

# SEA BASE PARTICIPANT GUIDE

## SCUBA PROGRAMS



### IN THIS GUIDE:

- SCUBA Adventure
- SCUBA Certification
- SCUBA Advanced Marine
- SCUBA Liveaboard
- Reef Trek



2026

rev. 3/9/2026

# TABLE OF CONTENTS

---

## GENERAL INFO-

<u>PAYMENT PLAN</u>	<u>04</u>	<u>REEF TREK</u>	<u>37</u>
<u>GENERAL ELIGIBILITY</u>	<u>05</u>	<u>TRADITIONS &amp; AWARDS</u>	<u>39</u>
<u>ADULT LEADER REQUIREMENTS</u>	<u>07</u>	<u>MEDICAL UPLOAD INFO</u>	<u>40</u>
<u>POLICIES &amp; PROCEDURES</u>	<u>07</u>	<u>FAQ'S</u>	<u>41</u>

## HEALTH & SAFETY-

<u>SEA BASE RISK ADVISORY TO LIMIT RISK &amp; HARM</u>	<u>10</u>
<u>WEATHER CONDITIONS</u>	<u>16</u>
<u>WILDLIFE &amp; TOXIC PLANTS</u>	<u>17</u>
<u>EMERGENCY PROCEDURES</u>	<u>18</u>

## APPENDIX-

<u>SCOUTING AMERICA SCUBA POLICY</u>	<u>44</u>
--------------------------------------	-----------

## PREPARATION-

<u>TRAVEL</u>	<u>19</u>
<u>PAPERWORK</u>	<u>21</u>
<u>TRAINING PLAN</u>	<u>22</u>
<u>SCUBA CERT CARDS</u>	<u>22</u>
<u>DIVER RESPONSIBILITY</u>	<u>22</u>

## PROGRAM INFO-

<u>OVERVIEW</u>	<u>23</u>
<u>GEAR &amp; PACKING</u>	<u>25</u>
<u>SCUBA ADVENTURE</u>	<u>27</u>
<u>SCUBA CERTIFICATION</u>	<u>29</u>
<u>SCUBA LIVEBOARD</u>	<u>32</u>
<u>ADVANCED MARINE</u>	<u>34</u>

# OUR MISSION

---

## SCOUTING AMERICA MISSION

The mission of Scouting 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.

## SEA BASE MISSION STATEMENT

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

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

To build character

To foster citizenship

To develop physical, mental and emotional fitness



**Prepared. For Life.®**



## GENERAL INFO

### PAYMENT PLAN

**2026 Payment Schedule:** Crews are responsible to know, understand and adhere to the payment schedule. Failure to provide on time payment will result in cancellation. Deposits are non-refundable. Fees are non-refundable unless Sea Base rebooks the cancelled crew. All cancelled crews are subject to a cancellation fee in the amount of the deposit made.

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

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

**Deposit:** \$350.00 per crew, required to create a reservation.

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

# GENERAL INFO

**Third Payment:** Due November 1. The Third Payment is 50% of the remaining balance due after the deposit and Second Payments are made. Later registrations will be required to submit the Third Payment within 30 days of sign up.

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

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

**Viewing Reservations and Updating Contact:** With your reservation's Reservation Code or "Reg Code" (i.e. 1425-XXXXXX-XXXX) and the [2026 Crews Page linked here](#), you can log into any form links related to any reservations you hold.

**2027 Sea Base Crews:** The payment schedule above is outlined for 2026 Sea Base Crews. These guides will be updated in the fall of 2026 for your adventure year, and there may be changes to the payment schedule. Please refer to the Sea Base website, your confirmation emails, and your online reservation for the 2027 Sea Base payment schedule information.

---

## GENERAL ELIGIBILITY REQUIREMENTS

### GENERAL ELIGIBILITY AT A GLANCE

1. Registered member of Scouting America **AND** proof of membership with [Scouting America Membership Card](#)
2. 13 years of age or older. No exceptions can or will be made for Sea Base SCUBA programs.
3. Completed [Scouting America Swim Test](#) as a Swimmer, evidenced by the [Unit Swim Classification Record](#)
4. Medically Approved for Participation, evidenced by the [Scouting America Annual Health and Medical Record](#) & meets Medical Requirements outlined in the [The Sea Base Participant Health & Safety Advisory](#)
5. No participant can exceed 295lbs as evidenced by the medical form. No exceptions will be made. Participants exceeding 295lbs will be sent home at their own expense.
6. A [Pre-Event Medical Screening Checklist](#) that lists each attending participant.

**1. Registered:** To attend Sea Base, youth and adult participants must be registered members of a Scouting America. All participants must show proof of membership with their Scouting America Membership card. Instructions on how to find your membership card can be found [HERE](#)



**Unit Eligibility Requirements:** Units must be currently registered with Scouting America or Exploring. Each unit must provide a minimum of 2 trained and registered adult leaders who are in good physical condition and have no medical conditions that could divert attention away from youth participants. Any unit with female youth attending must have at least 1 trained and registered female adult leader over the age of 21. [Learn more here](#)

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

# GENERAL INFO

**3. Swim Test:** Every participant, youth and adult, must complete Scouting America Swim Test as a Swimmer within a year of the start of their adventure. The [Scouting America Swim Test](#) should be documented on the [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 Swim Tests. \*\*Not all programs or participants are COASTS eligible. Click [here](#) to read more\*\***

**SCUBA Review:** Participants that are cleared to SCUBA dive with Sea Base must complete the Sea Base SCUBA review in a strong manner before they can dive in the open water. This SCUBA review does not take the place of the Scouting America Swim Test. The review includes basic skills taught in any open water certification and includes but not limited to deep water entry, mask removal & replace, alternate air source breathing, neutral buoyancy, weight removal & replace, and deep water exit. Individuals who do not pass the Sea Base SCUBA Review will not be permitted to SCUBA dive and will have the opportunity to snorkel. No refund will be offered to those who do not complete the Sea Base SCUBA Review

**Snorkel Review:** For those participants that are not cleared to SCUBA dive or elect to only snorkel they must complete a Sea Base Snorkel Review in a strong manner. This snorkel review does not take the place of the [Scouting America Swim Test](#). **Individuals who do not pass the Sea Base Snorkel Review will not be permitted to participate and will be sent home at their own expense. No refund will be offered to Non-Swimmers.**

**4. Completed Scouting America Annual Health and Medical Record:** Sea Base participants must be in good health. All participants must provide a current and complete [Scouting America Annual Health and Medical Record \(AHMR\)](#). AHMR's are current for 12 months from the end of the month in which they are completed. For example, if the medical form is signed and dated on June 2, 2024, it is valid until June 30, 2025. **No other medical form will be accepted.**

**5. Weight Requirements:** Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual exceeding 295 pounds be permitted to participate. Anyone arriving at Sea Base exceeding 295 pounds will be sent home at their own expense. No refund will be given.

