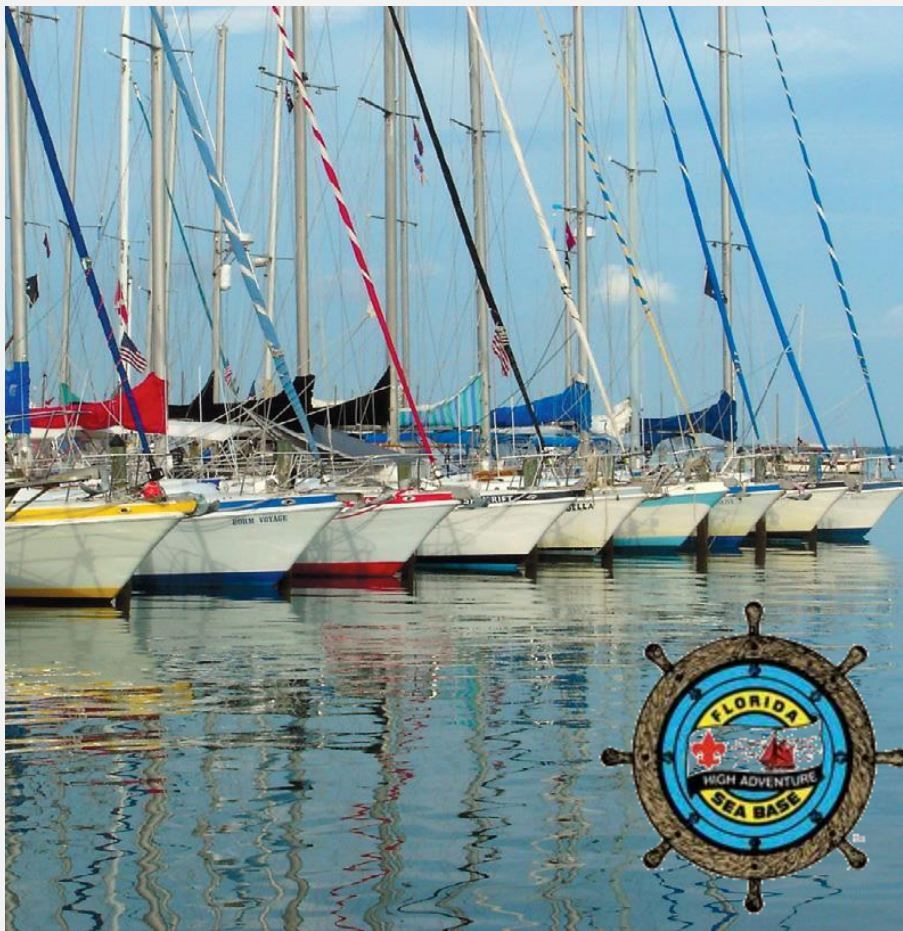


# 2021 Participant Guide

National High Adventure Sea Base, BSA



## Sea Base Sailing Islamorada, Florida

Revised: 02/23/2021

## **Mission of the Boy Scouts of America**

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

### **Scout Oath**

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

### **Scout Law**

A Scout is:

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

## **Mission Statement of Sea Base, BSA**

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

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

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

### **Keys Blessing**

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



**Prepared. For Life.®**

## Sea Base History

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

**Florida Gateway to High Adventure becomes Florida National High Adventure Sea Base, EST 1979** Due to the excitement surrounding the unique adventures offered, it quickly became evident that 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 Formsby donated a mangrove barrier island, Big Munson Island, located due south of Summerland Key. Located in the NOAA Florida Keys National Marine Sanctuary, Big Munson is home to several rare species of plants and wildlife including Key Deer and sea turtles.

