

*Florida National High
Adventure Sea Base
Participant Guide*



Coral Reef, Sea Exploring,
Scuba Certification,
Scuba Adventure,
Scuba Live Aboard, Out Island,
Keys Adventure,
Fishing Adventure, and Bahamas
Sailing Adventures

General Manager's Letter to Crew Leaders

Welcome to The Florida National High Adventure Sea Base!

We at the Florida High Adventure Sea Base are anticipating your crew's arrival (at Sea Base everybody is in a crew - it's a nautical thing). We hope that the unique aquatic programs we offer will more than meet your crew's expectations. The Florida Sea Base staff is dedicated to our mission of providing unique aquatic programs to our participants in a positive environment of teaching, encouragement and acceptance. But no matter how great the facilities and staff, a young person's perception of his experiences is largely up to you, the guiding force behind this trip.

Please read this guidebook from cover to cover and urge your Scouts to do the same, and then share this information with their parents, even if you have been to Sea Base before. Some things have changed.

This guidebook provides you with all the necessary information to plan your High Adventure. A Scout is prepared! As an adult leader, this book guides you in getting the crew ready, assuring a great high adventure. Your organization, planning, forethought and enthusiasm will make the dream of a Sea Base adventure come true.

Please understand that due to the unique nature of our programs, the Sea Base has medical requirements that are often stricter than other Scouting activities. This is solely for the safety and protection of our participants. Scouts and leaders with a history of asthma, diabetes and seizure disorders need to pay special attention to these requirements, especially if they are participating in scuba programs. The Sea Base Health and Medical form has more detailed information.

Three other Sea Base safety issues that merit special emphasis are:

Sun Block with a rating of SPF 30 or higher. Sunburn is a bummer. Sun tanning oil is not permitted on boats. It must be lotion. Two large plastic bottles are needed to give adequate protection for a week.

Plastic or Metal Water Cup. Any outdoor activity in a subtropical environment requires constant hydration (drinking lots of water). While freshwater is provided during all activities at Sea Base, all participants must bring their own water conveyance or purchase one at our ship's store upon arrival. As an example, Nalgene bottles are perfect, and having a clip on your cup is a great plus—you can clip it so it doesn't go overboard.

Sun Glasses. Participants should do as the staff here does and wear sunglasses whenever outdoors. Those that offer 100% UVB protection are best and polarized lenses help reduce glare.

The Florida Sea Base offers partial scholarships to those individuals who wish to attend Sea Base but cannot do so due to financial constraints. Scholarships will be awarded based upon need and Scouting background/involvement. An application is enclosed in the Leader Packet should anyone need financial assistance.

The Florida National High Adventure Sea Base staff is looking forward to your visit to our base and sharing our aquatic programs and the Florida Keys with your crew.

Yours in Scouting,

Paul Beal, General Manager

Check out our Web Page - www.bsbasebase.org.



***Boy Scouts of America
Mission Statement***



It is the mission of the Boy Scouts of America to serve others by helping to instill values in young people and, in other ways, to prepare them to make ethical choices during their lifetime in achieving their full potential. The values we strive to instill are based on those found in the Scout Oath and Law.

***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 and Venturers and their leaders.

Sea Base programs are designed to achieve the principle objectives of the Boy Scouts of America:

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

The Florida National High Adventure Sea Base does not discriminate on the basis of race, creed, or national origin. These programs are open to all within our guidelines as to age and group size regardless of race, creed or national origin.

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An Introduction to the Adventure of a Lifetime...

In the heart of the fabulous Florida Keys, on a sub-tropical island, 75 miles south of Miami, you will find Sea Base, home of the Florida National High Adventure program. The Florida Sea Base is Scouting’s most complete aquatic facility offering sailing, sea kayaking, deep sea fishing, scuba diving, snorkeling, lobstering, and beach combing. You can explore the vast ecosystem of the Florida Keys and get a fish-eye view of oceanography and marine biology.

The Sea Base facilities include a large, fully equipped “galley”. The elevated dormitories overlook Florida Bay and one of the major bridges that separates the Atlantic Ocean from the Gulf of Mexico. Our harbor has a 300 foot dock for the larger sailing yachts, as well as many shorter docks for our smaller vessels. The swim “review” area is complete with a step down deck and marker buoys. The Ship’s Store, our Trading Post, sells many items that you may have forgotten, or that you would like to take home as a reminder of your exciting adventures.

Just a few miles offshore is the only living coral reef in North America, forming a protective barrier around the islands. Here, among the pillars of living coral, you come face to face with thousands of multi-hued tropical fish.

The area abounds with legends and tales of unequalled adventure. To this day, the lure of discovering a buried treasure burns in the heart of all true adventurers.

A History of the Base

The Florida Sea Base is an ocean of adventure among the islands of the Florida Keys. Each year the Base serves over 10,000 Scouts and their leaders. Currently there are ten different programs with one basic characteristic: **high adventure!** The programs are Sea Exploring, Out Island Adventure, Keys Adventure, Coral Reef Sailing, Scuba Certification, Scuba Adventure, Scuba Live-Aboard Adventure, Bahamas Adventure, Bahamas Tall Ship Adventure, and Florida Fishing Adventure.

