

# 2018

## Sea Base Sailing Participant Manual





# Boy Scouts of America

## Mission Statement

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

## Sea Base Blessing

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



## National High Adventure Sea Base

### Mission Statement

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

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

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





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# Florida Keys, United States of America

Home to the Florida Keys National Marine Sanctuary and Earth's third largest coral barrier reef, the Florida Keys stretch from Key Biscayne, past the Dry Tortugas to the Marquesas Keys.

A unique ecosystem of mangroves, sea grasses and coral support more than 6,000 marine species.

The original human inhabitants of the Keys were the Native Calusa. Known for their prowess as seafarers, it is possible that the Calusa were the first North Americans to establish trade with Cuba.

Ponce De Leon became the first European to discover the Florida Keys in 1513 which he claimed along with all of Florida for the Spanish Monarchy. Following discovery; the Keys became home to pirates, privateers, wreckers and eclectic individuals seeking to make their mark.

Today, the Florida Keys remain unique. Though only a few miles away from Miami, the islands

remain unto themselves. Replacing pirates of old; treasure hunters, conservationists, marine biologists, boat captains and scuba divers continue to seek adventure through exploration.

It is cloaked in this history and special marine environment, the most diverse in the United States, that one finds the Florida National High Adventure Sea Base. Trade winds blow slightly each afternoon carrying the whispers of the Calusa and Ponce De Leon beckoning, Set Sail! Are you ready for adventure?

Florida Sailing programs are administered from Florida Sea Base in Islamorada. Sailing Programs include Coral Reef Sailing, Sea Exploring and STEM Eco Adventure.

**Physical Address** [Florida Sea Base 73800 Overseas Highway, Islamorada, Florida 33036](#)

**Phone** 305-664-4173 **Fax** 305-664-2039 **Mailing** P.O. Box 1906, Islamorada, FL 33036

**Do not mail packages or letters to participants**

rented and borrowed equipment in South Florida and the Bahamas. In consecutive summers, seventy to eighty individuals were certified in scuba diving and in 1977 the program was extended to include sailing aboard chartered vessels.

## Florida Gateway to High Adventure becomes Florida National High Adventure Sea Base

Given significant growth 1974-1978, it became evident that a permanent site was needed to facilitate Florida Gateway to High Adventure programs. With a legacy gift by the Fleishman Foundation in 1979, Toll Gate Inn and Marina on Lower Matecumbe Key was secured, its buildings renovated and dormitories built. Florida National High Adventure Sea Base was born. In 1982, Homer Formby donated Big Munson Island launching the Sea Base Out Island program.

**Bahamas Sea Base** officially began as a Florida National High Adventure Sea Base program in 1990.

**Florida Sea Base Conference and Training Center** opened in 1995 in the newly constructed Adams Building gifted in honor of BSA volunteer William L. Adams. Glenn Adams continues his father's legacy as a member of the Sea Base Committee.

**Brinton Environmental Center** opened in 2001 with funding donated from the Brinton Trust, in honor of J. Porter Brinton.

**St. Thomas Sea Base**, under the direction of General Manager Captain Paul Beal and Program Directors Captain Mike and Kelly Lucivero, began operation in 2014.

## Sea Base History and Overview

### Florida Gateway to High Adventure

In 1974 a collection of Boy Scout volunteers from Miami and Atlanta along with South Florida Council District Executive Sam Wampler began offering ocean based aquatic programs via

### SEA BASE TALENT AND PHOTO RELEASE

All BSA Sea Base participants, parents and legal guardians of participants are informed that photographs, film, video, electronic representations and/or sound recordings may be made and/or captured during their Sea Base Adventure. These images, recordings may be used for training and promotion purposes for Sea Base.

Each Sea Base participant and parent, and legal guardian of participant, by completing the required Annual Health and Medical Record "Part A: Informed Consent, Release Agreement, and Authorization," will fulfill the necessary Talent Release requirements for Sea Base BSA. For complete statement refer to BSA Annual Health and Medical Record.

### Social Media

Posts tagging Sea Base or made by units or individuals to Sea Base Social Media Channels; Twitter, Facebook, Instagram, YouTube may be shared, as is standard, to other Sea Base and BSA Social Media Channels. Photos and posts may also be used in Sea Base and BSA Marketing print..



# Eligibility Requirements

## Eligibility Requirements at a Glance

Registered member of the BSA	13 years of age or older	Completed BSA Swim Test in a Strong Manner	Completed BSA Health & Medical Record	Weights less than 295 lbs.
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In accordance with BSA Policy, all rules for participation are the same for everyone without regard to race, color, national origin, age, sex, sexual orientation, or special needs.

Due to the nature of Sea Base programs and locations, all Sea Base Eligibility Requirements are mandatory. Please do not expect or request exceptions. Units should prescreen all youth and adult participants well in advance of their Sea Base Adventure as it is the Unit's responsibility to ensure compliance to Sea Base Eligibility Requirements.