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

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

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

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

**Sea Base St. Thomas, EST 2014** Under the direction of General Manager Captain Paul Beal and Program 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** Launched in 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

General Eligibility at a Glance	
Registered Member of the BSA	13 Years of Age or Older
Passed <a href="#">BSA Swim Test</a> as a Swimmer	Meet BSA Height & Weight, under 295lbs.
<a href="#">Meet Sea Base Risk Advisory Medical Requirements</a>	Medically Approved for Participation

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

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



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

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

❖ Sea Base does not provide onsite BSA Swim Tests.

**Swim Review:** Upon arrival every participant must complete a Sea Base Swim and Snorkel Review in a strong manner. This review does not take the place of the BSA Swim Test. **Individuals who do not complete the Sea Base Swim or Snorkel Review will not be permitted to participate and will be sent home at their own expense.**

**Completed BSA Annual Health and Medical Record:** Sea Base participants must be in good health. All participants must provide a current and complete [BSA Annual Health and Medical Record \(BSA AHMR\)](#). BSA AHMR's are current for 12 months from the end of the month in which they are completed.

**Weight Requirements:** If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from rescue by USCG, you may not be allowed to participate. Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

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

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

## Sea Base Adult Leader Eligibility Requirements

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

**Proper Adult Supervision:** As required by BSA Youth Protection, every crew must have at least two adult leaders over the age of 21. Sea Base crews with co-ed (male & female) youth participants, must have at least one female adult leader over the age of 21.

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

**Adult Leader Medical Training:** At least one adult leader in each crew must complete Wilderness First Aid Training (WFA) and Basic CPR/AED from an agency approved by the [American Camping Association](#) or hold a higher professional license such as MD, EMT, RN, LPN or WFR. Multiple crews require multiple trained leaders. Sea Base highly recommends that every adult leader completes WFA and CRP/AED.

Adult Leader Eligibility at a Glance	
Registered Member of the BSA	21 Years of Age or Older
Passed <a href="#">BSA Swim Test</a> as a Swimmer	Meet BSA Height & Weight or within 20lbs.
Meet Sea Base Medical Requirements	Medically Approved for Participation
Completed <a href="#">BSA Youth Protection</a> Training	Completed <a href="#">BSA Safe Swim Defense</a> Training
Completed <a href="#">BSA Safety Afloat</a> Training	Completed <a href="#">BSA Hazardous Weather</a> Training
One Adult Must Complete Wilderness First Aid	One Adult Must Complete CPR/AED

## Sea Base Risk Advisory

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

It is the responsibility of participants, participants parents/guardians, participants healthcare teams and unit leaders to ensure that each individual, youth and adult, can safely participate in Sea Base Adventures.

**Adult Participants.** It is the role of accompanying adults to ensure youth safety. As a result; adult participants must arrive in good physician condition and have no medical conditions that may warrant diversion of staff attention away from youth participants.

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

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

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

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

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

**Trained Leadership.** Each crew is required to have at least 1 adult trained in Wilderness First Aid and CPR or who has a greater professional medical certification. This leader acts as the primary first response until Emergency Services arrive. There are no-onsite facilities for treatment or extended care at Sea Base. Sea Base does not staff professional medical personnel.

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

**Allergies.** Participants with allergies that may result in severe reactions or anaphylaxis should bring Epi-Pen's to last up to 3 hours.

**Recommendations Regarding Chronic Illness and/or Compromised Immune System.** Persons with chronic conditions and/or compromised immune systems should seek medical advice and education



regarding medical risks associated with harsh marine environments before participating. Individuals with open wounds and who are at risk for chronic illness and/or immune disease should not attend Sea Base.

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

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

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

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

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

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

- Persons being treated for **asthma (including reactive airway disease)** are **disqualified from scuba diving**.
- Persons with a history of asthma who have been asymptomatic **and** have not used medications to control asthma for 5 years or more **may** be allowed to **scuba dive** if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.
  - Provocative testing can include exercise, hypertonic saline, hyperpnea, etc.

**Recent Musculoskeletal Injuries & Orthopedic Surgery.** Persons with musculoskeletal problems or orthopedic surgeries within the last 6 months must provide a letter from their treating physician to participate.