The Sea Base program has not always been so large; it has not always been Sea Base either. In 1974, several volunteers from Miami and Atlanta offered aquatic programs to young people from throughout the country, utilizing leased and borrowed equipment. Seventy to eighty young people in two consecutive summers were certified in scuba diving and the idea caught on. In 1975, the program was extended to include sailing, using leased vessels. The program developed was appropriately named the Florida Gateway to High Adventure: a gateway to the underwater world through sailboats, snorkeling and scuba diving.

During 1977 and 1978, it became apparent as the program and its popularity grew that the organization must have its own facilities. Consequently, in 1979, a proposal to the Fleishman Foundation produced a grant in the amount of \$1,352,000 to establish a land base for the Florida Gateway somewhere in the Keys. The following year, with the Fleishman funds, the committee selected the Toll Gate Inn and Marina, a run-down motel, marina, and restaurant on Lower Matecumbe Key. The buildings were renovated, dormitories were built, and the program was renamed: The Florida National High Adventure Sea Base. Since then, growth has been tremendous: from one staff person, a budget of \$19,000, and 160 participants in 1976 to a staff of 130 during the summer and over a \$7 million operating budget with more than \$16 million in capital assets. Today, Sea Base serves Scouts and conference participants from every state and from countries around the world.

The old toll gate of Lower Matecumbe was where the road used to stop in the early 1900's before the railroad was completed down the Keys in 1912. From here, travelers would have to pay their tolls to continue traveling down to Key West and Havana, Cuba by boat. The Inn and Marina were a perfect site for building the Base. The old Inn rooms became what are known as the Annex, staff housing. The old office to the Marina was at first the director's home and is now the site of the Program Office. The present day galley, or dining hall, was the first office for Sea Base and had been the bar and restaurant to the old Marina.

The quarterdeck and equipment loft next to the Galley were added in 1981. The small building next to the quarterdeck was once the gas station and grocery store of the old marina. For the Sea Base, it was the old Ship's Store, the shop, and now is the Commissary. The new Ship's Store was built in 1988. Along the water, or Florida Bay, the T-dock and sea wall accommodate dozens of sail and motor vessels. The T-dock, nicknamed "the diving board to high adventure", teems with activity during the summer when Coral Reef Sailing vessels come and go every day. Walking along the sea wall you will find the marine habitat full of fish common to the area. Lobster and eel can be seen if you look carefully. At the side of the sea wall and docks is the beautiful Sea Base Chapel built through the efforts of Scouting's National Religious Committee. With a waterfall and pond, it is a beautiful setting for any meeting.

The largest building at Sea Base is the dorm and bunkhouse building. The wings are the bunkhouses, built in 1982, where each room is named for famous ship wrecks located in the Keys. The center is the scuba dorms, added in 1996, where the participants for scuba programs stay all week for classes and dives in the custom made dive tanks before heading out to open water. Below the rooms are classrooms, showers, and a laundry room. In 1992 the Thomas building was built to house conference participants and

staff. This was through the contributions of John Thomas and his Eagle Scout sons. The new administration and conference center, the Adams Building, was built in 1994 through generous contributions from Bill Adams and Union Pacific Corporation.

The Sea Base also owns Big Munson Island, a 110 acre island off of Big Pine Key. This is the home to the Out Island program. Scouts experience the Keys Robinson Crusoe style. In 1984 it was donated to the Boy Scouts by then-owner Homer Formby of Formby Furniture polish.

It takes a tremendous amount of energy, organization, and planning for the continuing development of Sea Base and its programs. This is dependent on help from the dedicated enthusiasts of Sea Base. Their giving is rewarded in the building of character and lives of thousands who visit the Florida Sea Base each year.

J. Porter Brinton Jr.
September 12, 1902-April 11, 1980

The Brinton Environmental Center is our newest facility, having opened in 2001. It is the home of the Out Island Adventure, Keys Adventure and Florida Fishing Adventure programs. J. Porter Brinton Jr., was a chemical products executive, and founder and president of Hydrocarbon Products from 1928 – 1961. Later, he was on the board of directors for Witco Chemical Co., board of directors for the Putnam Trust Co., trustee and advisor for the Greenwich Hospital, and president of the Greenwich Country Club from 1954 – 1961. He was always a gentlemen, gracious, courteous, and friendly in meeting others. He kept a promise to himself by retiring early. He kept active by becoming one of the top senior golfers in the country. He also was an avid fisherman, hunter, and outdoorsman. Mr. Brinton had a long association with Scouting, which began as a result of his friendship with Earnest Thompson Seton. In 1911, Mr. Seton was one of the five originators of the Boy Scouts of America. The Brinton Trust was responsible for the acquisition and development of the Brinton Environmental Center.



Leader Requirements and Responsibilities

Congratulations for having accepted leadership of a Sea Base crew! This reflects great credit on you and your leadership ability. You have assumed a great responsibility. Parents are entrusting their youth to your care. The Boy Scouts of America is placing its faith and confidence in your leadership. Most important, the young people in your crew are depending on you to realize their hopes, aspirations and dreams of Sea Base.