**Individuals who do not meet Sea Base Eligibility Requirements will not be permitted to participate in a Sea Base Adventure.**

**Anyone arriving at Sea Base who does not meet the listed criteria will be sent home and will not be issued a refund.**



**Registered:** All participants must be registered members of the Boy Scouts of America or Learning for Life Incorporated.

**Minimum Age Requirement:** Sea Base participants must be at least 13 years as evidenced by their BSA Annual Health and Medical Record.

**BSA Swim Test:** All Sea Base participants must complete a BSA Swim Test in a strong manner prior to arrival. Every Sea Base crew must provide a completed Unit Swim Classification Record upon arrival. The form can be found at [www.bsaseabase.org/resources/forms.aspx](http://www.bsaseabase.org/resources/forms.aspx). At check-in, participants will also be required to complete a Sea Base Swim Review. Individuals who do not complete the BSA Swim Test and/or cannot complete the FSB Swim Review upon arrival will vacate their adventure and be sent home at their own expense. No refund will be provided.

**Annual Health and Medical Records:** Sea Base participants must be in good health. All participants must provide a current and complete BSA Annual Health and Medical Record signed by a physician. BSA Annual Health and Medical Records are good for 12 months from the end of the month in which they were completed. The form can be found on the Sea Base website [www.bsaseabase.org/resources/forms](http://www.bsaseabase.org/resources/forms). No other form will be accepted. Out of date forms will not be accepted.

**Weight Requirements:** Weight limit guidelines (see Part C of the BSA Health and Medical Record) are used because individuals outside of these guidelines are at a greater risk for heart disease, stroke, injury and death. These guidelines are for all Scouting high adventure activities.

Participants who exceed the weight limit of 295 lbs., as evidenced by their BSA Health and Medical Record, will not be allowed to participate in a Sea Base Adventure and will be sent home at their own expense.



## Adult Leadership

### Adult Leadership Requirements at a Glance

Registered member of the BSA	Completed BSA Swim Test in a Strong Manner	Completed BSA Health & Medical Record	Weighs less than 295 lbs.	Proper adult supervision
BSA Youth Protection Training	BSA Safe Swim, Safety Afloat Training	BSA Weather Hazards Training	CPR Minimum of 1 per Crew	Wilderness First Aid Minimum of 1 per Crew

**Proper Adult Supervision** Units must have two adult leaders per Sea Base Crew; Troops/Teams must have one adult leader over 21 and another over 18. Venture Crews/Posts/Ships/Labs must have two adult leaders over 21. Troops, Teams, Crews, Posts, Ships, Labs with either male and female participants or leaders must have male and female leadership over the age of 21.

**Adult Leader BSA Training** Every adult participant must be registered with the BSA and complete Boy Scout or Venturing Youth Protection Training, BSA Safe Swim Defense

and BSA Safety Afloat, and BSA Weather Hazards. Each crew must provide copies of leader training requirements upon arrival.

**Adult Leader Medical Training** It is required that one adult leader in each crew completes Wilderness First Aid (WFA) & CPR from an agency approved by the American Camping Association or hold a higher professional certification such as MD, EMT, RN, LPN or WFR. Multiple crews require multiple trained leaders. It is highly recommended that every adult leader in each crew completes WFA and CPR.

**Special Note:**  
If your crew have either co-ed leadership or co-ed youth you must have both male and female leadership over the age of 21.

## Risk Advisory and Sea Base Specific Unit Health and Safety Plan

Sea Base has an outstanding health and safety record. This is in part because crew leaders understand that Sea Base programs are remote and arrive prepared- trained to assume leadership responsibilities in emergency situations. Sea Base parents, guardians, adult leaders and participants are advised that Sea Base Adventures, including travel to and from Sea Base, can involve exposure to accidents, illness and injury associated with a physically demanding high adventure program conducted in a sometimes-hostile aquatic environment. Participants may be confronted with severe weather conditions including extreme heat and humidity, tropical force storms and intense tropical sun. In addition to weather; the Florida Keys, Bahamas and USVI are home to sea creatures such as rays, jellyfish, sea urchins, coral, barracuda and sharks that pose a limited risk.

### To Limit Risk and Possibility of Harm Sea Base Requires:

**Medication** Prospective participants who are prescribed medication, for any purpose, should continue use as prescribed while at Sea Base. Participants should not discontinue use of medication prior to arriving or while at Sea Base unless directed by his/her treating physician

**Cardiac-Cardiovascular Disease** Prospective participants who have

experienced any of the following conditions, relating to Cardiac-Cardiovascular Disease are to undergo a thorough evaluation by their treating physician and be medically cleared for high adventure before participation at Sea Base:

- 1) Angina; Chest pain caused by coronary artery or congenital heart disease.
- 2) Myocardial Infarction, Heart Attack.
- 3) Heart Surgery including angioplasty to treat coronary artery disease.
- 4) Stroke or Transient Ischemic attacks.
- 5) Claudication
- 6) Family history of heart disease in individuals under 50.
- 7) Weight in excess of recommended guidelines.