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

- Many psychotropic medications are not compatible with **scuba diving**.
- Persons taking more than 1 psychotropic medication **will not** be cleared to **scuba dive**.
- Persons with anxiety **will not** be cleared to **scuba dive**.

**Height/Weight Restrictions.** If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from rescue by USCG, you may not be allowed to participate. Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

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:** Crew leaders must have a strong understanding of every participants limitations and be fully prepared to administer treatment for medical conditions. 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 crew leaders are the first line of treatment in any medical emergency. **Crew leaders must be prepared to assume this role and responsibility.** Any medical emergency requiring professional assistance will be referred to the United States Coast Guard or appropriate agency if at Sea or local EMS if on land.

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



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

**Sea Base Specific First Aid Kit:** Every crew must provide their own first aid kit. A Sea Base specific first aid kit includes all items found in a traditional back country first aid kit along with SPF 35 or greater sunscreen, SPF 35 or greater lip balm, small plastic bottle of vinegar, sea sickness medication, non-spray insect repellent, swimmers ear drops, Benedryl, cooling cloths.

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

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

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

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

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

⊗ Metal and aluminum water bottles are prohibited for Sailing programs.

**Sunscreen and Sun Coverage:** Overexposure to sun can cause burns, blisters, and illness leading to discomfort and, in severe cases, suspension or cancellation of an 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- preferably wide brimmed, buff, 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

⊗ Sea Base does not have onsite stores in St. Thomas or the Bahamas visit [www.bsaseabase.org](http://www.bsaseabase.org).



## Wildlife and Toxic Plants at Sea Base

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

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



(NOAA Photos)

**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.

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



(Photo Divers Alert Network)

## Sea Base Emergency Procedures

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

**Medical Emergencies while at Sea:** Call Channel 16, 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 crew leader should count off to ensure that there is no one left aboard the vessel. Once in the water the crew leader must take a headcount of all participants, 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 youth than adult participants. Individuals under the age of 21 may be counted as youth participants.

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

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

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

**Youth Crew Leader Responsibilities:** Sea Base should be a youth led adventure. Crews must elect a seasoned crew leader prior to onsite arrival. Sea Base should not be the youths first leadership experience. Youth will make duty assignments for both youth and adults. Ensure that those duties are completed and follow up with the crew when they are not.

**Scout Oath, Scout Law, Outdoor Code:** Participants are expected to act in accordance with the Scout Oath, Scout Law and Outdoor Code.



**Alcoholic Beverages or Illegal Substances:** There is no place in Scouting for the possession or use of alcohol or illegal substances. **Anyone found in violation of this policy will be required to vacate their adventure and may be reported to local law enforcement and their local council.** If the unit is unable to provide proper leadership to satisfy BSA YPT, the entire crew will be required to vacate their adventure.

**Smoking, Vaping, Smokeless Tobacco:** Use of tobacco products and vaping is only permitted in designated areas. Sea Base strongly suggests users of such products purchase nicotine gum or use other alternatives while at Sea Base.

**Scout Appropriate Language:** Sexual conversations of any nature including “jokes” are prohibited. Racial, ethnic, religious, sexist and sexual orientation slurs are prohibited.

**Uniform:** All participants are expected to arrive in either field or activity uniform.

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



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

**Footwear:** Footwear is required by all participants while onshore. Footwear requirements vary by program. Please review the provided Packing List. While on base, most crews choose to wear flip flops.

**Open Scuba:** Only individuals participating in Scuba Adventure, Scuba Certification, Scuba Live Aboard or St. Croix Scuba may scuba dive while at Sea Base.



**Unplug:** Use of phones, tablets and other transmission electronics should be restricted to emergency or camera use. Please place phones on airplane mode and stow away.

