x 4' storage locker available for each Out Island Adventure crew to stow items not taken to Big Munson Island. Please provide a lock if preferred.

---

## Keys Adventure

**Overview:** The Keys Adventure is our most diverse program and offers a sample of all the activities provided at Brinton Environmental Center. Crews will spend sunny days sailing, fishing, paddle boarding, kayaking, snorkeling, camping on primitive Big Munson Island, and sightseeing in Key West and local State Parks. This adventure allows crews to explore the diverse environment and culture of the Florida Keys. During your stay at the Brinton Environmental Center, you will be spending all but one night in air-conditioned dorms overlooking the Atlantic Ocean or Florida Bay. Shower and laundry facilities are available. 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.

**Key West:** Your adventure will include a trip to the southernmost city in the continental United States, rich in history and culture. Brinton Center Staff will provide lunch and transportation for Fort Zachary Taylor State Park in Key West, and after lunch, crews will have time to explore the city on their own. Keys Adventure crews should research things to do in advance but be sure not to miss the Sunset Festival on Mallory Square. Dinner in Key West is the only meal not provided during your adventure.

**Big Munson Island:** Your adventure includes an overnight stay on Big Munson Island. Big Munson Island is a barrier island comprised of hardwood hammocks, low mangrove swamps and sandy beaches. Your crew will wade to shore from our vessels and depending on the tide, the water may be knee high to chest deep. Your campsite will already be set up, including four-person tents to house up to two participants and all cooking equipment needed for your stay.



**Keys Adventure Crew Size:** 6–8 individuals. This number includes both youth and adult participants. Because of US Coast Guard Regulations, crews may not exceed the maximum number allowed.

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates.

**Fishing License:** All participants ages 16 and over must purchase a valid Florida Fishing License. Go to [gooutdoorsflorida.com](http://gooutdoorsflorida.com) and purchase the appropriate 7-day saltwater license for the dates of your adventure. If you are participating during lobster season from August 6 through March 31, you may wish to purchase a lobster stamp as a part of your fishing license. Sea Base does not participate in the lobster sport season in July. Current rates are \$30 for a non-resident 7-day saltwater fishing license and \$5 for a lobster permit. *Sea Base does not sell fishing licenses on site.*

**Accommodations:** All Keys Adventure participants will stay in air-conditioned dormitories for all but one night of your adventure. The dorms are equipped with bunk beds and twin-size mattresses. Linens are not provided.

**Packing:** All Keys Adventure participants will be provided a 24" x 12" diameter dry bag for their island gear. Keys Adventure crews will be provided a dry bag the night before their fishing day. Remaining crew gear not taken out to Big Munson Island is stored in their assigned dormitories.

Keys Adventure Tentative Schedule						
Day 1	Day 2	Day 3 or 6	Day 4	Day 5	Day 3 or 6	Day 7
Arrive 1-3 PM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Check In	Paddle Boarding	Snorkeling	Fishing	Mangrove Maze	Sailing	Clean Dorm Room
Base Tour	Lunch at Fort Zachary Taylor in Key West	Lunch on Snorkel Boat	Lunch on Fishing Boat	Island Tour	Lunch on Sail Boat	Depart by 10 AM
Swim Review Snorkel Lesson	Free time to explore in Key West	Visit Bahia Honda State Park	Dropped off at Big Munson Island	SCENE Project	Conch Luau	
Dinner on Base	Dinner in Key West	Dinner on Base	Dinner on Big Munson Island with fresh catch	Dinner on Base	Dinner at Conch Luau	
Opening Program	Sunset Festival	Bridge Fishing	Overnight on Big Munson	Night Snorkel	Closing Ceremony	

*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.*

## Keys Adventure Packing List:

Sea Base provides meals, fishing equipment, snorkeling gear 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)