**6. 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.

**7. Proper Adult Supervision:** As required by [Safeguarding Youth](#), every crew must have at least two adult leaders over the age of 21. Sea Base crews with coed (male & female) youth participants, must have at least one female adult leader over the age of 21. It is the role of accompanying adults to ensure youth safety. Because of this, adult participants must arrive in good physical condition and have no medical conditions that could result in diverting the Sea Base staff's attention away from youth participants.

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

**9. 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](#) (scroll to bottom of webpage) or hold a higher professional license such as MD, DO, EMT, RN, LPN or WFR. Documentation of higher professional license must be submitted during check-in. Multiple crews require multiple trained leaders. Sea Base highly recommends that every adult leader completes WFA and CPR/AED.

# GENERAL INFO

## ADULT LEADER ELIGIBILITY REQUIREMENTS

1. Registered in any Scouting America unit position that requires a background check and volunteer database screening and membership card
2. 21 Years of Age or Older
3. Passed [Swim Test](#) as a Swimmer
4. Meets Sea Base Medical Requirements and medically approved for participation.
5. Meet Scouting America Height & Weight, not to exceed 295lbs.
6. Proper adult supervision
7. [Completed Safeguarding Youth Training](#)
8. [Completed Safety Afloat Training](#)
9. [Completed Safe Swim Defense Training](#)
10. [Completed Hazardous Weather Training](#)
11. [CPR/AED Certification](#), Minimum of 1 Adult per Crew
12. [Wilderness First Aid Certification](#), Minimum of 1 Adult per Crew

**General Eligibility Requirements:** Adult leaders must meet all General Eligibility Requirements (see section above)

---

## 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.

**Co-ed Pilot Program:** Sea Base welcomes all registered units to attend. Units with both male and female participants must have at least one registered and trained adult female over the age of 21 and must adhere to Scouting America Safeguarding Youth Policies. For more about the pilot program, please click [here](#).

**Single Gendered Troops:** Sea Base welcomes all single gendered troops to attend. Troops must adhere to Scouting America Safeguarding Youth Policies. For more information, please click [here](#).

**Adult Leaders with Scouts Attending:** Scouting America Policy allows registered adult leaders who are parents and legal guardians to bring their registered children to a opposite gendered troop activity provided unit leadership, from both units, and the Chartering Organization approve. Involved units and participants must adhere to Scouting America Safeguarding Youth Policies. For more information, please click [here](#).

**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. Buddy pairs cannot be coed.

# GENERAL INFO

**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 crew roster 90 days prior to arrival. [2026 roster instructions linked here](#). 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 [Scouting America Safeguarding Youth Policies](#), ensure that youth participants follow Sea Base policies and direction from captains and staff members. Unit Leaders must also actively participate in the adventure; Sea Base is not a passive experience.

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

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

**Alcoholic Beverages or Illegal Substances:** There is no place in Scouting for the possession or use of alcohol or illegal substances. **Anyone found in violation of this policy will be required to vacate their adventure and may be reported to local law enforcement and their local council.** If the unit is unable to provide proper leadership to satisfy Safeguarding Youth, 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 under Program Overview in this guide.** You will be barefoot onboard your vessel. Recommended footwear for hiking is sandals (that strap on or attach securely to the foot) or tennis shoes.

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

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

# GENERAL INFO

**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. Cell phone service on island is Liberty (AT&T) or Sprint. Verizon and T-Mobile may work from time to time on Liberty (AT&T) towers. Be mindful that you may pick up service on BVI towers, you will incur international rates. Check with your cell service.

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

**Firearms:** Carrying or possessing a firearm of any kind is prohibited on any and all Sea Base property including leased vessels.

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

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

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

**As Scouts, you are responsible for following safe practices and the rules set forth by your Captain. The rules are designed for your safety, the safety of all participants in the crew, and safety of the vessel. 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.**



## HEALTH & SAFETY

### SEA BASE PARTICIPANT HEALTH & SAFETY ADVISORY

This document is meant to serve as a guide to understand health and safety considerations for all Sea Base Program in the Florida Keys, USVI and the Bahamas. This document also outlines contradictions that may preclude participation in some of our programs/ activities per [Scouting America Policy](#). Please note that Sea Base does not dictate policies set by Scouting America in regards to Scuba Diving and Snorkeling. Sea Base, Scouting America is an industry leader in maritime adventures with an excellent safety record. If you have questions regarding medical policies, medical concerns, or medical approval, please contact Sea Base at 305-664-4173.

#### *General Health & Safety Info*

**Sea Base Experience:** Sea Base adventures are not risk-free. Participants must follow safety measures and take personal responsibility for their health and safety. Climate conditions include temperatures ranging from 45 to 95 degrees, high humidity, heat indexes reaching 110 degrees, and frequent, sometimes severe tropical weather. Prolonged, rigorous activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and others. It is the responsibility of participants, participant parents or guardians, participant health-care teams, and unit leaders to see that each individual— youth or adult—can safely take part in Sea Base adventures.