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

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

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

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

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

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

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

**As Scouts, you are responsible for following safe practices and the rules set forth by your Captain. The rules are designed for your safety and the safety of all participants in the crew. Failure or unwillingness to follow the rules set by the Captain will result in the termination of your activities, potentially for the remainder of your adventure.**



## Sea Base Traditions and Awards

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

While not every unit will choose to earn the SCENE Award, it is imperative that each participant understands that Sea Base adventures are conducted in sensitive marine environments. Participants must not touch or harm wildlife including endangered sea turtles and coral. Participants must not take shells, coral, artifacts from Florida Keys National Marine Sanctuary, Dry Tortugas National Park, Everglades National Park, US Virgin Islands National Park, Buck Island National Reef National Monument, East End Marine Park or any adjacent waters.

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



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

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

**Triple Crown and Grand Slam Award:** Individuals who attend Sea Base and two other BSA National High Adventure Bases are eligible for the Triple Crown Award. Individuals who attend all four BSA National High Adventure Bases are eligible for the Grand Slam Award. Applications for these awards can be found at [www.nationalhighadventureawards.org](http://www.nationalhighadventureawards.org).

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

## Preparing for Sea Base

**Paperwork:** Participation for Sea Base requires significant paperwork. It is essential that your crew compiles all necessary documents and travel information in an easy to use and understand format. The following documents are required:

- Printed Crew Roster (Crew Roster must be uploaded 90 days prior to arrival)
- [BSA Safe Swim Certificates](#) for each adult leader
- [BSA Safety Afloat Certificates](#) for each adult leader
- [BSA Youth Protection Certificates](#) for each adult leader
- [BSA Hazardous Weather](#) Certificates for each adult leader
- Wilderness First Aid Certificate
- CRP/AED Certificate
- [BSA Unit Swim Classification Record](#) with each participant listed
- [BSA Annual Health and Medical Records](#) for each participant
- Copies of Insurance Cards (front and back) for each participant



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

Required Paperwork at a Glance	
Crew Roster	<a href="#">Safe Swim Defense</a> Certificates
<a href="#">BSA Annual Health and Medical Records</a>	Front & Back Copies of Insurance Cards
<a href="#">Safety Afloat</a> Certificates	<a href="#">Youth Protection</a> Certificates
<a href="#">Hazardous Weather</a> Certificates	
<a href="#">Unit Swim Classification Record</a>	
<b>Minimum of 1 Adult Leader Must Have</b>	<b>Minimum of 1 Adult Leader Must Have</b>
CPR/AED Training Card	Wilderness First Aid Training or Greater Certification

## Sea Base Payment Plan

**Payment Schedule:** Crews are responsible to know, understand and adhere to the payment schedule. Failure to provide on time payment will result in cancellation. Deposits are non-refundable. Fees are non-refundable unless Sea Base rebooks the cancelled crew. All cancelled crews are subject to a cancellation fee in the amount of the deposit made.

**First Payment:** Within 30 days of reservation, each crew must send their first payment. The first payment is 10% of the remaining balance after the original deposit. If a unit has reserved multiple crews, it must make payment for each crew reserved.

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

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

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

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

## Sea Base Travel Plan

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



**Air Travel:** Florida Sea Base Crews can choose from multiple S. 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 the Florida Keys:

- [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 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 Sea Base between 1:00 pm and 3:00 pm. Units arriving late may have their Sea Base Adventure delayed up to 24 hours. 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

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

**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 will be unable to complete the necessary pre-adventure training and could force their adventure to be delayed up to 24 hours. **Winter & Holiday Crews:** *Expect to add 1-2 hours to your travel time* due to heavy traffic on the roads.