Adult Leader Responsibilities

1. Recruit Scouts and Venture crews who meet the participation requirements; this includes being a swimmer.
2. Organize the expedition.
3. Designate a Youth Crew Leader prior to arrival.
4. Train the crew members so they will be prepared for the high adventure experiences at Sea Base.
5. Collect participant fees and make all payments on time.
6. Be physically fit and insure all crew members have a current **Sea Base Health and Medical Record**. *Other medicals are not accepted.*
7. Remain with the crew the entire week (no swapping during the week).
8. Make sure every youth participant has proof of age with a photo ID.

NOTE: The required medical history and evaluation do not always screen out participants for our High Adventure programs. For example, individuals who are obese will not function well on a boat. Access to below decks is limited, getting in and out of the water is extremely difficult, and the sleeping quarters are small. Individuals with physical disabilities may be able to enjoy our programs if the disabilities are known and necessary precautions are taken. Further, individuals with respiratory problems must discuss with their doctors the challenges of snorkeling or Scuba diving.

Crew Requirements & Responsibilities

1. Exceptions to these requirements will not be made.
2. In keeping with the policies of the Boy Scouts of America, requirements for acceptance and participation at Sea Base are without regard for race, color, creed or national origin.
3. At least half of the members in every crew must be youth.
4. Be registered members of a chartered unit, a Scout troop or team, with proper leadership, a Venture crew (if co-ed, must have male and female adult leaders, age 21 or over) or be a Council or District contingent with proper leadership.

5. All registered adults must have completed the BSA Youth Protection Training or Venturing Youth Protection Training. (This is required for the National Tour Permit.)
6. At least one person must be trained in first aid and CPR from any recognized agency and in Safe Swim Defense and Safety Afloat – this is for your tour permit.

NOTE: Please remember that a troop or team is not a co-ed unit. The only way that a female under the age of eighteen (18) may attend Sea Base is with a Venture crew with proper co-ed leadership or as a member of an approved council contingent with proper co-ed leadership.

IMPORTANT: The National Council of the Boy Scouts of America requires two (2) adult leaders on all trips, regardless of length, conducted by your unit. All crews arriving at Sea Base **MUST HAVE AT LEAST TWO ADULT LEADERS**. For troops and teams, one of the adults must be over the age of twenty-one (21), the other must be at least eighteen (18) years of age. For venture crews, both leaders must be at least 21 years old, and if the crew is co-ed, you must have co-ed leadership. If you have more than one crew attending, each crew must have at least two adult leaders.

Participant Requirements & Responsibilities

Eligibility for all participants (youth and adult)

1. Must be a registered Boy Scout, Varsity Scout, Venture Scout, Sea Scout or Adult Leader.
2. Participants must be Fourteen (14) years old by September 1 of the year of their participation for all programs **except Scuba**. Scuba program participants must be fourteen (14) years old by date of attendance. **AGE REQUIREMENTS FOR SEA BASE CANNOT BE RELAXED. PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! All youth participants are required to present proof of age before participating in our programs.** (Appropriate ID includes one of the following: 1. school photo ID & copy of birth certificate, 2. passport, 3. valid government issued ID). **Those individuals who do not meet the minimum age requirements or do not present appropriate ID will be sent home, no exceptions.** **Prevent a tragedy by adhering to the age policy and by bringing proper proof of age.**
3. All participants must pass the BSA swim review upon arrival.
4. Must be in good health evidenced by a **Sea Base Health and Medical Record** filled out and signed by your doctor within the past 12 months. A regular BSA Class I, II or III medical is not acceptable, nor is another “sports” medical or anything other than a Sea Base Health and Medical Record. The unique tropical environment has very different requirements from most Scouting and outdoor activities. (Scuba Certification participants have additional medical form requirements. See Scuba section for details.)

5. **No participant may weigh in excess of 300 pounds.**
Participants weighing in excess of 300 pounds will be sent home at their own expense.
6. All crew members must know and use the Scout Oath and Law as their guide to appropriate behavior at the Sea Base.

Crew Size

Crew size varies among programs. If in doubt as to the exact number of participants, please reserve and pay for the minimum crew size. Additional crew members may be added to your crew up until your final payment (up to the maximum crew size).

Swimming Ability

All participants (both youth and adults) are required to pass the standard BSA swim test before arriving at Sea Base: jump feet first into water over your head, swim 75 yards in a **strong manner** using a forward stroke, turn over, swim 25 yards on your back using a resting back stroke, float motionless on your back. Because of the nature of our programs, all participants should be comfortable in the water. All participants must take a BSA swim review upon arrival to ensure swimming ability.