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

# HEALTH & SAFETY

**Participant Ability Level:** Sea Base Participants must be able to:

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

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

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

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

**Special Needs or Medical Concerns:** Any individual with special needs or medical concerns must have an onsite advocate who understands the individual's condition and treatment and who is prepared to provide support to the individual. Special Needs youth who do not meet certain attendance requirements may be eligible to attend [COASTS designated programs](#).

**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.

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

## General Health Considerations

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

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

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

# HEALTH & SAFETY

**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, SCUBA Live Aboard, Keys Adventure or Out island programs.

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

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

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

**Psychological and Emotional Difficulties:** Any condition should be well-controlled without the services of a mental health practitioner. Participants requiring medication must bring an ample supply and take as prescribed for the duration of their trip. **If you are a SCUBA Participant** please see the [Absolute Medical Contradictions For Scuba Diving- Psychological and Emotional Difficulties Section](#).

**Insulin-Dependent Diabetes Mellitus:** Diabetes must be well-controlled. Hypoglycemia can lead to unconsciousness and drowning. **If you are a Scuba Participant**, please see the [Absolute Medical Contradictions For Scuba Diving- Insulin-Dependent Diabetes Mellitus Section](#).

**Asthma & Reactive Airway Disease:** Asthma must be well-controlled. Persons requiring use of medication and/or an inhaler must bring an ample supply. **If you are a Scuba Participant**, please see the [Absolute Medical Contradictions For Scuba Diving- Asthma & Reactive Airway Disease Section](#).

---

## Absolute Medical Contradictions for Snorkeling & Scuba Diving

### **Seizures (Epilepsy):**

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

- Snorkeling or scuba diving as part of an official scouting activity is prohibited for participants with a history of seizures.
- No participant with a history of seizures or taking anti-epileptic medication may snorkel or scuba dive. Participants meeting these criteria must be wearing a USCG approved lifejacket and may not be wearing a mask anytime they are in the water. Participants meeting these criteria are allowed to **swim** in the water but must be accompanied by their buddy AND an adult who is trained to recognize symptoms of a seizure.
  - Prospective participants with a history of infant febrile seizures may be considered for snorkeling or scuba diving after formal consultation with a neurologist.

## Absolute Medical Contradictions for Scuba Diving

### Absolute medical contradictions for scuba diving:

- Asthma
- Epilepsy / Seizures
- Insulin dependent diabetes
- Anxiety requiring medication
- Narcolepsy
- Spontaneous pneumothorax
- Exceeding the weight limit of 295 pounds
- Multiple (more than one) medication for ADD, ADHD or depression
- Blood thinners
- Migraines with auras
- Hearing loss in one ear

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

- Ear and sinus problems
- Sickle-cell disease
- Recent surgery
- Pregnancy
- Chemotherapy
- Panic disorders
- Leukemia
- Active psychosis
- Certain medications
- Migraines requiring medication
- Blood thinning medication
- Pacemakers

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

### Insulin-Dependent Diabetes Mellitus:

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

- Diving as part of an official scouting activity is prohibited for the following:
  - For persons under age 18 with the diagnosis of diabetes.
  - Persons using insulin to control diabetes.
  - Persons with diabetes, who are non-insulin dependent and who have had recurrent problems and/or hospitalizations for diabetic problems.
  - Persons with any HbA1c test greater than 7.0 in the previous 12 months.
  - Persons having a documented or suspected hypoglycemic event requiring treatment or assessment in the previous 12 months.
- Diabetes is considered well-controlled when the following are met:
  - The acceptable oral medications for diabetic control are as single agents only: metformin and metformin analogs; DPP-4 inhibitors (sitagliptin, vildagliptin, alogliptin, saxagliptin and linagliptin); or SGLT2 inhibitors and analogies.

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

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

# HEALTH & SAFETY

## Asthma & Reactive Airway Disease:

Diving as part of an official scouting activity is prohibited for persons being treated for asthma or reactive airway disease.

- Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive if resolution of asthma is specifically confirmed by their physician and includes provocative pulmonary function testing conducted by a pulmonologist.
  - Provocative testing can include exercise, hypertonic saline, a hyperpnea test, etc.

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

## Psychological and Emotional Difficulties (ADD, ADHD, anxiety and depression):

Any condition should be well controlled.

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

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

## Concussions:

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

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

## Closing:

Please note that the final decision for participation in all Sea Base programs is at the discretion of the Sea Base Medical Director. The decision is final and we are unable to reverse or alter that decision. No waivers will be issued.

## TO LIMIT RISK AND THE POSSIBILITY OF HARM

**Leadership:** Crew leaders must have a strong understanding of every participant's limitation and be fully prepared to administer treatment for medical conditions. Crew leaders are responsible to know and reinforce Scouting America Safe Swim Defense, Safety Afloat and Scouting America Safeguarding Youth.

**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.

**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. Consider a Pelican Case, or some other lockable, waterproof case for storing medication.

**Over the Counter Medication:** Sea Base does not dispense any type of medication including over the counter medication. Each crew is responsible for bringing a Sea Base specific first aid kit including any over-the-counter medications that might be needed.

**Health Insurance and Scouting America 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, Scouting America 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, Benadryl, 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. For more about possible special needs accommodations, visit our [COASTS page](#).



**Cleanliness:** Participants should properly wash their 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 the 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 individual's or crew's adventure. In addition to biodegradable SPF 35 or greater sunscreen; Sea Base highly recommends that every participant wear a long sleeve UPF 30 or greater shirt (particularly while snorkeling), hat- preferably wide brimmed, buff, polarized sunglasses.