**Departure:** Sea Base Crews may depart as early as travel dictates. Early breakfast is served at 7:00 am and regular breakfast at 8:00 am. **All crews must vacate Sea Base before 11:00 am.** **Winter & Holiday Crews:** *Expect to add 1-2 hours to your travel time* due to heavy traffic on the roads

## Sea Base Training Plan

**Prepared:** Sea Base Adventures are aquatics based and require participants to be fit, competent swimmers and hikers. It is recommended that your unit, in consultation with your local council BSA Aquatics Director or qualified swim instructor, develops a crew training regimen that includes both swimming and snorkeling. An adequate plan includes:

- [Safe Swim Defense Training](#)
- [Safety Afloat Training](#)
- [BSA Swim Test](#)
- Monthly Swimming Sessions beginning 6 months prior to arrival
- Complete 3 strenuous 2-3-mile hikes
- [Snorkeling BSA](#)
- Watch: [A Reef Etiquette](#) Video produced by NOAA.
- [Review Guide to High Adventure Sailing](#)
- Watch US Sailing Video: [Parts of a Boat](#)
- Watch US Sailing Video: [Parts of a Rig](#)
- Watch US Sailing Video: [Points of a Sail](#)

## Sea Base Program Overview

**Planning:** Epic Adventure begins with planning and preparation. Upon arrival (1:00pm - 3:00pm), each crew will have its paperwork reviewed and complete a gear shakedown. Any participant who does not meet the BSA Height and Weight Requirements as outlined or has not passed the BSA Swim Test prior to arrival will forfeit their adventure. **Please vet your crew well in advance to ensure that no one is disappointed.**

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates (Sea Exploring 7 nights, 8 days.) Crews may not arrive early or depart later than scheduled unless they make offsite accommodations.

**Crew Size:** The United States Coast Guard dictates crew size and allows no more than 8 total paid participants aboard Sea Base vessels.

**Arrival Time:** Crews must arrive **between 1:00pm and 3:00pm having already eaten lunch.** Crews arriving later than 3:00pm may have their adventure delayed by 24 hours. If your crew is delayed due to flights or island transport, alert Sea Base Islamorada as soon as possible.

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

**Vessel Assignments:** Sea Base charters several types of vessels. Crew vessel assignments are made in advance but can change due to program requirements.



**Bringing Gear Aboard:** All personal items brought aboard, other than sleeping and snorkeling gear, must fit into a 24-inch duffel bag. We provide a 24-inch duffel bag upon arrival. An approved [24-inch duffel bag](#) can also be purchased through the Ship's Store. In addition to personal bags; each crew may bring 2 military style duffel bags to carry first aid kits, sunscreen and crew sleeping gear.

**\*Snorkel Gear:** For 2021, each participant will be responsible for bringing their own mask and snorkel.

**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. Not all the items on the packing list will travel aboard your vessel. As a result, **it is imperative that crews not bring hard side luggage or unnecessary items.**

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

**Sea Base Vessels:** Every vessel chartered by Sea Base completes a safety examination prior to providing charters. Only vessels deemed safe and capable by the United States Coast Guard are chartered.

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

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



**Working Vessel:** Sailing Adventure boats are working vessels. Youth and adult participants will cook, clean, hoist sails and more. Be prepared to assume tasks given by the youth crew leader and captain.

**Anchor Watch:** Anchor Watch is mandated by the United States Coast Guard. Every member of your crew will take part in anchor watch. Your unit's safety depends on you being awake and alert.

**Onboard Sleeping Arrangements:** Due to heat, humidity and close quarters, most sailing participants choose to sleep on deck. **Be advised that in inclement weather, below deck housing will be cramped.**

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

**Marine Head:** Using a marine head is much different than using a household toilet. Nothing other than personal waste may be deposited into the toilet. Paper products, including toilet paper, must be bagged and deposited in a trash receptacle.

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

**Final Evening:** All Sailing Adventure crews return to Sea Base and stay in air-conditioned dormitories or tents the final night of their adventure. Prior to departing the vessel each crew is responsible for cleaning and disposing of trash. Once cleaning is complete, crews will check into their dormitory or tent, pick up their crew photo, shower, use the restroom, and utilize laundry facilities.

**Departure:** Crews may check out and depart at any time on the final day of their adventure before 10:00am. Continental early breakfast will be served at 7:00am and regular hot breakfast will be served 8:00am. Prior to departure each crew will be responsible to clean their sleeping location.