RISK ADVISORY - FLORIDA SEA BASE

The Florida Sea Base has had an excellent health and safety record from its inception in 1980. Sea Base strives to minimize risks to participants and adult leaders through emphasizing proper safety precautions. Most Sea Base participants do not experience injury during their adventure precisely because they are aware of the risks involved and because they exercise proper safety precautions. To attend Sea Base you should be physically fit, have proper clothing and equipment, be willing to follow the instructions of your staff members, work as a team and take responsibility for your own health and safety. By studying this *Program Guide*, the information for your specific program and the *Guide to Safe Scouting*, a crew can be properly prepared for the contingencies that may arise during their adventure.

Parents, guardians, adult leaders and participants in Sea Base programs are advised that Sea Base programs and journeying to and from Sea Base can involve exposure to accidents, illness and/or injury associated with a physically demanding high adventure program conducted in a sometimes hostile aquatic environment. Participants may be exposed to severe weather conditions such as high heat and humidity, tropical weather and intense tropical sun. Other possibilities include sunburn, heat exhaustion, dehydration, asthma and heart attacks. For participants in the scuba programs please read, study and review the special medical constraints.

Sea creatures such as rays, anemones, sea urchins, coral, barracuda and sharks, pose little or no threat if safe distances and respect are given them. Be aware that Sea Base has a no-touch/no-take policy with regard to the coral and creatures of the reef.

The Florida Sea Base is dedicated to the mission of serving young people in a safe, educational, enjoyable, aquatic environment. We are trained for emergencies and able to act in an expedient manner. Furthermore, professional medical services such as hospitals and physician's offices are available, and Sea Base maintains a fine working agreement with these facilities.

We hope this information will motivate leaders, parents, guardians and participants to be prepared and informed. By *being prepared*, we can all enjoy a safe Florida Sea Base High Adventure experience.

Recommendations Regarding Chronic Illnesses

Note the different standards for scuba programs detailed on page 14.

CARDIAC OR CARDIOVASCULAR DISEASE

Adults who have had any of the following must undergo a thorough evaluation by a physician before considering participation in a Sea Base High Adventure program:

1. Angina (chest pain caused by coronary artery disease or congenital heart disease)
2. Myocardial infarction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease
4. Stroke or transient ischemic attacks
5. Claudication (leg pain felt during exercise; caused by hardening of the arteries)
6. Family history of heart disease in individuals under age 50
7. Weight in excess of recommended guidelines

The physical exertion during a high adventure may cause a heart attack or stroke in susceptible persons. Adults 40 years of age or older or any person who has experienced any of the conditions above must speak with their doctor about an exercise stress test with thallium (a metallic element that helps in the diagnosis of stress) within three to six months before the scheduled trip to assess the adequacy of the heart muscle's blood supply. It is recommended that an adult who is over 40 years of age who has not experienced any of the conditions above have an ordinary stress test without thallium. **Even if the stress test is normal, the results of testing done without the exertions of a high adventure program do not guarantee safety.** If test results are abnormal, the individual will not be allowed to participate.

HYPERTENSION (High Blood Pressure)

The combination of stress and heat appear to cause a significant increase in blood pressure in many individuals participating in high adventure. Occasionally, hypertension reaches such a level that it is no longer safe for an individual to engage in strenuous activity. Persons with mildly increased blood pressure (greater than 135/85) may benefit from treatment before coming to a high adventure base and during the program. Individuals who are hypertensive (having blood pressure greater than 140/90) must be treated and have normal blood pressure (less than 135/85) before arriving. Medications must be continued during the high adventure program.

DIABETES

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus must be able to monitor personal blood glucose and know how to adjust insulin doses based on these factors. The diabetic person also must be able to give a self-injection. Both the diabetic person and one other person in the group must be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and at least one other individual in the group must be able to begin the appropriate initial responses for these conditions. Arrangements for cool storage of insulin can be made upon your arrival.

A diabetic person with frequent hospitalizations for diabetic ketoacidosis or who has frequent problems with hypoglycemia may not participate in a Sea Base high adventure program until control of the diabetes has been achieved. **Any form of diabetes requiring control with medication disqualifies an individual from participation in any scuba programs.**

SEIZURE DISORDERS OR EPILEPSY (ALL PROGRAMS EXCEPT SCUBA)

A seizure disorder or epilepsy does not exclude an individual from participating in high adventure. However, the seizure disorder must be controlled by medications. A seizure-free period of at least one year is the minimum. Exceptions to this guideline may be considered by medical staff and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. **Scuba participants must be seizure free for the last five years, without medication, to participate in any scuba programs.**

ASTHMA (ALL PROGRAMS EXCEPT SCUBA)

It is expected that an individual with asthma will have consulted a physician in order to establish control of the condition. The asthma must be controlled to essentially normal lung function with the use of oral or aerosol bronchodilators. **There is no power available for nebulizers.** The patient must bring ample supplies of medication for the entire program.

Individuals undergoing allergic desensitization therapy who require injections during their adventure must bring their medications and store a portion at Sea Base upon arrival. At least one other crew member must know how to recognize an asthma attack, how to recognize worsening of an attack, and how to administer bronchodilator therapy. Any person who is approved to go to Sea Base who has received medical treatment for asthma within the past six years must carry a full-size prescribed inhaler for the length of the program. Asthmatic individuals whose exercise-induced asthma cannot be prevented with bronchodilator premedication, who require systemic corticosteroid therapy, or who have required multiple hospitalizations for asthma will not be allowed to participate in Sea Base programs.