- Spray and aerosol sunscreens are prohibited at Sea Base. **Reef Safe Sunscreen is required.**

# HEALTH & SAFETY

## WEATHER CONDITIONS AT SEA BASE

Sea Base continuously monitors for inclement weather conditions. The topmost priority is your crew's safety, the safety of the captains and their vessels, Sea Base staff and equipment. **Please note: Hurricane season is from the beginning of June to the end of November.**

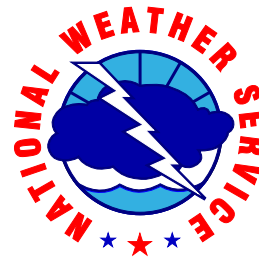
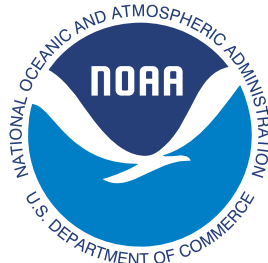
*Prior to your trek monitor forecasts for your arrival through departure dates. Visit sites such as:*

[National Oceanic and Atmospheric Administration \(NOAA\)](#)

[National Weather Service \(NWS\)](#)

[National Hurricane Center \(NHC\)](#)

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



Definitions can be found in the [National Hurricane Centers Glossary](#) of terms.

**Please note:** No two weather systems are the same; each weather event is taken seriously, and an action plan is developed based on the forecasted severity, strength, and trajectory of the event.

**Inclement Weather:** All planned activities are dependent upon weather, tides and sea conditions. Your safety in regard to these conditions 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 other planned activities cancelled due to inclement weather.

**Hurricanes and Evacuation:** Sea Base constantly monitors tropical systems as they move off the coast of Africa. Program interruption due to hurricanes are extremely rare. All programs in the Florida Keys follow guidance set by the United States Coast Guard & Monroe County, Florida Emergency Management. If Sea Base is under evacuation orders, programs are cancelled and participants are evacuated. Evacuation orders are generally given 24-36 hours prior to potential landfall. Sea Base refunds program fees for missed program dates only, from the time crews depart Sea Base accommodations.

**If evacuation orders are communicated to your crew, depart at first available transport.** Flights and ground transportation may not be available if your crew chooses to delay.

Travel trip insurance is highly recommended to cover the cost of travel expenses, especially during hurricane season (Jun 1-Nov 30).

## 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.

**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.

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



Fire Coral/ DAN



Lionfish/ DAN



Sea Urchin/ NPS

# HEALTH & SAFETY

## SEA BASE EMERGENCY PROCEDURES

**Medical Emergencies on Land:** Call 911, alert Sea Base staff. Secure individuals Scouting America AHMR for EMS.

**Medical Emergencies while at Sea:** Call Channel 16, United States Coast Guard or 911. Secure individuals Scouting America 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.

# SCUBA GUIDE



## PREPARATION

### Travel and Preparation Plan:

Please place copies of all necessary check-in paperwork in a notebook or folder to keep with you during travel. This is for travel and emergency purposes and not necessarily to be turned in. Sea Base crew number, participant emergency contacts, travel information, and training certificates should be duplicated and placed into a secondary book held by a unit leader or parent who is not accompanying the crew to Sea Base. Parents, guardians and/or spouses should keep a copy of the Scouting America Annual Health and Medical Record and the RSTC Diver Medical Participant Questionnaire forms for each participant. Please remember, while you are traveling you are not only representing your unit, but also Scouting America.

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

# PREPARATION

**Arrival:** All **SCUBA Adventure, SCUBA Advanced Marine, SCUBA Certification and Reek Trek Crews** should arrive between 1:00 pm and 3:00 pm, having already eaten lunch. **SCUBA Live Aboard crews** should arrive between 9:00 - 10:00 am. Crews arriving after 3:00 pm may be unable to complete necessary pre-adventure training and will force their adventure to be delayed. **Winter/Holiday/Weekend Crews:** *Expect to add 1-2 hours to your travel time due to heavy traffic on the roads.*

## PLEASE ARRIVE AT:

Sea Base

73800 Overseas Hwy

Islamorada, FL 33036

**Departure:** Crews may depart Sea Base as early as travel dictates. Scuba Crews should allow 24 hours between their last dive (noon) and scheduled flight to reduce the risk of decompression sickness. Early continental breakfast can be served at 7:00 am upon request. Regular breakfast is at 8:00 am. All crews must vacate Sea Base before 11:00 am. For **Scuba Liveaboard & Reef Trek** crews on your departure day you will return to dock at approximately 9:00AM and depart by 11:00AM.

**Winter/Holiday/Weekend Crews:** *Expect to add 1-2 hours to your travel time due to heavy traffic on the roads.*

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

**Key West International Airport (EYW);** 1.5 - 2.5 hour drive

**Miami International Airport (MIA);** 2 - 3 hour drive

**Ft. Lauderdale International Airport (FLL);** 2.5 - 3.5 hour drive

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

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

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

Sea Base now offers [shuttle services](#) for purchase to and from the Miami (MIA), Ft. Lauderdale (FLL) and Key West (EYW)

- [Ace Tours](#) 888-641-4389
- [Blue Sky Adventures](#) 877-225-8375
- [Padrino Transportation](#) 305-852-1468
- [Keys Shuttle](#) 888-765-9997
- [Florida Keys Express Shuttle](#) 305-743-7454

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

# PREPARATION

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

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



- **Pre/Post Premium-** A discounted hotel stay near either FLL and MIA Airport with free Shuttle service to/from the airport to the hotel. Shuttle to and from these hotels and Florida Keys Sea Base locations is available for purchase on a limited basis. Contact [fsb.camp.sawyer@scouting.org](mailto:fsb.camp.sawyer@scouting.org) for more information.
- **Pre/Post Deluxe-** Deluxe tent camping- Stay in a platform tent facing the ocean featuring air conditioning, electricity and bunk beds with food provided at Camp Jackson Sawyer on Scout Key
- **Pre/Post Traditional-** Stay in traditional dome tents in the shadiest area of the camp with food provided at Camp Jackson Sawyer on Scout Key

**Sea Base Transportation:** Sea Base now offers [shuttle services](#) for purchase to and from the Miami (MIA), Ft. Lauderdale (FLL) and Key West (EYW) Airports. Availability is limited. For more information on these options, please visit our booking site: <https://seabaseha.org/prepost>

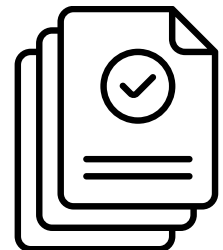


## Check-In Paperwork at a Glance

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

### Uploaded to Camp Doc prior to your adventure

- SCUBA Adventure documents- [LINK](#)
- SCUBA Certification documents- [LINK](#)
- SCUBA Live Aboard documents- [LINK](#)
- SCUBA Advanced Marine Exploration documents- [LINK](#)
- Reef Trek document- [LINK](#)
- Adult Leader Trainings
- SCUBA Certification Cards



### Hard Copies to be shown at Check-In

- [Pre-Event Screening Checklist](#)
- [Scouting America Membership Cards \(For all youth & adult participants\)](#)

**For more info on submitting your documents on Camp Docs please visit [pg. 38](#) of this guide**

# PREPARATION

## 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 Scouting America 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 [Scouting America Swim Test](#), which is required.