**Hypertension** Prospective participants who are hypertensive; blood pressure greater than 140/90 should be treated and lower blood pressure to 140/90 prior to arrival at Sea Base. If medications are taken they must be continued while at Sea Base as prescribed.

**Diabetes** Prospective participants with diabetes may participate in Sea Base Adventures if:

1) They have been medically cleared by their physician.

2) When taking insulin; they can give a self-injection.

3) They are experienced to self-monitor, manage diabetes in remote, physically challenging environments. Sea Base should not be the first adventure for an individual with diabetes or for an individual with newly-diagnosed diabetes.

4) They can adequately recognize hyperglycemia or hypoglycemia and can begin the appropriate initial response for these conditions.

5) At least one other crew member can adequately recognize hyperglycemia or hypoglycemia and can begin the appropriate initial response for these conditions.

6) They are not frequently hospitalized for diabetic ketoacidosis.

### Epilepsy

Prospective participants with a seizure disorder or Epilepsy may participate in Sea Base Adventures if:

1) They have been medically cleared by their physician.

2) Seizures are controlled with medication.

3) They have been seizure-free for one year.

**Asthma** Prospective participants

with Asthma may participate in Sea Base Adventures if:

1) They have been medically cleared by their physician.

2) They have not required frequent hospitalizations for asthma in the previous 5 years. 3) They are experienced to self-monitor, manage asthma in remote physically challenging environments.

4) Asthma is controlled to normal-essentially normal lung function with the use of oral or aerosol bronchodilators and does not require the use of a nebulizer.

5) Exercise-induced asthma can be controlled with bronchodilator premedication and do not require systemic corticosteroid therapy.

6) They bring sufficient medication for the entire adventure; all persons having been treated for asthma in the previous 5 years must carry a full size prescribed inhaler for the length of the adventure.

### Mobility Limiting Diseases

Prospective participants with mobility limiting diseases including arthritis may participate at Sea Base if:

1) They have been medically cleared by their physician.

2) Can pull themselves out of the water using a ladder.

3) At least one member of the crew understands the individuals' limitations and is available to assist.



**Sleep Apnea** Prospective participants with sleep apnea may participate at Sea Base if:

1) They have been medically cleared by their physician.

2) They understand that they are responsible to provide battery support for their CPAP and may not have access to electricity if participating in Bahamas Sea Base, Coral Reef Sailing, STEM Eco Sailing, Out Island, Scuba Live Aboard, Sea Base St. Thomas, or Sea Exploring Adventures.

### Excessive Body Weight

Prospective participants with excessive body weight may participate in a Sea Base Adventure if:

1) They have been cleared by their physician.

2) They fall within the minimum-maximum BSA Height to Weight Guidelines.

3) They weigh less than 295 pounds.

**Hydration** The number-one reported health concern at Sea Base is dehydration. Severe dehydration can lead to significant illness, and in extreme cases, death. Crews should establish and utilize a clear hydration policy and ensure that each crew member has or purchases a Nalgene® -style bottle with carabineer that can be fixed, clipped to the vessel. **Sailing crews should NOT bring metal or aluminum water bottles. Metal bottles clang against the side of the vessel making it difficult to sleep.** Sea Base branded Nalgene's® and carabineers are available at [www.fsbshipstore.com](http://www.fsbshipstore.com).

### Sunscreen and Coverage

Overexposure to the sun can cause burns, blisters, and illness leading to discomfort and, in some cases, suspension or cancellation of crew adventures. Medical professionals strongly recommend that individuals



taking part in activities like those at Sea Base utilize sun coverage in addition to sunscreen. Every Sea Base participant should have and wear:

- 1) A long and short sleeved UPF 30 or greater shirt. Available via the [Ship Store](#) online.
- 2) Wide brimmed hat and polarized sunglasses. Available via the [Ship Store](#) online.
- 3) SPF 35 or greater biodegradable sunscreen (suntan lotion, aerosol and spray sunscreens are prohibited)

#### Ear Care

After snorkeling, diving or swimming participants should dry their ears to limit the possibility of swimmer's ear. This can be done by tilting one's head to the side and pulling on the earlobe until confined water is released.

**Motion Sickness** Due to the nature of ocean based adventures, it is inevitable that some crew members will get seasick. Vessels do not return to Sea Base because of sea sickness. Participants should speak with their physicians regarding the use of sea sickness medication. The only medication permitted for

use in Sea Base Scuba programs is Bonine®.

**Cleanliness** Participants should properly wash hands whenever possible and always after using the restroom, prior to cooking, prior to putting hands in mouth. Showers are available at each Sea Base facility and rented marina. Please shower.