MEDICATIONS

Each high adventure participant who has a condition requiring medication should bring an appropriate supply in a locked pouch. In certain circumstances, duplicate supplies of vital medications are appropriate. Leaders must be aware of medications needed and monitor their use. An individual should always contact the family physician first about the advisability of participation. The staff of the Sea Base high adventure program reserves the right to make medical decisions regarding any individual's participation.

ARTHRITIS OR OTHER MOBILITY LIMITING DISEASES

Due to the nature of our programs and that they occur on boats that are constantly moving, can have small passageways, and require use of ladders to gain access to the boat or interior of the vessel, all participants should have the ability to pull themselves out of the water using a ladder and be comfortable on a moving platform for days at a time.

SLEEP APNEA

For individuals using a CPAP machine for the medical condition of Sleep Apnea, you should know that all our bunkhouse accommodations have 110-volt power plugs nearby. **If your adventure takes you overnight on a sailing vessel or island, you will not have access to electricity for your CPAP machine.**

EXCESSIVE BODY WEIGHT

All programs involve snorkeling and entering and exiting a vessel via ladders rated to only 300 pounds. **People weighing 300 pounds or over are not allowed to participate in Sea Base High Adventure.** Participants not meeting this requirement will be sent home at their own expense.

SCUBA PARTICIPANTS MEDICAL AND RELEASE INFORMATION

Diabetes (for scuba only)

Any form of diabetes requiring medication provisionally disqualifies an individual from participation in any scuba program pending submission of the last 2 full blood lab reports for review by the Sea Base Hyperbaric Medicine specialist who will make a final decision on eligibility.

Seizure Disorders or Epilepsy (for scuba only)

Any seizure activity or use of seizure medication within five years of participation, disqualifies an individual from any scuba program.

Asthma (for scuba participants only)

Any scuba participant whose Sea Base Health and Medical Record indicates a history of asthma MUST provide additional information.

1. If the participant can provide written documentation from a physician stating they have not been prescribed medication (including rescue inhalers) and have not had asthma symptoms within the past five (5) years then they will be allowed to dive.
2. If the participant can not meet the requirements in Part 1 they can only be cleared for diving through the following process:
 - a. Take a methacholine challenge test. Note: the test can be expensive and still does not guarantee clearance for diving.
 - b. Mail the full results to the Medical Review Officer at Sea Base.
 - c. The results will be reviewed by a Hyperbaric Medicine specialist retained by Sea Base who will make the determination of eligibility.
 - d. There is no appeal beyond the physician retained by Sea Base.

Scuba Paperwork and Forms

There are five forms required for the Scuba Certification Adventure.

Two Florida Sea Base forms:

1. Florida Sea Base Health and Medical Record
2. Florida Sea Base Scuba Waiver

The two forms above are included in the Leader's Packet.

Three PADI forms:

3. PADI/RSTC Medical Statement
4. PADI Standard Safe Diving Practices and Statement of Understanding
5. PADI Liability Release and Assumption of Risk Agreement

A copy of the PADI/RSTC Medical Form is included in the Leader's Packet; a physician must review and sign this form. The other forms are printed inside the Student File Folder that is contained in the "Crew Pack" box sent to each Scuba Certification participant. Each must be filled out completely and signed by the participant AND a parent if the participant is a minor. When completing the forms, please note that they must be dated day/month/year. For example, November 9, 2009 would be written 09/11/09 or 09/Nov/09.

If any of the five forms above is incomplete, the participant cannot be allowed to participate in the Scuba Certification program.

The two forms below are required for the Scuba Adventure and Scuba Live Aboard Adventures.

1. Florida Sea Base Health and Medical Record
2. Florida Sea Base Scuba Waiver

The two forms above are included in the Leader's Packet.

In addition, if any participant of the Scuba Live Aboard Adventure wants to participate in any PADI Specialty Certification course, they must complete three additional forms.

Three additional PADI forms:

1. PADI/RSTC Medical Statement
2. PADI Standard Safe Diving Practices and Statement of Understanding
3. PADI Adventures in Diving and Correlating Specialty Diver Programs Liability Release and Assumption of Risk Agreement

These three forms are included in the Leader's Packet. Each must be filled out completely and signed by the participant AND a parent if the participant is a minor. When completing the forms, please note that they must be dated day/month/year. For example, November 9, 2009 would be written 09/11/09 or 09/Nov/09. A copy of the PADI/RSTC Medical Form is also included in the Leader's Packet; a physician must review and sign this form.

If any of these five forms is incomplete, the participant can not be allowed to participate in the PADI Specialty Certification courses except the PADI Project AWARE Coral Reef Conservation Specialty. This is a non-diving course and requires no PADI forms.