### Program Specific Training:

1. Become strong, competent swimmers (monthly swimming sessions are recommended).
2. Snorkel. Practice clearing a mask and snorkel. ([Snorkel Scouting America](#))
3. Complete one or more pool or open water dives
4. Watch NOAA: [Blue Star Video](#)
5. Review FKNMS: [Creature Feature](#)
6. Review FKNMS: [Water Quality](#)
7. Review FKNMS: [Habitats](#)
8. Review FKNMS: [Climate Change](#)
9. Review: [Divers Alert Network Dan's Smart Guide to Safe Diving](#)
10. Review appropriate Adventure Presentation Powerpoints with leaders, participants and parents found on our [Forms & Documents page](#). Under Program Presentations.
11. Adult leaders play an important role in ensuring safety aboard and in the water. Adults must understand [Scouting America Safe Swim Defense and Safety Afloat](#) Guidelines and be prepared to assist in emergency situations.

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

## Scuba Certification Cards

Please review the Scouting America accepted certification agencies on [page 43](#). Sea Base cannot accept "restricted" certification cards or those from agencies not accepted by the Scouting America.

## Diver Responsibility

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





## PROGRAM INFO

---

### PROGRAM OVERVIEW

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

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

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

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

# PROGRAM INFO

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

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

**Food:** Sea Base offers food appropriate for the experience. If a participant has specific diet restrictions, please fill out the [Dietary Notification Form](#) once per participant with food allergies or dietary restrictions. Please note: It may not always be possible to accommodate individual preferences (likes and dislikes) that are not of a medical or religious nature. Contact [fsb.galley@scouting.org](mailto:fsb.galley@scouting.org) for any dietary questions.

**Paperwork:** Every scuba medical must be reviewed prior to arrival. Some individuals with specific medical conditions may take longer than others to be cleared or denied by the Sea Base Medical Director. Participants and Crew Leaders are responsible for completing and submitting all necessary documents in a timely manner. Individuals and crews who submit after the deadline date risk not being cleared to scuba dive. Incomplete forms cannot be accepted. Individuals who do not meet the Scouting America SCUBA Policy Medical Requirements/Restrictions, provide incomplete forms or do not turn in necessary paperwork by the deadline date will be allowed to participate as snorkelers provided they are medically cleared to do so. Deadline for paperwork:

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

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

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

# PROGRAM INFO

## GEAR AND PACKING LIST

**Scuba Gear:** Sea Base provides, fins, regulators, BCD with weight-integrated pockets, weights and tanks. Individuals are welcome to bring their own equipment, other than tanks, for use at Sea Base provided the equipment is inspected and approved by Sea Base staff. Each diver is **required** to bring a mask & snorkel, and a water-resistant watch suitable for scuba diving. *For more information on water-resistant watches, please check the [FAQ's](#).*

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

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

**Snorkeling Gear:** Individuals are **required** to use their own mask & snorkel at Sea Base. Sea Base will provide fins, a snorkel vest and mesh bag. It is however recommended that participants purchase fins and practice using them during any pool sessions scheduled as a part of their Sea Base training plan. Crew members can purchase mask, fins 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**

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

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



# PROGRAM INFO

## SCUBA PROGRAM PACKING LIST

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

### WHAT TO BRING: (PERSONAL ITEMS)

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

### WHAT TO BRING: (CREW ITEMS)

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

### WHAT NOT TO BRING

- Firearms or fireworks
- Fishing gear
- Skateboards or bicycles
- Aerosol sunscreen or insect-repellent
- Personal music players or video games
- Mess kits
- Valuable or unnecessary items
- Spear guns are prohibited
- Dive knives

**We encourage ALL participants to "unplug" during the entirety of their adventure. Phones and all electronic devices are strongly discouraged, especially on the water.**

# SCUBA GUIDE



## SCUBA ADVENTURE

### OVERVIEW

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

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

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

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

# PROGRAM INFO

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

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival)
- [Scouting America Unit Swim Classification Record](#) with each participant listed
- [Scouting America Safe Swim](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safety Afloat](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safeguarding Youth](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Hazardous Weather](#) Certificates for each adult leader and youth over 18 years of age.
- [Wilderness First Aid](#) Certificate or greater certification for at least one adult
- [CPR/AED](#) Certificate for at least one adult
- [Scouting America Annual Health and Medical Records](#) for each participant
- RSTC Diver Medical Participant Questionnaire
- [Scouting America Membership Card](#) for each participant, both youth and adult.
- PADI Diver Activities Release
- Scuba Certification Cards
- Florida Addendum Notice to the Minor Child's Parent or Natural Guardian
- [Pre-Event Medical Screening Checklist](#)

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

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

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

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

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

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

# SCUBA GUIDE



## SCUBA CERTIFICATION

### OVERVIEW

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

**Open Water or Rescue Diver:** When attending our SCUBA Certification program, your entire crew has the option to earn either PADI Open Water certifications, OR, groups who have already earned their Advanced Open Water have the option to earn their PADI Rescue Diver certificates during their SCUBA Certification week. Note: Your entire crew must agree to attend as either an Open Water or Rescue Diver Certification crew.