**Training** Sea Base Adventures take place in remote settings. Each crew is responsible to provide trained leadership capable of dealing with medical emergencies until emergency medical (EMS) personnel arrive. At least one adult crew leader must complete Wilderness First Aid and CPR. It is strongly recommended that every adult leader completes Wilderness First Aid and CPR and that every youth completes Wilderness First Aid or Basic First Aid and CPR.

#### Sea Base Specific First Aid Kit

Along with WFA and CPR trained adult leadership, each crew must provide a Sea Base specific First Aid Kit. A Sea Base specific first aid kit is comprised of a standard first aid kit as well as:

- 1) SPF 35 or greater biodegradable, reef safe sunscreen. Available in the [Ship Store](#) onsite and online.

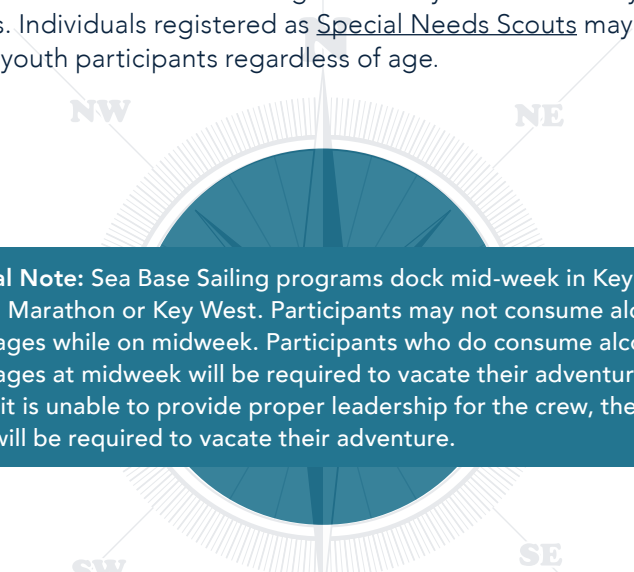
- 2) Vinegar, small plastic bottle
- 3) Sea Sickness Medication- Bonine®. Available in the [Ship Store](#).
- 4) SPF 35 or greater lip balm. Available in the [Ship Store](#).
- 5) Non- aerosol, non- spray insect repellent. Available in the [Ship Store](#).
- 6) Swimmers Ear Drops. Available in the [Ship Store](#).
- 7) Benadryl® Available in the [Ship Store](#).

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

## Sea Base Policies

**All participants and crews must adhere to Sea Base Eligibility Requirements and provide necessary paperwork including:** Sea Base Crew Roster, complete [BSA Annual Health and Medical Record](#) signed by physician for each participant, [Unit Swim Classification Record](#), [Wilderness First Aid \(WFA\) & CPR](#) cards for one leader per crew, BSA Youth Protection, BSA Weather Hazards, Safe Swim and Safety Afloat Training Certificates for every adult leader.

**Adult to Youth Ratios** Sea Base Crews must have more youth than adult participants. Individuals under the age of 21 may be counted as youth participants. Individuals registered as [Special Needs Scouts](#) may be counted as youth participants regardless of age.



**Special Note:** Sea Base Sailing programs dock mid-week in Key Largo, Marathon or Key West. Participants may not consume alcoholic beverages while on midweek. Participants who do consume alcoholic beverages at midweek will be required to vacate their adventure. If the unit is unable to provide proper leadership for the crew, the entire crew will be required to vacate their adventure.



**Payment Schedule** All Sea Base Crews must adhere to Sea Base payment schedule including; \$100 per person deposit within 30 days of booking, Spring Crew ½ payment by September 1 of current year, Summer Crew ½ payment by October 1 of current year, 90 days prior to arrival final payments are due.

**Onsite Requirement** Once checked in, Sea Base crews are required to remain onsite. Crews or individuals who violate this policy vacate their Sea Base Adventure. *Exceptions are made for religious or medical reasons only.*

**Parking** Sea Base has limited parking. Crews choosing to rent vehicles should consider a one day rental on the front side of their adventure and a single day rental on the back side of their adventure. Sea Base in Islamorada provides daily transport to Marathon Airport to secure or drop off rental vehicles. Please be prepared to pick up your rental the day before departure.

**Alcoholic Beverages or Illegal Substances** There is no place in the Boy Scouts of America 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 for the crew, the entire crew will be required to vacate their adventure.

**Smoking/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. Coarse language is prohibited.

**Bullying, Hazing, Fighting, Play Fighting, Wrestling** is strictly prohibited.



**Sexual Contact** of any nature including public display of affection is prohibited at Sea Base.

**Age Restrictions & Showers** For showering purposes, anyone 18 years of age and older is considered an adult. Adult males may only shower in adult male showers, youth males may only shower in youth male showers. Adult females may only shower in adult female showers, youth females may only shower in youth female showers. Non-gender specific restrooms are available next to the galley.

**Dormitories (including common areas)** Males may not enter female dormitories and females may not enter male dormitories.