Scuba Paperwork Deadlines - Prior to arrival

The entire crew's paperwork (all applicable ones listed above) must be sent no later than January 1st (for Spring crews), March 1st (Summer crews), October 1st (December crews). If there are any questions, participants and their physicians should contact the Sea Base Scuba Director at (305) 664-4173 or Divers Alert Network at (919) 684-2948.

Scuba crews that miss these deadlines are subject to cancellation and forfeiture of all fees.

Medical Treatment

The Tour Permit requires that each crew (bring multiple first aid kits if you have multiple crews attending) bring its own **First Aid Kit**. A first-aid kit, well stocked with the basic essentials, is indispensable. Choose one sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents available for easy refilling. Keep the kit in a convenient location. Quantities of suggested items for your first-aid kit depend on the size of your group and local conditions. Your first aid kit should be in a waterproof box or bag. It will get wet.

This first aid kit is for the treatment of minor injuries. All Sea Base vessels carry an additional first aid kit as well. The treatment of minor injuries is up to the crew leader or the crew's trained first-aid provider. The decision for treatment of more serious injuries will be referred to the appropriate Sea Base staff leader or medical person.

Suggested Supplies For Your Crew First Aid Kit

Review and include recommended supplies as found in the *Guide to Safe Scouting* (#34416). **Each crew needs their own first aid kit.** If you are bringing more than one crew, you need more than one first aid kit.

The following items are recommended additions for your first aid kit:

Aloe Vera cream*

Sea Sickness Medicine (we recommend non-drowsy Bonine®)*

Sunscreen* (30 SPF minimum)

Chapstick* (30 SPF minimum)

Insect Repellent*

Hydrocortisone Cream

* These items are available in the

Medicated Powder*

Ship's Store at Sea Base.

Swimmer's Ear Drops

Benadryl (anti-itch, anti-inflammatory)

Vinegar (for sea-creature stings)

Campers Insurance

All campers and leaders are covered by a limited Accident and Sickness plan. Your leader has been provided a Campers Accident and Sickness Insurance pamphlet. Be sure to read and understand the policies, coverage, and limitations that are described in your pamphlet.

Campers Insurance Non-Duplication Provision

When physician or hospital care is involved, benefits in excess of \$300.00 will be paid only if they are unrecoverable from any other insurance policy or service contract. Because of this, it is imperative that the adult crew leader come prepared with the pertinent insurance policy information for every member of the crew. (There is a complete section for this on the Sea Base Health and Medical Record.) If no other collectable insurance is available, then this non-duplication provision will not apply.

Motion Sickness

Crews will spend a great deal of time aboard boats, especially those in the sailing programs. Inevitably motion sickness will occur with some members. We recommend all crews carry Bonine® or *Sea Bands*®. Further, we suggest that your crew members check with their personal physicians regarding motion sickness medication. **NOTE: Bonine® is the ONLY medication that is permitted in the Scuba programs.** Bonine® and *Sea Bands*® can be purchased in the Sea Base Ship's Store. Boats do not return because of sea sickness.

Sunburn

Sunburn can be quite dangerous as well as uncomfortable and can ruin your entire trip. Don't be stuck on the idea that you must return from Florida with an outstanding tan as a sign that you had a good time. Use a good non-oily sunscreen (30+ SPF), and cover those parts of your body that are burned or burn easily. **DO NOT** bring sun tan oil; it makes boat decks very slick, and can be dangerous. *A severe sunburn may cause a participant to be removed from the program.*

Medical Forms VERY IMPORTANT, please take note.

ALL MEMBERS OF YOUR CREW must furnish the Sea Base with a current **Sea Base Health and Medical Record.** (Not the standard BSA form, but a Sea Base form.) **The Sea Base Health and Medical Record is the ONLY medical we will accept; no school medicals, military medicals, other BSA high adventure base medicals, or other medicals will be accepted.** This form must be completed and signed by a physician within **one calendar year of the date that you will arrive back home from Sea Base.** All participants must also provide a front and back photocopy of a current insurance card.

During your crew check-in on arrival day, a key staff member will review all medical forms to record individual medical information of concern and to insure that all medical forms are in order.

Failure to come prepared with **COMPLETE CREW MEMBER MEDICAL FORMS** will delay your crew's Sea Base experience. **EMERGENCY ROOM FEES** for physicals in the Florida Keys are generally \$150.00. Sea Base **DOES NOT** have an on-site physician. *Individuals without a complete and current **Sea Base Health and Medical Record** will not be allowed to participate in any program until one is received.*

NOTE: Medical issues that raise questions will be referred to the Sea Base physician. The decision by this physician as to a person's medical qualification to participate is final.

Pre-Trip Planning

Cancellation Policy

Please notify Sea Base **immediately** if your crew intends to cancel. Early notification of cancellation may result in the loss of the minimum amount of fees and will allow other Scouts the opportunity to attend Sea Base.