- 1 UPF +30 long sleeve shirt
- Wide brimmed hat with strap
- 16oz +45 Biodegradable sun screen  
**NO SPRAYS. REEF SAFE.**
- Insect Repellent, non-aerosol
- Polarized Sunglasses with strap
- Wide-mouth water bottle with carabiner
- 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 style sandals
  - (1) good walking shoes (open-toed shoes are permitted)
- 1 pair of water shoes or dive booties.  
Participants will be wading in shallow water around Munson Island. *Water shoes need to be hard-soled and closed-toe.*
- Rain Jacket
  - Winter/Early Spring Crews: Rain Jacket and fleece
  - Late Spring/Summer Crews: Light Rain Jackets
- 1 sleeping cover
  - Winter/Early Spring Crews: Middle weight sleeping bag.
  - Late Spring/Summer Crews: Sleeping bag insert
- 1 Small pillow, backpacking recommended
- 2 Towels:
  - (1) Regular
  - (1) Microfiber sham/Camp Towel
- Toiletry Kit
- Flashlight, headlamp recommended
- Prescription Medications
- Spending money (\$125-\$175)
- Camera, waterproof recommended
- Sleeping pad
- Hammock (optional)

### WHAT TO BRING: (Crew Items)

- Sea Base Specific First Aid Kit (pg. 9)
- Copies of all required paperwork:
  - BSA Medical Forms
  - Medical Insurance Cards
  - Adult Leader Training Certificates
  - [Wilderness First Aid Training Certificate](#)
  - [CPR/AED Training Certificate](#)
  - Unit Swim Classification Record
  - Fishing Licenses

### 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 Big Munson Island.
- Firearms or fireworks
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear Guns are prohibited

[www.fsbshipstore.com](http://www.fsbshipstore.com)

## Out Island Adventure

**Overview:** The Out Island Adventure is a once-in-a-life-time opportunity to live on a rugged barrier island. You begin your adventure by paddling roughly 6 miles out to Big Munson, an island only inhabited by boy scouts. During your stay you have the opportunity to fish for your dinner, fish for sharks, snorkel, kayak through a mangrove maze, explore the island, and work on your tan. Please note that activities are dictated by weather, tides and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.



**Big Munson Island:** Your adventure includes 4 nights, 5 days camping on Big Munson Island. Big Munson Island is a barrier island comprised of hardwood hammocks, low mangrove swamps and sandy beaches. Your crew will wade to shore from our vessels and, depending on the tide, the water may be knee high to chest deep. Your campsite will already be set up, including four-person tents to house up to two participants and all cooking equipment needed for your stay.

**Accommodations:** Your crew will be staying in air-conditioned dormitories on the first and last night of your Out Island Adventure. The dormitories contain bunk beds with twin-size mattresses. Linens are not provided. Your crew will be staying in tents on Big Munson Island for the other 4 nights, 5 days of your adventure.

**Out Island Adventure Crew Size:** 6–8 individuals. This number includes both youth and adult participants. Because of US Coast Guard Regulations, crews may not exceed the maximum number allowed.

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates.

**Fishing License:** All participants 16 and over must purchase a valid Florida Fishing License. Go to [gooutdoorsflorida.com](http://gooutdoorsflorida.com) and purchase the appropriate 7-day saltwater fishing license for the dates of your adventure. If you are participating during lobster season from August 6 through March 31, you may wish to purchase a lobster stamp as a part of your fishing license. Sea Base does not participate in the lobster sport season in July. Current rates are \$30 for a non-resident 7-day saltwater fishing license and \$5 for a lobster permit. *Sea Base does not sell fishing licenses on site.*

**Packing:** All participants in the Out Island Adventure program will be provided a 24" x 12" diameter dry bag for their island gear. Out Island Adventure crews will be issued dry bags on the evening of their arrival day. Storage lockers are available for Out Island crews to stow bags, suitcases and gear that will not be going to Big Munson Island. Please provide a lock for your storage locker if preferred.



Out Island Adventure Tentative Schedule						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Arrive 1-3 PM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Check In	Gear & Food Shakedown	Kayak through Mangrove Maze	Fishing	Snorkeling	Clean campsite and pack up	Clean Dorm Room
Base Tour	Early Lunch	Lunch	Lunch on Boat	Lunch on Boat	Paddle to Brinton Center	Depart by 10 AM
Swim Review Snorkel Lesson	Paddle to Big Munson Island	Shark Fish	Dropped off at Big Munson Island	SCENE Project	Lunch at Base	
Dinner on Base	Settle into Camp	Island Tour	Cook your Catch for Dinner	Dinner	Conch Luau	
Opening Program	Island Campfire	Dinner	Night Snorkel	Crab Race	Closing Ceremony	