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

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

# PROGRAM INFO

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

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

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

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival)
- [Scouting America Unit Swim Classification Record](#) with each participant listed
- [Scouting America Safe Swim](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safety Afloat](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safeguarding Youth](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Hazardous Weather](#) Certificates for each adult leader and youth over 18 years of age.
- [Wilderness First Aid](#) Certificate or greater certification for at least one adult
- [CPR/AED](#) Certificate for at least one adult
- Scouting America Membership Card for each participant, both youth and adult.
- Scouting America Annual Health and Medical Records for each participant signed by an **MD or DO only**
- RSTC Diver Medical Participant Questionnaire signed by an **MD or DO only**
- PADI General Training Release
- PADI Standards of Safe Diving
- Florida Addendum Notice to the Minor Child's Parent or Natural Guardian
- [Pre-Event Medical Screening Checklist](#)

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

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

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

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

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

# PROGRAM INFO

## Tentative Schedule

Open Water Scuba Certification Tentative Schedule							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Depart
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
AM		Knowledge Review Section 2 & 3  Issue Equipment Swim Review	Knowledge Review Section 5 Final Exam	Open Water Certification Dives 1, 2 & 3  Scouting America Snorkel  Lunch onboard the boat	Open Water Certification Dive 4  Fun Dives 5 & 6  Lunch onboard the boat	Fun Dives 7 & 8  Lunch onboard the boat	Depart
		Lunch	Lunch				
PM	Check In 1-3 PM  Room Assignment  Knowledge Review Section 1	Confined Water Dives 1 & 2	Confined Water Dives 3, 4 & 5				

Scuba Rescue and Respond Tentative Schedule							
	Day 1	Day 2	Day 3	Boat Day 4	Day 5	Day 6	Depart
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
AM		EFR Primary Skills 1-5 EFR Scenarios 1-2	EFR Primary Skills 1-5 EFR Scenarios 1-2	Rescue Exercise 4 Distressed Diver Underwater	Rescue Exercise 8 Exiting Unresponsive Diver	Rescue Exercise 7 Unresponsive Diver at the Surface  Lunch onboard the Boat  Rescue Scenario 2 Unresponsive Diver	Depart
		Lunch	Lunch	Rescue Exercise 5 Missing Diver Search  Lunch onboard the boat	Rescue Exercise 10 Response from Boat Non-Breathing Diver  Lunch onboard the boat		
PM	Check In 1-3 PM  Room Assignment  Rescue Diver Scuba Review (Include Self Rescue Review)	Rescue Exercises 1-4 Beach Practice Missing Diver (Land Practice)	Rescue Exercises 6-7 Pool Practice Additional Practice to Prep for Boat	Rescue Exercise 6-7 Unresponsive Diver Skills  Scouting America Snorkel	Rescue Scenario 1 Missing Diver		



## SCUBA LIVE ABOARD

### OVERVIEW

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

**Crew Size:** We offer two Scuba Live Aboard adventures. One adventure has a maximum of 12 participants and the other adventure has a maximum of 6 participants. Everything about both adventures is the same except for crew size.

**Length of Adventure:** 5 nights, 6 days including arrival and departure dates. For example, if you arrive on a Monday, your departure day is Saturday..

**Vessel Assignments:** Scuba Live Aboard crews will be assigned to two vessels for the 10 - 12 Program. Most captains will not allow participants to wear shoes aboard. Please do not purchase expensive deck or sailing shoes for your adventure.

# PROGRAM INFO

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

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

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival)
- [Scouting America Unit Swim Classification Record](#) with each participant listed
- [Scouting America Safe Swim](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safety Afloat](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safeguarding Youth](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Hazardous Weather](#) Certificates for each adult leader and youth over 18 years of age.
- [Wilderness First Aid](#) Certificate or greater certification for at least one adult
- [CPR/AED](#) Certificate for at least one adult
- Scouting America Annual Health and Medical Records for each participant
- Vessel Release
- RSTC Diver Medical Participant Questionnaire\_
- Scouting America Membership Card for each participant, both youth and adult.
- PADI Diver Activities Release
- Scuba Certification Cards
- Florida Addendum Notice to the Minor Child's Parent or Natural Guardian
- [Pre-Event Medical Screening Checklist](#)

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

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

**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.

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

**Scuba Live Aboard Tentative Schedule**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
AM	<b>Check In</b> 9:00-10:00 am Issue Equipment Pool Skills Review Swim Review	Open Water Dives	Open Water Dives Scouting America Snorkel	Open Water Dives	Open Water Dives	<b>Departure Day</b> Return to Dock ~9AM Depart Base by 11AM
PM	Provision Vessel Load Vessel Depart Sea Base	Open Water Dives				
	Dinner	Dinner	Dinner	Dinner	Dinner	
Evening		Presentation	Presentation	Night Dive	Presentation	



## SCUBA ADVANCED MARINE EXPLORATION PROGRAM

### OVERVIEW

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

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

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

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

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

# PROGRAM INFO

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

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

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

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

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival)
- [Scouting America Unit Swim Classification Record](#) with each participant listed
- [Scouting America Safe Swim](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safety Afloat](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safeguarding Youth](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Hazardous Weather](#) Certificates for each adult leader and youth over 18 years of age.
- [Wilderness First Aid](#) Certificate or greater certification for at least one adult
- [CPR/AED](#) Certificate for at least one adult
- Scouting America Annual Health and Medical Record
- Scouting America Membership Card for each participant, both youth and adult.
- RSTC Diver Medical Participant Questionnaire\_
- PADI Continuing Education Administrative Document
- Scuba Certification Card (both sides)
- Florida Addendum Notice to the Minor Child's Parent or Natural Guardian
- [Pre-Event Medical Screening Checklist](#)

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

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

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

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

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

# PROGRAM INFO

## Tentative Schedule

### Scuba Advanced Marine Exploration Tentative Schedule

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





## REEF TREK

### OVERVIEW

The Florida Keys are home to the only barrier coral reef in North America. Reef Trek will allow you to explore that reef ecosystem from above and below the waves! Serving both certified SCUBA divers and snorkelers, this trek is perfect for units looking for the best of both our sailing and diving adventures. The first two full days will be spent on a Sea Base Newton Dive Special either scuba diving, if certified, or snorkeling alongside the 6,000 other organisms and sea life in the Florida Keys National Marine Sanctuary! After that, your unit will set sail aboard one of our 40 ft sailing vessels to spend the rest of your week, sailing along as the wind blows (there will be no scuba option available aboard the sailboat). Three nights will be spent in air-conditioned dormitories. Two nights will be spent camping at sea, learning what it takes for overnight sailing aboard with your crew. Scouts who wish to Scuba dive must be at least 13 years old

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

**Length of Adventure:** 5 nights, 6 days including arrival and departure dates. For example, if you arrive on a Sunday, your departure day is Friday.