1. The \$100 per person reservation deposit is transferable within a crew during the **SAME CALENDAR YEAR** (the names may change as long as the count remains the same). These funds **may not be applied** to any other crew.
2. Crews canceling between the time of application and first 1/2 payment will lose the non-refundable deposit per cancelled crew.
3. Crews canceling after first 1/2 payment has been made will lose 100% of fees paid.
4. Crews canceling after second 1/2 payment has been made will lose 100% of fees paid.
5. If your cancelled crew is rebooked you will be refunded all your fees paid to date **except** the \$100 per person non-refundable deposit. Refunds will be mailed within 30 days.
6. Within a crew, cancellation of individual participants will result in forfeiture of their deposit fee and all fees paid to date for that individual.

NOTE: We can not take credit cards payments for any crew fees.

Adult Leader “Must Do on Time” Schedule

The following is a basic time schedule of items that need to be completed prior to your arrival at Sea Base.

<u>When</u>	<u>What</u>	<u>Who</u>
September 1, of current year	First 1/2 payment due	Spring crews
October 1, of current year	First 1/2 payment due	Summer crews
October 1, of current year	First 1/2 payment due	Fall/Winter crews
January 1, of adventure year	Scuba paperwork due	Spring Scuba crews
March 1, of adventure year	Scuba paperwork due	Summer Scuba crews
October 1, of adventure year	Scuba paperwork due	Fall/Winter Scuba crews
90 days prior to arrival	Final payment due	All Crews
90 days prior to arrival	File National Tour Permit	All Crews
30 days prior to arrival	Crew roster submitted	All Crews
30 days prior to arrival	All participants pass BSA Swim Test	All Crews

Involve Parents

Schedule times when the parents of your crew members can get together and gather information on the adventure. Keep them informed and their questions answered. Go through the suggested equipment list. If you have an “experienced individual” who has been with us before, gain his/her input. Share the emergency telephone numbers for Sea Base. Emphasize the importance of prompt completion of medical forms, front and back photocopy of current insurance card and emergency contact information.

Travel Planning and Preparation

Arrival Time

Coral Reef Sailing Crews need to arrive at Sea Base between 1 p.m. and 3 p.m. All other crews must plan to arrive at Sea Base or Brinton Center between 2 p.m. and 4 p.m. of their arrival day. Crews arriving before 2 p.m. will be on their own to feed and entertain themselves as we are still preparing for their arrival; dinner is at 6 p.m. and is the first meal provided. Please provide us with an accurate estimate of your arrival time. This should be noted on your crew roster.

Departure Time

All crews have breakfast provided on their last day, and must depart by 11 a.m. so we can get ready for the next crew arrivals.

Organize Information

Please verify that your reservation is correct, is the number of people correct? Are your arrival and departure dates correct? Is the fee correct? If you have any questions, please call the Sea Base office at (305) 664-4173.

Budget

Plan for travel expenses. Include money for overnight stops, meals, charts, side trips, souvenirs, and emergencies. Most individuals spend \$100 to \$125 for personal expenses during their week.

Tour Permit

This is not just another piece of paperwork! All crews must complete the **National Tour Permit (#4419)**. **The permit must be filed with your local council at least ninety (90) days prior to your leaving for Sea Base.**

We suggest that you give the process a little more time. It is an excellent planning outline to help you have a safe and enjoyable trip. If your crew is within 500 miles of the Florida Sea Base a **Local Council Tour Permit** is acceptable. **Remember, you must have the signed original permit when you arrive at Sea Base.** Crews that fail to do so will not be able to begin their adventure.

Please note that different crews on different adventures or adventure days need different Tour Permits. If you have one crew arriving on a Saturday, and another crew arriving on a Sunday, you need two separate tour permits. Each crew checking in will be asked for their original approved Tour Permit.

Additional Planning Aids

To aid you in your pre-trip planning, we suggest that you do not rely **only** on the information that you will receive from Sea Base. Some other reference material might include Merit Badge pamphlets on **Lifesaving** (#3278), **Swimming** (#3229), and **First-Aid** (#3276). Your **Scoutmaster’s Handbook** (#6501), **Fieldbook** (#3200), the **Boy Scout Handbook** (#3227), and the **Guide to Safe Scouting** (#34416) can also be helpful.

Your Travel Arrangements

Traveling from home to the Sea Base can be an adventure in itself. Most crews find that the transportation is the largest part of their unit's expense. For this reason, it is important to study all of the various modes of travel available before choosing the one that is most enjoyable and affordable for your crew. BSA publication #3734, **Tours and Expeditions**, may provide you with assistance in planning your trip and filling out the Tour Permit application.

Due to logistical and insurance considerations, Sea Base does not provide transportation from the airport to the Base. There are several ways to "get here from there":

Airport	Distance to Sea Base	Distance to Brinton Center	Notes
Miami International	2 hours	3 hours	Connecting flights to Bahamas also.
Ft. Lauderdale	2 ½ hours	3 ½ hours	Connecting flights to Bahamas also. Sometimes flights are cheaper. North of Miami airport.
W. Palm Beach	3 ½ hours	4 ½ hours	North of Ft. Lauderdale airport.
Marathon Airport	45 minutes	45 minutes	Smaller commuter airport in the Middle Keys.
Key West	1 ½ hours	½ hour	Some domestic flights. Located in the Lower Keys.