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

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

**Footwear** is required for all participants while onshore. Most crews opt for flip flops or sandals

**Conservation** Sea Base participants must not touch or harm wildlife including coral. Sea Base participants must not take or collect rocks, shells, or marine species.

**Cleanliness** Dorms, Base, Galley and Vessels are expected to be maintained by participants.

**Disposal of Trash** Litter becomes marine debris and negatively impacts the Florida Keys National Marine Sanctuary, Everglades National Park, USVI Coral Reef National Monument, Sea of Abaco and our ocean. Crews must ensure that all recycling and garbage is secured and placed in the correct receptacle.

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

**Open Scuba** Only individuals participating in Scuba Certification, Scuba Adventure and Live Aboard may scuba dive at Sea Base.

**Uniform** All participants at all locations are expected to arrive in either field or activity uniforms.

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

**Lost, Stolen or Damaged Items** Sea Base is not responsible for lost, stolen, or damaged items.

**Intentional Damage to Sea Base Contracted Facilities, Vessels or settlements** Units will be held liable for intentional damages caused by participants.

## Sea Base Traditions & Awards

**Conservation** Take only memories, leave only bubbles. Sea Base Adventures are conducted in ecologically sensitive environments. Participants must not touch or harm wildlife including coral. Participants must not take coral, artifacts, or shells from the Florida Keys National Marine Sanctuary. Participants must properly dispose of and when possible recycle all trash and refuse.

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

**Council Shoulder Patches and Unit Numbers** Units completing a Sea Base Adventure may affix or have its unit numbers affixed to the galley walls at Sea Base. BSA unit numbers are available for purchase in the Ship Store.

**Sea Base Custom Crew Gear** Every Sea Base participant should arrive with a long sleeved UPF 30 or greater shirt and wide brimmed hat. Sea Base provides the opportunity for units to order customized, official apparel at [www.fsbshipstore.com](http://www.fsbshipstore.com). Orders should be placed at least 6 weeks prior to your arrival to ensure adequate shipping time.

**Conch Luau** On the last night of your Sea Base Adventure your crew will participate in a Conch Luau. This is a special dinner festival complete with fun and games. Dress for the Conch Luau should be Keys or Hawaiian style. Floral shirts are available for purchase onsite at the Ship Store.

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

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

**Project SCENE** Florida Sea Base became the first Scouting facility in the United States to be designated as a Scout Center for Excellence

of Nature and Environment (SCENE). Through participation in environmental programs like exotic plant eradication, potential and actual marine debris removal, fish ID and counts Sea Base crews can earn a Project SCENE Award. Awards are available for purchase at the Ship Store online.

**Captains Club** Sea Base Crews participating in any sailing program will have the opportunity to earn Sea Base Captains Club Awards. To earn this award units must: properly prepare for the adventure, elect a seasoned Youth Crew Leader, assume all vessel responsibilities, utilize proper sailing techniques, become proficient snorkelers and adhere to the Scout Oath and Law. Awards are available for purchase at the Ship Store.



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

encountered at Sea Base. Awards are available for purchase at the Ship Store.

**BSA Snorkeling Award:** Every Sea Base participant should arrive at BSA Sea Base having already become a proficient snorkeler. Upon arrival, each participant will complete the BSA Snorkel Award. Awards are available for purchase at the Ship Store.

**Stand Up Paddle Boarding BSA Award** A limited number of Florida Sea Base participants will have the opportunity to earn the Stand-Up Paddleboard Award. Awards are available for purchase at the Ship Store.

**Kayaking BSA Award** A limited number of Florida Sea Base participants will have the opportunity to earn the Kayaking Award. Awards are available for purchase at the Ship Store.

## Sea Base Payment Schedule, Cancellation Policy, Refund Policy

Each crew is responsible to meet all financial obligations within the allotted timeframe. Failure to provide on time payment will result in cancellation. Deposits are nonrefundable. Fees are nonrefundable unless Sea Base can rebook the cancelled crew. All cancelled crews are subject to a \$100 processing fee.

**Payment Schedule** Crews are responsible to know, understand and adhere to this payment schedule.

- \$100 deposit per individual is due within 3 weeks of reservation. Minimum crew sizes apply.
- Spring Crew First ½ Payment is due on or before September 1.
- Summer Crew First ½ Payment is due on or before October 1.

- Final Payment for all crews are due 90 prior to arrival.

**Cancellation Policy** Please notify Sea Base immediately if your crew intends to cancel. Early notification may enable Sea Base to rebook your cancelled adventure and provide a partial refund.

- \$100 deposit per individual is not refundable.
- \$100 deposit is transferable within a crew during the same calendar year. These funds may not be applied to any other crew.
- Crews cancelling between deposit and first ½ payment will forfeit deposit.
- Crews cancelling after first ½ payment will forfeit 100% of funds paid.



- Crews cancelling after final payment will forfeit 100% offunds paid.