# Welcome to Camping at Sea

## Coral Reef Sailing

**Overview:** Sea Base Coral Reef Adventure participants will set sail in the most diverse ecosystem in North America. The Florida Keys National Marine Sanctuary is home to thousands of underwater species including dolphins, sea turtles, fish and the Florida Reef. Participants will snorkel, fish and sail turquoise waters and explore. Setting sail from beautiful Islamorada, Florida crews will embark on the adventure of a lifetime. Below you will find an overview of your week at Sea Base. Please note that program is dictated by weather, tides and the ability of the crew. Your float plan can vary, sometimes widely, due to these factors.

**Coral Reef Sailing 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. For example, crews arriving at Sea Base on Sunday will depart Sea Base on the following Saturday.

**Arrival:** Crews must check in between 1:00pm and 3:00pm.

**Late Fall, Winter, Early Spring:** Due to early sunset, crews will board the vessel after breakfast of their second day onsite. Crews will stay at Sea longer than summer participants to make up lost time under sail.

**Early Fall, Summer, Late Spring:** Crews will board their vessel following dinner if they arrive between 1:00 and 3:00pm. Crews arriving after 3:00pm will set sail after breakfast on their second day onsite. Midweek Crews will either midweek in Key Largo or Marathon to overnight, shower, and refuel. Crews will dock at or around 3:00pm for midweek. Upon arrival at midweek; crews will clean the vessel, take out the garbage, and ensure that the vessel is secure. Participants will then have access to marina facilities including restrooms, showers and pools. Crews must stay together during the midweek and may not leave the midweek location. It is the responsibility of the crew leader and adult leaders to ensure that marina rules are followed. Crews are responsible to leave the facilities better than they found them. Youth and adult participants often like to purchase snacks or drinks at their midweek destination. Please plan to bring a limited amount of cash if you would like to purchase snacks.

**Final Day at Sea:** Participants will return to Sea Base between 10:30 and 11:00am. Upon docking your crew will be responsible to clean the vessel, dispose of trash and gather personal gear. Your unit will then check in provided snorkel gear and bags, move into your tent and then have lunch. At 1:00pm participants will have the opportunity to earn both the BSA Kayak and BSA Stand Up Paddle Boarding Awards. After kayaking and paddle boarding crews will shower, access laundry facilities, and visit the Ship Store.

**Departure:** Crews may depart as early as necessary. A continental breakfast is offered at 7:00am and hot breakfast is offered at 8:00am. Crews must depart prior to 10:00am.

## Sea Exploring

**Overview:** Setting Sail from Key West; Sea Exploring participants will discover waters once inhabited by the native Calusa, Pirates and Privateers. In addition to sailing aboard a large schooner; participants will fish and snorkel the waters of the Florida National Marine Sanctuary and Florida Reef teeming with thousands of underwater species including dolphin, fish, manatee, and sea turtles. Crews will stop in Key West for midweek to re-provision and explore one of the most unique cities in America.

**Sea Exploring Crew Size:** 18- 20 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** 7 nights, 8 days including arrival and departure dates. For example, crews arriving at Sea Base on Sunday will depart Sea Base on the following Sunday.

**Arrival** Crews will arrive at the Florida Sea Base in Islamorada to check in. The first night of the adventure will be spent in air-conditioned dormitories. After breakfast and provisioning on the second day of their adventure, crews will load into Sea Base vans and travel to Key West or Stock Island to board their vessel.

**Midweek:** Crews will return to historic Key West for their midweek adventure. Units should preplan their afternoon onshore. While at midweek, crews must stay together. It is the responsibility of the youth crew leader and adult leaders to ensure that participants act in a safe and responsible manner. Crews may not Scuba Dive, Snuba, Parasail, Kite Board, rent personal watercraft, rent scooters/motorcycles or take part in any activities not sanctioned by the BSA Guide to Safe Scouting. Crews will stay aboard their vessel at dock the night of their mid-week.