**Accommodations:** All Reef Trek participants will spend the first three nights in the Sea Base dorms. The remaining nights they will be sleeping on board the sailing vessel. Most participants choose to sleep under the stars instead of below deck. There may not be enough bunks below deck for everyone. It is a good idea to bring a sleeping pad and a light blanket. Do not bring hammocks. Linens are not provided.

# PROGRAM INFO

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

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

- Printed Crew Roster (Crew Roster must be input 90 days prior to arrival)
- [Scouting America Unit Swim Classification Record](#) with each participant listed
- [Scouting America Safe Swim](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safety Afloat](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Safeguarding Youth](#) Certificates for each adult leader and youth over 18 years of age.
- [Scouting America Hazardous Weather](#) Certificates for each adult leader and youth over 18 years of age.
- [Wilderness First Aid](#) Certificate or greater certification for at least one adult
- [CPR/AED](#) Certificate for at least one adult
- Scouting America Annual Health and Medical Records for each participant
- RSTC Diver Medical Participant Questionnaire
- Scouting America Membership Card for each participant, both youth and adult.
- PADI Diver Activities Release
- Scuba Certification Cards
- Florida Addendum Notice to the Minor Child's Parent or Natural Guardian
- [Pre-Event Medical Screening Checklist](#)

**[Use this link for all required Reef Trek documents](#)**

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

## Tentative Schedule

**Reef Trek Adventure Tentative Schedule**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
AM			Open Water Dives 3 & 4			<b>Departure Day</b> Return to Dock ~9AM Depart Base by 11AM
PM	Check In 1-3 PM Room Assignment Issue Equipment Pool Skills Review Swim Review	Open Water Dives 1 & 2 Scouting America Snorkel Lunch onboard the boat	Scouting America Snorkel Lunch onboard the boat	Board Vessel and depart Sea Base for sailing, snorkeling and fishing	Sailing, snorkeling and fishing	
	Dinner	Dinner	Dinner	Dinner	Dinner	
	Orientation					

# PROGRAM INFO

## SEA BASE TRADITIONS AND AWARDS

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

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

**Council Shoulder Patches and Unit Numbers:** Units completing a Sea Base Adventure may affix its unit numbers to the galley walls. Scouting America 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/Camperships:** Every youth deserves the opportunity to accompany their unit to Sea Base regardless of financial position.

Camperships are available to individuals with a demonstrated need. Learn more here: [Forms & Documents Page](#)

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

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

**Triple Crown and Grand Slam Award:** Individuals who attend Sea Base and two other Scouting America National High Adventure Bases are eligible for the Triple Crown Award. Individuals who attend all four Scouting America 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).



**SCENES Ambassador Award:** Founded in 2022 at Sea Base, Scouting America; Scouting for Clean Waterways is a nationwide Scouting effort to inspire Scouts to reduce personal consumption of disposable plastics, properly dispose of trash, recycle, and actively participate in cleaning waterways in their local communities. Joining Sea Base in 2024; Philmont Scout Ranch, Northern Tier, and Summit Bechtel Reserve, encourages every Scout to participate in environmental education while onsite and then return to their communities, share the harmful effects of waterway debris, and then schedule and participate in a waterway clean up using the NOAA Marine Debris Tracker. Any Scout attending a National High Adventure Base can earn the World Organization of Scouting Movement (WOSM) NHAB SCENES Ambassador Award. Learn more here: [S.C.E.N.E.S Ambassador Award Requirements & NHAB SCENES Ambassador Award Online Form](#). Patches are available for purchase at the [Sea Base Ship Store](#).



**Duty to God Award:** 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 [Sea Base Ship Store](#). Learn more here: [Duty to God](#)



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



**SCUBA Award:** Available to both SCUBA Certification & Advanced Marine programs participants will be able to earn the SCUBA Award with the help of their instructor. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Snorkeling Award](#)



# PROGRAM INFO

**Captain's Club:** Available to both Scuba Live Aboard & Reef Trek Participants. limited number of Florida Sea Base participants will have the opportunity to earn the Captain's Club Award. Patches are available for purchase at the [Sea Base Ship Store](#). Learn more here: [Captain's Club Award](#).



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

**Conch Luau:** For SCUBA Adventure, SCUBA Advanced Marine, SCUBA Certification & . This is a special dinner festival complete with fun, music and games. Dress for the Conch Luau should be Florida Keys or Hawaiian style. Floral shirts are available for purchase on site at the [Ship Store](#).

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

---

## SCUBA MEDICAL UPLOAD INFORMATION

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

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

**Submission Steps:** Sea Base screens thousands of scuba participant medicals each year. To help expedite the process of submitting and reviewing scuba medical documents, Sea Base will provide the unit leader with a link of all necessary documents to the Crew Leader to provide to each Participant.

This year we are using CampDoc for our Medical documents collection system. Your Crew Leader will supply CampDoc with the names and information needed to set up your CampDoc profile. You will then be able to complete and upload the forms on the CampDoc system. Some forms are completed on the system and some need to be uploaded. The Scouting America Medical Part C and the RSTC Diver Medical Questionnaire page 3 will need to be completed by the physician and uploaded to the system.

**Documents uploaded after the deadline, see above deadlines, may affect your crew's ability to participate in their full adventure.**

# PROGRAM INFO

## Sea Base Scuba Program Frequently Asked Questions

**Are scholarships/camperships available?** YES! Camperships are available to those with a demonstrated financial need. Sea Base has limited campership funds; complete and forward all applications in a timely manner. Campership Forms can be found at [Forms & Documents Page](#).