*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*





## Out Island Packing List:

Sea Base provides meals, fishing equipment, snorkeling gear 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)

- 1 UPF +30 long sleeve shirt
- Wide brimmed hat with strap
- 16oz +45 Biodegradable sun screen
- **NO SPRAYS. REEF SAFE.**
- Insect Repellent, non-aerosol
- Polarized Sunglasses with strap
- 2 Wide-mouth water bottles with carabiner
- 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 style sandals
  - (1) good walking shoes (open-toed shoes are permitted)
- 1 pair of water shoes or dive booties.  
Participants will be wading in shallow water around Munson Island. *Water shoes need to be hard-soled and closed-toe.*
- Rain Jacket
  - Winter/Early Spring Crews: Rain Jacket and fleece
  - Late Spring/Summer Crews: Light Rain Jackets
- 1 sleeping cover
  - Winter/Early Spring Crews: Middle weight sleeping bag.
  - Late Spring/Summer Crews: Sleeping bag insert
- 1 Small pillow, backpacking recommended
- 2 Towels:
  - (1) Regular
  - (1) Microfiber sham/Camp Towel
- Toiletry Kit
- Flashlight, headlamp recommended
- Prescription Medications
- Spending money (\$125-\$175)
- Camera, waterproof recommended
- Sleeping pad
- Hammock (optional)

### WHAT TO BRING: (Crew Items)

- Sea Base Specific First Aid Kit (pg. 9)
- Combination Lock for storage locker
- Copies of all required paperwork
  - BSA Medical Forms
  - Medical Insurance Cards
  - Adult Leader Training Certificates
  - [Wilderness First Aid Training Certificate](#)
  - [CPR/AED Training Certificate](#)
  - [Unit Swim Classification Record](#)
  - Fishing Licenses

### 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 Big Munson Island.
- Firearms or fireworks
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear Guns are prohibited

[www.fsbshipstore.com](http://www.fsbshipstore.com)



## Fishing Adventure

**Overview:** The Fishing Adventure will immerse you into the world of saltwater angling of the Florida Keys. You will spend most days fishing for mahi-mahi, tuna, mackerel, snapper and much more! You will also have the opportunity see fish in their natural habitat while snorkeling at our majestic coral reefs and enjoy some local seafood while exploring Key West. Fishing Adventure is a great opportunity to learn more about the sport, conservation, and fish, in one of the greatest fishing destinations in the world. Please note that activities are dictated by weather, tides, and the ability of the crew. Your activity plan can vary, sometimes widely, due to these factors.

**Key West:** Your adventure will include a trip to the southernmost city in the continental United States, rich in history and culture. After the crew snorkels at one of the nearby reefs, your Brinton Center mate will provide transportation to Key West. Crews will have time to explore the city on their own. Fishing Adventure crews should research things to do in advance but be sure not to miss the Sunset Festival on Mallory Square. Dinner in Key West is the only meal not provided during your adventure.

**Accommodations:** Your crew will be staying in air-conditioned dorms for the duration of your adventure. The dormitories are equipped with bunk beds with twin-sized mattresses. Linens are not provided.

**Fishing Adventure Crew Size:** 6–8 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations, crews may not exceed the maximum number allowed.

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates.

**Fishing License:** All participants 16 and over must purchase a valid Florida Fishing License. Go to [gooutdoorsflorida.com](http://gooutdoorsflorida.com) and purchase the appropriate 7-day saltwater fishing license for the dates of your adventure. If you are participating during lobster season from August 6 through March 31, you may wish to purchase a lobster stamp as a part of your fishing license. Sea Base does not participate in the lobster sport season in July. Current rates are \$30 for a non-resident 7-day saltwater fishing license and \$5 for a lobster permit. *Sea Base does not sell fishing licenses on site.*