**Final Day at Sea:** Participants will return to dock in Key West between 10:30 and 11:00am. Upon docking your crew will be responsible to clean the vessel, dispose of trash and gather personal gear. Your unit will then board a Sea Base shuttle back to Islamorada. Upon arrival, your unit will check in snorkel fins and bags and then move into your air-conditioned dormitory. Afterwards your unit will have free time to shower, utilize laundry facilities, and visit the Ship Store.

**Departure:** Crews may depart as early as necessary. A continental breakfast is offered at 7:00am and hot breakfast is offered at 8:00am. Crews must depart prior to 10:00am.



## STEM ECO Adventure

**Overview:** STEM ECO participants will set sail from Islamorada, Florida for John Pennekamp State Park located in Key Largo. In route; participants will snorkel, fish, and kayak while discovering the most diverse ecosystem in North America. The Florida National Marine Sanctuary and Florida Reef is home to thousands of underwater species, birds and mammals.

**STEM Eco Adventure Crew Size:** 10-12 individuals. This number includes both youth and adult participants. Because of US Coast Guard Regulations crews may not exceed the maximum number allowed. **Crews for STEM ECO Adventure will be split between two 40 to 45 foot vessels that will follow a joint flow plan throughout the course of their adventure.**

**Length of Adventure:** 6 nights, 7 days including arrival and departure dates. For example, crews arriving at Sea Base on Sunday will depart Sea Base on the following Saturday.

**Arrival:** Participants will board their vessel following dinner if they arrive between 1:00 and 3:00pm. Crews arriving after 3:00pm will set sail after breakfast on their second day onsite.

**Midweek:** Crews will midweek at John Pennekamp State Park in Key Largo, Florida. While at Pennekamp State Park crews will have the opportunity to tour the park, visit the Environmental Education and Visitor Center which includes a 30,000-gallon saltwater aquarium. Crews must stay together during the midweek and may not leave the park. It is the responsibility of the crew leader and adult leaders to ensure that park rules are followed. Crews are responsible to leave the facilities better than they found them.

**Final Day at Sea:** Crews will arrive back at Sea Base the afternoon prior to departure. Upon arrival, your unit will check in snorkel fins and bags and then move into your air-conditioned dormitory. Afterwards your unit will have free time to shower, utilize laundry facilities, and visit the Ship Store.

**Departure:** Crews may depart as early as necessary. A continental breakfast is offered at 7:00am and hot breakfast is offered at 8:00am. Crews must depart prior to 10:00am.

## Gear and Packing List

**Prepared:** Sea Base provides meals, eating utensils, cooking equipment, and fishing gear along with nearly everything else a participant might need on their adventure. Participants must bring their own snorkel gear. However, Sea Base does not allow full-face snorkel equipment. Participants **should not** bring personal fishing gear.

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

**Fishing Gear:** Fishing gear is provided. Participants should note that while fishing is offered, it is not a primary activity. Units may or may not catch fish.

**Packing List:** Participants should limit personal and crew items to those listed below. There is limited onsite storage available. Not every item on the list will be used on a given week but, all are required. Long sleeved shirts and Buffs are intended to reduce the need for sunscreen. Some participants prefer jogging shoes to sandals and vice versa. The packing list relies on judgement for items such as underwear.

Packing List Personal	Packing List Personal
<b>Required</b>	<b>Required</b>
2 UPF +30 Long Sleeved Shirts	Prescription Medication
Wide Brimmed Hat	Polarized Sunglasses
Buff	Water Bottle
Biodegradable Sunscreen, No Sprays	Toiletry Kit
1 Pair Regular Shorts	Headlamp
1 Pair Swimming Shorts	2 Towels
2 Pairs Regular Socks	Light Weight Sleeping Pad
1 Carabiner- For Water Bottle	Light Weight Sleeping Cover
1 Pair Sandals and/or 1 Pair Jogging Shoes	Small Pillow
Raingear	Spending Money (\$150- \$200)
Mask and Snorkel	
<b>Personal Fall, Winter, Spring</b>	<b>Personal Fall, Winter, Spring</b>
1 Fleece	1 Medium Weight Sleeping Bag
<b>Recommended</b>	<b>Recommended</b>
1 Pair Neoprene Socks for Fins	Waterproof Camera
1 Hawaiian Shirt for Luau	Mug for coffee or tea (not provided at base)