**Who can be awarded a Sea Base Campership?** Any youth or adult with a demonstrated financial need.

**I have a youth who will turn 18 years of age prior to arrival at Sea Base. Will the youth count against our youth to adult ratio?** No. Participants may be considered as youth or adults until their 21st birthday as they are eligible to register in Exploring or Venturing as youth participants. They must complete Safeguarding Youth Training.

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

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

**Must participants register with Scouting America to participate?** Yes. Without exception, every person, both youth and adult in a Sea Base program must be registered with Scouting America. Every participant, both youth and adult must present their Scouting America Membership Card upon arrival at Sea Base. Any person without a membership card will not be permitted to participate in the adventure nor can they remain on base. Those attempting to register with Scouting America upon arrival will not be cleared to participate. **Sea Base will not accept rosters in place of individual cards.** Sea Base will accept either a hard copy, a photocopy, or an electronic copy of membership cards. Every participant over 18 years of age must complete [Safeguarding Youth](#), [Scouting America's Safe Swim, Safety Afloat](#), and [Weather Hazards](#) trainings.

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

**Can we attend Sea Base as a coed crew?** Sea Base welcomes all registered units to attend. Units with both male and female participants must have at least one registered and trained adult female over the age of 21 and must adhere to [Scouting America Safeguarding Youth Policies](#).

**What if I am not a strong swimmer?** Every participant, youth and adult, must complete Scouting America Swim Test as a Swimmer within a year of the start of their adventure. The Scouting America Swim Test should be documented on the Unit Swim Classification Record and submitted during check in.

Participants who arrive onsite without having passed the Swim Test as a "swimmer" will be sent home at their own expense. No refund will be given.

**May I use a work or sports physical instead of a [Scouting America Annual Health and Medical Record](#)?** No. You will not be allowed to participate in Sea Base programs unless you use the [Scouting America Annual Health and Medical Record](#).

**What if my doctor has not or will not sign [PART C of the Scouting America Annual Health and Medical Record](#)?** You will not be permitted to participate.

**What if I arrive at Sea Base without a completed [Scouting America Annual Health and Medical Record](#)?** You will not be allowed to participate.

**What if I arrive at Sea Base and exceed 295lbs.?** You will not be allowed to participate. Those weighing 295lbs or greater will be sent home at their own expense. No refund will be given.

# PROGRAM INFO

## **Can I bring my CPAP Machine on my Adventure?**

Participants with a CPAP machine may participate at Sea Base if they have been medically cleared for participation. CPAP users must understand that they are responsible to provide battery support for their CPAP and may not have access to electricity if participating in a Scuba Live Aboard Adventure.

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

**Can my crew arrive early or stay an extra day at Sea Base or aboard a vessel?** No. Due to the growth and popularity of our programs, we are not able to offer early arrival or late departures days. **Please see page 15 in this guide for crew camping options at Camp Jackson Sawyer before or after your adventure.**

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

**When is hurricane season?** June 1<sup>st</sup> through November 30<sup>th</sup>.

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

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

**What time should my crew check in?** Sea Base Crews should check in no earlier than 1:00 pm and no later than 3:00 pm. For Scuba Live Aboard check in time is between 9:00-10:00 am

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

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

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

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

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

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

# PROGRAM INFO

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

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

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

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

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

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

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

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

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

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

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

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

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

## APPENDIX

### OVERVIEW

The following documents are meant to serve as support in understanding Scouting America SCUBA Policies set by the national office.

### SCOUTING AMERICA SCUBA DIVING POLICY

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

#### Training and Supervision

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

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

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

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

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

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

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

#### Age-Appropriate Restrictions

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

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

# SCUBA GUIDE

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

Standards of the recognized scuba agencies require students for open-water certification programs to be at least 15 years of age but allow special certification programs for younger students. Since all instruction for Scouting America scuba programs must be conducted by professionals certified by a recognized agency, additional agency-specific, age-related restrictions and protocols apply to students under 15 years of age.

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

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

## Recognized Agencies

Recognized agencies are:

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

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

# SCUBA QUICK REFERENCE

## PROGRAMS IN THIS GUIDE:

Program	Max Crew Size	# of Days	Check-In Time	Check Out Time
Scuba Adventure (SA)	8	7 days - 6 nights	1 PM-3PM	Before 11:00 AM
SCUBA Certification (SC)	8	7 days - 6 nights	1 PM-3PM	Before 11:00 AM
Scuba Advanced Marine (SM)	12	7 days - 6 nights	1 PM-3PM	Before 11:00 AM
Scuba Liveabaord (SL & LA)	LA- 6 SL- 12	6 days- 5 nights	9AM-10AM	Before 11:00 AM
Reef Trek (RT)	8	6 days- 5 nights	1 PM-3PM	Before 11:00 AM

## CHECK IN LOCATION & TRAVEL:

**Check in Location:** Sea Base, 73800 Overseas Hwy, Islamorada, FL 33036

**Air Travel:** Crews must fly into MIA, FLL, or EYW. [Learn more here.](#)

**Ground Transport:** Crews can either find a shuttle service or bring their personal vehicles. If bringing personal vehicles please consolidate passengers and gear. [Learn more here.](#)

## ON SITE CONTACT

**Joe Angelo, Scuba Director**

**Phone:** 305-664-5625

**Email:** Joe.Angelo@Scouting.org

You will be contacted by a Sea Base Staff Member the day of your arrival to confirm your crews ETA

2026 Reservation  
Info Page

Sea Base  
Pre & Post

Sea Base  
Ship Store

Eligibility

# Delivering Ocean Adventures that Make a Lifetime Difference



## CONTACT

Phone: 305-664-4173

Fax: 305-664-2039

Email: [SeaBase.Events@Scouting.org](mailto:SeaBase.Events@Scouting.org)

Address: 73800 Overseas Highway, Islamorada, FL 33036

## Stay Connected



@SeaBaseHA