Fishing Adventure Tentative Schedule						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Arrive 1-3 PM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Check In	Reef Fishing	Offshore Fishing	Back Country Fishing	Snorkeling	Shark Fishing	Clean Dorm Room
Base Tour	Lunch on Boat	Lunch on Boat	Lunch on Boat	Lunch on Boat	Lunch on Boat	Depart by 10 AM
Swim Review Snorkel Lesson	Clean Boat and Fillet Catch	Clean Boat and Fillet Catch	Clean Boat and Fillet Catch	Explore Key West	Clean Boat and Fillet Catch	
Dinner on Base	Dinner	Dinner	Dinner	Dinner in Key West	Conch Luau	
Opening Program	Knots and Fishing Skills Lesson	Night Snorkel	Bridge Fishing Cook your Catch	Sunset Festival in Key West	Closing Ceremony	

*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 external factors*

## Fishing Adventure Packing List:

Sea Base provides meals, fishing equipment, snorkeling gear 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)

- 2 UPF +30 long sleeve shirt
- Wide brimmed hat with strap
- 16oz +45 Biodegradable sun screen  
**NO SPRAYS. REEF SAFE.**
- Insect Repellent, non-aerosol
- Polarized Sunglasses with strap
- 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 style sandals
  - (1) good walking shoes (open-toed shoes are permitted)
- Wide-mouth water bottle with carabiner
- Rain Jacket
  - Early Spring Crews: Rain Jacket and fleece
  - Late Spring/Summer Crews: Light Rain Jackets
- 1 Small pillow, backpacking recommended
- Twin-size linens or Sleeping bag
- 2 Towels:
  - (1) Regular
  - (1) Microfiber sham/Camp Towel
- Toiletry Kit
- Flashlight, headlamp recommended
- Prescription Medications
- Spending money (\$125-\$175)
- Camera, waterproof recommended

### WHAT TO BRING: (Crew Items)

- Sea Base Specific First Aid Kit (pg. 9)
- Copies of all required paperwork
  - BSA Medical Forms
  - Medical Insurance cards
  - Adult Leader Training Certificates
  - [Wilderness First Aid Training Certificate](#)
  - [CPR/AED Training Certificate](#)
  - [Unit Swim Classification Record](#)
  - Fishing Licenses

### WHAT NOT TO BRING:

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

---

[www.fsbshipstore.com](http://www.fsbshipstore.com)

## Marine STEM Adventure

**Overview:** Have you always dreamed of being a marine biologist, oceanographer, conservationist, or a deep-sea explorer? This is the program for you. Your crew will paddle, snorkel and embark on the waters of the Florida National Marine Sanctuary aboard the “BSA Discover”, a 45-foot catamaran outfitted as a floating classroom designed to explore mangroves, sea grass beds and majestic coral reefs. You will gather hands on experience monitoring coral health and



water quality, tagging sharks, rare plant surveys on Big Munson Island, and underwater robotics. The Marine STEM program is based on a marine ecology curriculum that follows the teachings of the textbook “Tropical Connections.” During your adventure, you will be involved with active citizen science projects and data collection for ongoing research for scientists in conjunction with MOTE Marine Laboratory and other partnering organizations. 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 external factors.

**Key West:** Your adventure will include a trip to the southernmost city in the continental United States, rich in history and culture. Brinton Center Staff will provide lunch and transportation for Fort Zachary Taylor State Park in Key West, and after lunch, the crews will have an opportunity to snorkel the Coral Restoration site, weather permitting. After snorkeling, crews will have time to explore the city on their



own. Marine STEM Adventure crews should research things to do in advance but be sure not to miss the Sunset Festival on Mallory Square. Dinner in Key West is the only meal not provided during your adventure.

**Marine Stem Adventure Crew Size:** 6–8 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations, crews may not exceed the maximum of 8 people.

**Accommodations:** Your crew will be staying in dorms at the Brinton Environmental Center for the duration of your adventure. Dorms are air

conditioned and contain bunk beds with twin-size mattresses. Linens are not provided.

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates.

**Packing:** All crews in the Marine STEM Adventure program will be provided a 24” x 12” diameter dry bag for their gear during their day spent on Big Munson Island.