Crew Packing List	Crew Packing List
Unit Roster	<a href="#">BSA Youth Protection Training</a> Copies
<a href="#">BSA AHMR</a> for Each Participant	<a href="#">Unit Swim Classification Record</a>
Wilderness First Aid & CPR Training Cards	Front & Back Copies of Insurance Cards
<a href="#">Safe Swim Defense</a> Training Copies	Crew First Aid Kit
<a href="#">Safety Afloat</a> Training Copies	1 Medium Size Dry Bag
<a href="#">Hazardous Weather</a> Training Copies	Excitement!

## Sea Base Frequently Asked Questions

**Are scholarships available at Sea Base?** Yes! Scholarships are available for those with demonstrated need. Visit <http://www.bsaseabase.org/resources/forms> to access the Sea Base Scholarship form.

**Who can be awarded a Sea Base Scholarship?** Scholarships are available to individuals, youth and adults, with a demonstrated need.

**Can two adult males take a crew with any number of female youth to Sea Base?** Not unless the crew also has a female leader over the age of 21 present.

**Can two adult females take a crew of all male youth to Sea Base?** Yes.

**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, BSA Safe Swim, BSA Safety Afloat, and BSA Weather Hazards trainings.



**How old must I be to participate in a Sea Base program?** 13 years of age as evidenced by [Annual 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 and/or Sea Base Swim Review in a strong manner you will not be allowed to participate and will be sent home at your own expense.

**Where do I check in?** 73800 Overseas Highway, Islamorada, Florida, Mile Marker 73.8

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

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

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

**Is it possible to use a sport 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 Annual Health and Medical Record found at [www.bsaseabase.org/resources/forms](http://www.bsaseabase.org/resources/forms).

**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.

**Height/Weight Restrictions.** If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from rescue by USCG, you may not be allowed to participate. Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

**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

**What should I pack for my adventure?** Only those items listed on the Sea Base Sailing packing list. Please keep in mind that we provide limited storage for any items brought with you but not traveling with you aboard your vessel.

**Can my crew arrive early or stay an extra day at Sea Base or aboard a vessel?** No.

**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 Insurance is highly recommended to cover the cost of travel expenses, especially June- November.

**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.



**Should I Buy Deck Shoes?** No. Most captains do not allow shoes of any kind, including deck shoes, while onboard.



**Why should sailing crews not bring metal or aluminum water bottles?** They clang against the side of the vessel making it difficult for participants to sleep.

**Where do I sleep on the sailing vessel?** Due to heat and humidity most participants will choose to sleep on deck.

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

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

**Where can I find a detailed itinerary?** One is not provided. Programs are weather and tide dependent. There are no required destinations other than arrival and departure points.

**Do we need to purchase a fishing license?** No. All the vessels carry their own fishing license.

**What are the dimensions of the duffel provided by Sea Base for our personal items?** The mesh duffel we provide is roughly 24 inches long by about 8 inches in diameter. We sell one similar to the one we provide through the Ship's Store. It can be found at <http://www.fsbshipstore.com/duffelbags.html>.

**Does Sea Base provide drinking cups or coffee mugs for on base meals?** No. Participants must bring a Nalgene style water bottle. Adult Leaders wishing to drink coffee or tea must bring their own mug or purchase one from the Ship's Store.

**Can I bring my CPAP Machine on my Adventure?** Participants who sleep with a CPAP machine may participate at Sea Base if they have been medically cleared for participation. **CPAP users must understand that they are responsible to provide battery support for their CPAP and may not have access to electricity** if participating in Bahamas, St. Thomas, St. Croix, Florida Keys Sailing, Live Aboard Diving, Keys Adventure or Out island programs.