- If the cancelled crew is rebooked; Sea Base will provide a full refund of fees paid minus \$100.

**Hurricane** If any Sea Base facility is under evacuation orders, generally given 24–36 hours prior to potential landfall, programs are cancelled. Sea Base refunds program fees for missed program dates only. Travel insurance is highly recommended to cover the cost of travel expenses.



## Sea Base Travel and Preparation Plan

Participation at Sea Base requires significant paperwork. It is essential that your crew compiles all necessary documents required by Sea Base and necessary travel information in an easy to use and understand format. Sea Base Crew Number, Participant Emergency Contacts, Travel Information, 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, spouses should keep a copy of the BSA Annual Health and Medical Record for each participant.

**Travel** Each crew is responsible to plan, secure, and finance travel to Sea Base. Travel Insurance is strongly recommended. The Unit Chartering Organization, Unit

**Inclement Weather** Participant safety is paramount. Occasionally inclement tropical weather forces Sea Base to delay or cancel activities. Attempts will be made to reschedule activities whenever possible. Refunds will not be issued for program activities cancelled due to inclement weather.

**Scholarships** Every youth and adult deserves the opportunity to accompany their unit to Sea Base regardless of financial position. Scholarships are available to individuals with a demonstrated need. [www.bsaseabase.org/resources/forms](http://www.bsaseabase.org/resources/forms)

Committee, parents of participants, and participants should all be made aware of travel plans.



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

**Departure** Sea Base Crews may depart as early as travel dictates. Early breakfast is served at 7:00 am and regular breakfast at 8:00 am. All crews must vacate Sea Base before 11:00 am.



**Airports** Florida Sea Base Crews can choose from multiple S. Florida Airports.

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

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

Avis Rental Car 1-800-230-4898,  
Budget Rental Car 1-800-218-7992,  
Enterprise Rental Car 1-800-261-7331

**Shuttle Service** Several agencies provide travel to and from the Florida Keys. Sea Base Crews are responsible to research tour providers and choose those that best suit crew needs. When booking, it is extremely important to demand that your unit arrive at Sea Base between 1:00 pm and 3:00 pm. Units arriving late may have their Sea Base Adventure delayed up to 24 hours. Below is a list of service providers.

- Ace Tours 1-888-641-4389
- Blue Sky Adventures 1-877-225-8375

## Physical Training Plan

Sea Base Adventures are aquatics based and require participants to be fit, competent swimmers. It is recommended that your unit, in consultation with physicians and local council BSA Aquatics Director or a qualified aquatic professional, develops a crew training regimen. This regimen should include

- Emerald Transport Service 1-305-852-1468
- Keys Shuttle 1-888-765-9997
- Florida Keys Express Shuttle 1-305-743-7454
- Southern Bus Line 1-888-352-2873
- Spring's Island Taxi, local only 1-305-664-4331
- Davis Tours 1-954-472-2858

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

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

frequent pool training sessions, basic snorkeling instruction and the [BSA Swim Test](#) - which is required.

**Sailing Program Specific Training** Crews participating in Sea Base Sailing programs should:

- 1) Become strong competent swimmers

- 2) Snorkel. Practice clearing a mask and snorkel.
- 3) Review [Sea Base Guide to High Adventure Sailing](#) and become acquainted with terms, techniques, marine heads and knots.
- 4) Seek local sailing instruction.
- 5) Become proficient with nautical map and compass navigation.
- 6) Seek local instruction regarding the use of VHF marine radios, safety

- flairs, man-overboard procedures and drill potential emergency situations.
- 7) Adult leaders play an important role in ensuring safety aboard and in the water. Adults must understand [BSA Safe Swim](#) and [Safety Afloat Guidelines](#) and be prepared to assist in emergency situations.
- 8) Watch: [A Reef Etiquette Video](#) produced by NOAA.

## Program Overview

Epic Adventures begin with planning and preparation. Upon arrival (1:00-3:00pm), each crew will have its paperwork reviewed, complete a gear shakedown and then complete a Sea Base Swim Review. Any participant, youth or adult, who do not meet the height and weight requirement or cannot pass the BSA Swim Test and/or Sea Base Swim Review for safety purposes will be

required to forfeit their adventure. Please vet your crew to ensure that no one is disappointed.

In addition to paperwork and swim review; crews will also have a photo taken (available for purchase in the Ship Store), complete a gear shakedown, check out snorkel gear, complete BSA Snorkel, and eat dinner onsite.

Check In Paperwork at a Glance				
Completed Roster	Adult Training Documents	BSA Unit Swim Classification Record	Completed BSA Health & Medical Record	Must weigh less than 295 pounds

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

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

**Crew Leaders** Sea Base Adventures should be youth led. Please elect a

seasoned youth crew leader prior to arrival. The crew leader will work hand-in-hand with the captain to ensure that all duties are assigned and completed.