Marine STEM Adventure Tentative Schedule						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Arrive 1-3 PM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Check In	All Day Snorkel aboard STEM 45' Catamaran	Visit Mote Marine Laboratory	Island Day at Big Munson Island & Native Plant Presentation	Shark Fishing/Tagging	All day Snorkel aboard STEM 45' Catamaran	Clean Dorm Room
Base Tour	Lunch on Boat	Picnic Lunch in Key West at Ft. Zachary Taylor	Picnic Lunch on Island	Lunch on Boat	Lunch on Boat	Depart by 10 AM
Swim Review Snorkel Lesson	Water Quality Sampling, Coral Bleachwatch & Fish Surveys	Snorkel at coral restoration site at State Park	Rare plant survey, photo monitoring	Backcountry Kayak	Water Quality Sampling, Coral Bleachwatch & Fish Surveys	
Dinner on Base	Dinner Base	Dinner in Key West	Dinner Base	Dinner on Base	Conch Luau Dinner	
Opening Program	Marine Technology, Coral Presentations & ROV	Return to base by 9:30 pm	Mangroves, Seagrasses and Shark Presentations	Fish Identification	ROV Competition, scout presentations	

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





## Marine STEM Adventure Packing List:

Sea Base provides meals, fishing equipment, snorkeling gear 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)

- 2 UPF +30 long sleeve shirt
- Wide brimmed hat with strap
- 16oz +45 Biodegradable sun screen  
**NO SPRAYS. REEF SAFE.**
- Insect Repellent, non-aerosol
- Wide-mouth water bottle with carabiner
- Flashlight, headlamp recommended
- Polarized Sunglasses with strap
- 2 pairs of shorts: (1) swim trunks or swimsuit (1) dry pair for land
- 1 light pair of pants, zip off trek pants recommended
- Rain Jacket
  - Early Spring Crews: Rain Jacket and fleece
  - Late Spring/Summer Crews: Light Rain Jackets
- 3 pairs of socks
- 2 pairs of shoes:
  - (1) Teva style sandals
  - (1) good walking shoes (open-toed shoes are permitted)
- 1 pair of water shoes or dive booties. Participants will be wading in shallow water around Big Munson Island. *Water shoes need to be hard-soled and closed-toe.*
- Twin-size linens or Sleeping Bag
- 1 Small pillow, backpacking recommended
- 2 Towels:
  - (1) Regular
  - (1) Microfiber sham/Camp Towel
- Toiletry Kit
- Prescription Medications
- Spending money (\$125-\$175)
- Camera, waterproof recommended

### WHAT TO BRING: (Crew Items)

- Sea Base Specific First Aid Kit (pg. 9)
- Copies of all required paperwork:
  - BSA Medical Forms
  - Medical Insurance Cards
  - Adult Leader Training Certificates
  - [Wilderness First Aid Training Certificate](#)
  - [CPR/AED Training Certificate](#)
  - [Unit Swim Classification Record](#)
  - Fishing Licenses

### WHAT NOT TO BRING:

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

---

[www.fsbshipstore.com](http://www.fsbshipstore.com)

## Brinton Environmental Center 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 21<sup>st</sup> birthday as they are eligible to register in Exploring or Venturing as youth participants.

**Can an 18-year-old youth serve as a second adult leader?** For 2019 adventures ONLY, a second adult leader may be 18 years old. For adventures in 2020 and beyond, [BSA YPT](#) requires two adult leaders over the age of 21.

**What kind of Medical Training is required by adult leaders?** It is required that *one adult leader in each crew* completes [Wilderness First Aid \(WFA\) and CPR/AED](#) from an agency approved by the [American Camping Association](#) or hold a higher professional certification such as MD, EMT, RN, LPN or WFR. *It is highly recommended that every adult leader in each crew completes WFA and CPR/AED Training.*

**Must parents register with the BSA to participate at Sea Base?** Yes. Without exception, every adult leader participating in a Sea Base program must be registered with the BSA and [complete Youth Protection Training](#), [BSA Safe Swim](#), [BSA Safety Afloat](#) and [BSA Hazardous Weather](#).

**How old must I be to participate in a Sea Base program?** 13 years of age as evidenced by the [BSA Health and Medical Record](#).

**What if I am not a strong swimmer?** The Sea Base has no programs for non-swimmers or beginners. For your protection; if you are unable to complete the [BSA Swim Test](#) in a strong manner you will not be allowed to participate. [Unit Swim Classification Record](#)

**The Sea Base literature states that all participants must complete the Sea Base Swim Review upon arrival. What does this mean?** The Sea Base Swim Review is exactly like the [BSA Swim Test](#); it is a 100-yard swim that must be completed in a *strong* manner. Participants that cannot complete the Swim Review upon arrival cannot participate in any Sea Base Adventure and will be sent home at their own expense. No refund will be offered for non-swimmers.