**Working Vessels** Sailing adventure boats are working vessels. Youth and adult participants will cook, clean, hoist sails and more. Please be prepared, youth and adult, to assume tasks and responsibilities given to you by your crew leader and captain.

**Anchor Watch** Every member of your crew will have the opportunity to take part in anchor watch. Your unit's safety depends on you being awake and alert.

**Arrival** Crews must check in between 1:00pm and 3:00pm. Crews arriving after 3:00 pm will be unable to complete necessary pre-adventure training and will force their adventure to be delayed up to 24 hours. Units and/or individuals who desire to purchase a crew photo should do so either prior to arrival or upon arrival at Sea Base so that they may be picked up prior to departure.

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

facilities, and participate in Conch Luau.

**Departure** Crews may check out and depart at any time on the final day of their adventure before 11:00am. Continental early breakfast will be served at 7:00am and regular hot breakfast will be served 8:00am. Prior to departure each crew will be responsible to clean their dormitory.

**Onboard Sleeping Arrangements** Due to heat, humidity and close quarters, most sailing participants will choose to sleep on deck underneath the stars.

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

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

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

**Fishing Gear** All fishing gear is provided by Sea Base. Please do not bring personal fishing gear.

**Bringing Gear Aboard** All the items you bring aboard, other than sleeping and snorkel gear, must fit into a 24-inch duffle bag.

**Storage** Sea Base provides a limited amount of storage adequate for a



single piece of checked luggage per crew and a single piece of carry-on luggage per person. Please limit

## Coral Reef Sailing

**Overview** Sea Base Coral Reef Adventure participants will set sail in the most diverse ecosystem in North America. The Florida Keys National Marine Sanctuary is home to thousands of underwater species including dolphins, sea turtles, fish and the Florida Reef. Participants will snorkel, fish and sail turquoise waters and explore. Setting sail from beautiful Islamorada, Florida crews will embark on the adventure of a lifetime.

Below you will find an overview of your week at Sea Base. Please note that program is dictated by weather, tides and the ability of the crew. Your float plan can vary, sometimes widely, due to these factors.

**Coral Reef Sailing Crew Size** 6- 8 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations crews may not exceed the maximum number allowed.

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

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

**Late Fall, Winter, Early Spring** Due to early sunset, crews will board the vessel after breakfast of their second day onsite. Crews will stay at Sea

items to those listed on the packing list. Not all the items on the packing list will travel aboard your vessel.

longer than summer participants to make up lost time under sail.

### Early Fall, Summer, Late Spring

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

**Midweek** Crews will either midweek in Key Largo or Marathon to overnight, re-provision, shower, and refuel. Crews will dock at or around 3:00pm for midweek. Upon arrival at midweek; crews will clean the vessel, take out the garbage, and ensure that the vessel is secure. Participants will then have access to marina facilities including restrooms, showers and pools. Crews must stay together during the midweek and may not leave the resort. It is the responsibility of the crew leader and adult leaders to ensure that marina rules are followed. Crews are responsible to leave the facilities better than they found them.

While onshore, crews are responsible to cook their own meal. A grill and utensils will be provided.

Youth and adult participants often like to purchase snacks or drinks at their destination midweek. Please plan to bring a limited amount of cash if you would like to purchase snacks.

**Final Day at Sea** Participants will return to Sea Base between 10:30 and 11:00am. Upon docking your crew will be responsible to clean the vessel, dispose of trash and gather personal gear. Your unit will then check in provided snorkel gear and bags, move into your dormitory and then have lunch.

At 1:00pm participants will have the opportunity to earn both the BSA

## Sea Exploring

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

**Sea Exploring Crew Size** 18- 20 individuals. This number includes both youth and adult participants. Due to US Coast Guard Regulations crews may not exceed the maximum number allowed.

**Length of Adventure** 7 nights, 8 days including arrival and departure dates.

**Arrival** Crews will arrive at the

Kayak and BSA Stand Up Paddle Boarding Awards. After kayaking and paddle boarding crews will shower, access laundry facilities, visit the Ship Store and get ready for Conch Luau.

**Departure** Crews may depart as early as necessary. A continental breakfast is offered at 7:00am and hot breakfast is offered at 8:00am. Crews must depart prior to 11:00am.

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

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

**Final Day at Sea** Participants will return to dock in Key West between

10:30 and 11:00am. Upon docking your crew will be responsible to clean the vessel, dispose of trash and gather personal gear. Your unit will then board a Sea Base shuttle back to Islamorada. Upon arrival, your unit will check in snorkel gear and bags and then move into your air-conditioned dormitory.

## STEM ECO Adventure

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

**STEM Eco Adventure Crew Size** 10-12 individuals. This number includes both youth and adult participants. Because of US Coast Guard Regulations crews may not exceed the maximum number allowed.

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

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

**Midweek** Crews will midweek at John Pennekamp State Park in Key

Afterwards your unit will have free time to shower, utilize laundry facilities, visit the Ship Store and get ready for Conch Luau.