**Is it possible to use a sports or work medical instead of the BSA Annual Health and Medical Record?** No. You will not be allowed to participate in Sea Base programs unless you use the [BSA 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 at Sea Base.

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

**What if I arrive at Sea Base and exceed the maximum weight limit of the BSA Height & Weight Guidelines by more than 20lbs. and do not have a note from my physician?** You will not be allowed to participate.

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

**I am participating in a Florida Fishing, Keys Adventure, Out Island Adventure or Marine STEM Adventure. Where does my crew check in?** Brinton Environmental Center, Summerland Key, Florida, Mile Marker 23.8

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

**Should our unit travel in uniform?** Absolutely. Units must arrive in BSA Uniform.

**What should I pack for my adventure?** A packing list is provided for each adventure. This list can be found in this participant guide. Please pack needed hygiene items.

**Could you describe what sort of water shoe each participant needs as indicated by the Packing List?** Each Out Island, Marine STEM and Keys Adventure participant will need a pair of water shoes to wade through shallow water. This can be a shoe similar to a dive bootie. The shoe needs to be closed-toed and hard-soled. We recommend that it be something that dries in a timely manner, unlike a sneaker.

**Can my crew skip part of its journey and go to Key West, Key Largo or South Beach?** 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 program, we are not able to offer early arrival or late departures days.

**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.

**When is hurricane season?** June 1 through November 30.

**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, paddle boarding, kayaking, fishing, camping or others cancelled due to inclement weather.

**How much money should I bring to Sea Base?** \$125- \$175.

**Should my crew buy snorkel gear?** No. Snorkel gear is provided as part of your adventure. However, if you have a personal mask, snorkel or fins that you would like to use, you are more than welcome to bring those items along.

**Should my crew buy fishing gear?** No. Fishing gear is provided as part of your adventure.

**Where can I find a detailed itinerary?** Programs are weather and tide dependent and therefore, activities and schedules can vary widely. An overview of each Adventure's schedule is located in this participant guide.

**What is my Crew Number?** Every crew is assigned a number when they register e.g. KA061019A. The first two letters represent the adventure you are registered for: KA (Keys Adventure) FA (Fishing Adventure) OI (Out Island) MS (Marine STEM). Then comes the date you arrive 061019 (June, 10th 2019) Finally, the last letter or letters represent your crew's assigned letter(s).



# BSA Annual Health and Medical Record Form

Please make sure all highlighted and circled sections are completed

## Part A: Informed Consent, Release Agreement, and Authorization

# A

Full name: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

DOB: \_\_\_\_\_

### Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

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

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

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

**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/we have 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, Philmont Training Center, Northern Tier, Florida 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: \_\_\_\_\_

(If participant is under the age of 18)

Date: \_\_\_\_\_

Second parent/guardian signature for youth: \_\_\_\_\_

Date: \_\_\_\_\_

(If required; for example, California)

### Complete this section for youth participants only:

#### Adults Authorized to Take to and From Events:

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

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Telephone: \_\_\_\_\_

#### Adults NOT Authorized to Take Youth To and From Events:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Telephone: \_\_\_\_\_



Prepared. For Life.®



680-001  
2014 Printing



## Part B: General Information/Health History

# B

**Full name:** \_\_\_\_\_ **High-adventure base participants:**  
**DOB:** \_\_\_\_\_ Expedition/crew No.: \_\_\_\_\_  
 or staff position: \_\_\_\_\_  
 Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height (inches): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_ Telephone: \_\_\_\_\_  
 Unit leader: \_\_\_\_\_ Mobile phone: \_\_\_\_\_  
 Council Name/No.: \_\_\_\_\_ Unit No.: \_\_\_\_\_  
 Health/Accident Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_


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

## Part B: General Information/Health History

# B

Full name: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_  
or staff position: \_\_\_\_\_