**Departure** Crews may depart as early as necessary. A continental breakfast is offered at 7:00am and hot breakfast is offered at 8:00am. Crews must depart prior to 11:00am.

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

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

**Departure** Crews may depart as early as necessary. A continental breakfast is offered at 7:00am and hot breakfast is offered at 8:00am. Crews must depart prior to 11:00am.

## Sailing Packing List

Sea Base provides meals, fishing equipment, snorkeling gear and nearly everything else you will need on your adventure. Below is a list of personal and crew items required or recommended for your adventure. Most items are available either onsite or online at the Florida Sea Base Ship Store. Not all items on this list will travel with your unit.



Personal All Seasons	Personal All Seasons
1 UPF +30 Long Sleeve Shirt	1 UPF +30 Short Sleeved Shirt
Wide Brimmed Hat	Polarized Sunglasses
Biodegradable Sunscreen, No Sprays	1 Pair Swim Shorts
1 Pair Regular Shorts	Light Pants
2 Pairs Regular Socks	Headlamp
1 Pair of Shoes	1 Pair of Sandals
Water Bottle with Carabiner	1 Light Weight Sleeping Cover
1 Lightweight Sleeping Pad	1 Small Pillow
Toiletry Kit	2 towels
Raingear	Insect Repellent
Prescription Medication	Spending Money (\$125- \$175)
Personal Fall, Winter, Spring	Personal Fall, Winter, Spring
1 Fleece	1 Medium Weight Sleeping Bag
Crews All Seasons	Crews All Seasons
First Aid Kit	Combination Lock
Recommended	Recommended
1 Pair of Neoprene Socks	Waterproof Camera

## Guide to High Adventure Sailing

Please review the Guide to High Adventure Sailing found at [www.bsaseabase.org](http://www.bsaseabase.org)



## Frequently Asked Questions

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

### **Who can be awarded a Sea Base Scholarship?**

Scholarships are available to individuals, youth and adults, with a demonstrated need.

### **Can two adult males take a crew of all female youth to Sea Base?**

Not unless the crew also has a female leader over the age of 21 present.

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

Not unless the crew also has a male leader over the age of 21 present.

### **Must parents register with the BSA to participate at Sea Base?**

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

### **How old must I be to participate in a Sea Base program?**

13 years of age as evidenced by [Annual Health and Medical Record](#).

### **What if I am not a strong swimmer?**

The Sea Base has no programs for non-swimmers or beginners. For your protection; if you are unable to complete the BSA Swim Test and/or Sea Base Swim Review in a strong manner you will not be allowed to participate and will be sent home at your own expense.

### **Is it possible to use a sport or work medical instead of the BSA Annual Health and Medical Record?**

No. You will not be allowed to participate in Sea Base programs unless you use the BSA Annual Health and Medical Record found at [www.bsaseabase.org/resources/forms](http://www.bsaseabase.org/resources/forms).

### **What if my doctor has not or will not sign Part C of the [BSA Annual Health and Medical Record](#)?**

You will not be permitted to participate at Sea Base.

### **What if I arrive at Sea Base without having completed a [BSA Annual Health and Medical Record](#)?**

You will not be permitted to participate at Sea Base.

### **What if I arrive at Sea Base and exceed the Maximum Weight Limit and do not have a note from my physician?**

You will not be permitted to participate at Sea Base.

### **What if I arrive at Sea Base and weigh more than 295 pounds?**

No one who weighs more than 295 pounds will be permitted to participate.

### **Where do I check in?**

73800 Overseas Highway, Islamorada, Florida, Mile Marker 73.8

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

### **Should our unit travel in uniform?**

Absolutely. Units must arrive in BSA Uniform. Field or Activity uniforms are acceptable.

### **What should I pack for my adventure?**

Only those items listed on the Sea Base Sailing packing list. Please keep in mind that all items brought will travel with you aboard your vessel.

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

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

### **What about hurricanes?**

Program interruption due to hurricanes are extremely rare. If

Sea Base is under evacuation orders, generally given 24- 36 hours prior to potential landfall, programs are cancelled and participants are evacuated. Sea Base refunds program fees for missed program dates only. Travel insurance is highly recommended to cover the cost of travel expenses, especially June- November.

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

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

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

### **Where do I sleep on the sailing vessel?**

Due to heat and humidity most participants will choose to sleep on deck.



How much money should I bring to Sea Base?

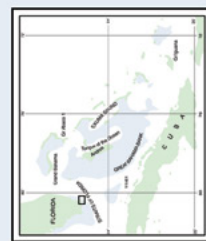
\$125- \$175.

Should my crew buy snorkel or fishing gear?

No. It is provided as part of your adventure.

Where can I find a detailed itinerary?

One is not provided. Programs are weather and tide dependent. There are no required destinations other than arrival and departure points.



Gulf of Mexico





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