DOB: \_\_\_\_\_

### Allergies/Medications

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
<input type="checkbox"/>	<input type="checkbox"/>	Medication		<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Food		<input type="checkbox"/>	<input type="checkbox"/>	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 INDICATE 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 by the BSA. 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)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tetanus	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pertussis	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Diphtheria	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Measles/mumps/rubella	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Polio	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Chicken Pox	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis A	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis B	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Meningitis	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Influenza	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other (i.e., HIB)	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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.®

680-001  
2014 Printing

## Part C: Pre-Participation Physical

# C

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

Full name: \_\_\_\_\_

**High-adventure base participants:**

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

DOB: \_\_\_\_\_



You are being asked to certify that this individual has no contraindication for participation inside 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.



**Examiner: Please fill in the following information:**

		Yes	No	Explain	
Medical restrictions to participate		<input type="checkbox"/>	<input type="checkbox"/>		
Yes	No	Allergies or Reactions		Explain	
<input type="checkbox"/>	<input type="checkbox"/>	Medication			
<input type="checkbox"/>	<input type="checkbox"/>	Food			
<input type="checkbox"/>	<input type="checkbox"/>	Plants			
<input type="checkbox"/>	<input type="checkbox"/>	Insect bites/stings			
Height (inches): _____		Weight (lbs.): _____		BMI: _____	
		Blood Pressure: _____ / _____		Pulse: _____	

	Normal	Abnormal	Explain Abnormalities
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	
Ears/nose/throat	<input type="checkbox"/>	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	<input type="checkbox"/>	
Heart	<input type="checkbox"/>	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>	
Genitalia/hernia	<input type="checkbox"/>	<input type="checkbox"/>	
Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	<input type="checkbox"/>	
Other	<input type="checkbox"/>	<input type="checkbox"/>	

### 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
<input type="checkbox"/>	<input type="checkbox"/>	Meets height/weight requirements.
<input type="checkbox"/>	<input type="checkbox"/>	Does not have uncontrolled heart disease, asthma, or hypertension.
<input type="checkbox"/>	<input type="checkbox"/>	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.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled psychiatric disorders.
<input type="checkbox"/>	<input type="checkbox"/>	Has had no seizures in the last year.
<input type="checkbox"/>	<input type="checkbox"/>	Does not have poorly controlled diabetes.
<input type="checkbox"/>	<input type="checkbox"/>	If less than 18 years of age and planning to scuba dive, does not have diabetes, asthma, or seizures.

**For high-adventure participants, I have reviewed with them the important supplemental risk advisory provided.**

Examiner's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Provider 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.

#### 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.®

680-001  
2014 Printing

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

Florida Sea Base

Phone: 305-664-4173

Website: [www.bsaseabase.org](http://www.bsaseabase.org)

**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 Florida Sea Base include temperatures ranging from 50 to 95 degrees, high humidity, heat indexes reaching to 110 degrees, and frequent, sometimes severe, afternoon thunderstorms. Activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and others; all of these have potential for injury. Refer to the Sea Base website for specific information.

**Risk Advisory.** The Florida 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.** The Florida Sea Base offers numerous activities, including snorkeling, sailing, camping, kayaking, canoeing, swimming, fishing, and scuba diving. If there is a question about the advisability of participation, contact the family physician first, then call the Sea Base at 305-664-5612. **The Sea Base health supervisor 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 a problem with the diet described in the participant guide, please contact the Sea Base food service department. **Please note: It may not always be possible to accommodate individual preferences (likes and dislikes) that are not of a medical or religious nature.**

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

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

### Hypertension (High Blood Pressure).

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

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

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

**Seizures (Epilepsy).** A seizure disorder or epilepsy does not exclude an individual from participating at a high-adventure base. However, the seizure disorder should be well controlled by medication. A minimum one-year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. **Any seizure activity within the past five years, regardless of control and/or medication, disqualifies an individual from participation in any scuba program.** A person with a history of seizure activity who has been asymptomatic AND medication-free for five years, as evidenced by a physician, will be allowed to dive.



Prepared. For Life.®

680-001  
2014 Printing

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

Florida Sea Base

Phone: 305-664-4173

Website: [www.bsaseabase.org](http://www.bsaseabase.org)

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

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

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

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

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

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



Prepared. For Life.®

680-001  
2014 Printing