Air Travel

You have a variety of travel options available to you for your trip. Listed above are the airports serving South Florida. Depending on your adventure, you will want to know the best way to get to your destination. Crews attending a Scuba Certification, Scuba Adventure, Scuba Live Aboard, Coral Reef Adventure or Sea Exploring Adventure will be traveling to Sea Base, located on Lower Matecumbe Key at Mile Marker 73.8. For crews participating in the Out Island Adventure, Keys Adventure or Florida Fishing Adventure, you will be traveling to the Brinton Environmental Center on Summerland Key at mile marker 23.8.

For crews participating in scuba programs, plan your return flights accordingly. After a scuba dive, you must not fly for at least 18 hours. To avoid any possibility of decompression sickness, your departing flight for home should be scheduled for 8:00 a.m. or later.

Private Vehicles are often the most economical mode of travel to Sea Base. Cars or vans loaned to the unit by family members, churches, or private businesses can be a great expense saver. Check with your local council for the availability of buses owned by troops in your area. Parking is available at the Sea Base.

Chartered Buses are a very convenient mode of travel. Buses can pick your group up at a central location in your town, and drop you off right at the Sea Base. Great flexibility can also be afforded with buses, because you could take other side trips in addition to your Sea Base adventure. Bus parking is not available here, and we do not have accommodations for bus drivers.

Auto Rentals and Shuttle Services

The staff of the Florida Sea Base have researched and provided the enclosed travel information to help you plan an exciting and safe trip to Sea Base (all information was current at the time of publication.) It is the responsibility of each crew to contact and contract their own means of transportation to Sea Base. These contacts and numbers were correct at the time of publication. The Boy Scouts of America assumes no responsibility for the quality or reliability of these carriers.

Bus, Taxi and Limo services also have service to the Keys from the airports. For your convenience, a list of their phone numbers follows:

Cadillac Jack	(305) 853-5550 or (888) 233-5550
Davis Tours	(954) 472-2858
Emerald Transportation Service	(800) 524-7894
Greyhound Bus Lines	(800) 410-5397
Key Largo Charter Service	(305) 853-0661
Keys Shuttle	(305) 289-9997

Auto Rental agencies have locations near most of the airports on the mainland, and in the Keys. For your convenience, the phone numbers for rental car agencies are:

Avis	(800) 331-1212
Budget	(800) 527-0700
Enterprise	(800) 325-8007

Sea Base staff will assist you with a shuttle for your rental car return and pickup. From Sea Base MM 74 to the **Marathon Airport ONLY**. From Brinton Center MM 24 to **Key West Airport ONLY**. Please ensure that your rental car can be dropped and picked up at the appropriate airport. Sea Base staff *cannot* assist with rental returns at other locations. The Sea Base courtesy shuttle van is only available **after** 4:30 p.m. on your arrival day.

Traveling from the Miami Airport

It is approximately a 2-hour trip by car to Florida Sea Base and 3 hours to the Brinton Center. If you are renting vehicles, take the appropriate rental car bus to the rental center. Ask for directions to Highway 836, also known as the Dolphin Expressway. Follow 836 west to Turnpike exit. The Florida Turnpike is a toll road and you will pass through three toll gates at \$1 apiece. If you're traveling from the Fort Lauderdale Airport you will pass through four toll gates. Take the Turnpike south; it ends in Florida City (last city on the mainland) and turns into U.S. 1. Continue south on U.S. 1. You will cross an 18-mile stretch of the Florida Everglades on this road, and then you will come to the first Florida Key, Key Largo, at Mile Marker (MM) 106. (Key West, the southernmost point, is located at MM 0.)

Continue south through several islands linked by the highway - Plantation Key, Windley Key, Upper Matecumbe (which is known as Islamorada) and finally Lower Matecumbe, the island where Sea Base is located. You are looking for MM 74 at the south end of Lower Matecumbe. If you cross one more bridge you've gone too far. The landmark on your left (across the street from Sea Base) will be a large rhinoceros (yes, a rhino) atop a sign for Caloosa Cove. Turn right onto Toll Gate Shores Blvd. Sea Base is on both sides of this road. A very quick left will take you to a one-story building with an "office" sign. Our staff will be waiting for you!

If you are going to Brinton Environmental Center, continue south on U.S. 1 another 50 miles. You will pass through Marathon, over the 7 Mile bridge and through Big Pine Key. The Brinton Center is just past MM 24 on the south end of Summerland Key. There is a left hand turn lane that leads into Brinton. Park in the turn-around in front of the main building. Our staff will be waiting for you.

Pre or Post Adventure Lodging - If your group finds that they will be arriving the night before your Adventure date or want to stay a day before returning home the following are some possible choices.

Housing at Homestead Air Reserve Base

Homestead Air Reserve Base is a good place to spend the night but you must have someone in your crew who is in the military make reservations; this is not available to the general public due to security concerns.

(305) 224-7168 or online at:

http://www-p.afsv.af.mil/LD/VT_Homestead.htm.

Housing at the Everglades International Hostel

Near the Everglades, this is another place to stay prior to arrival at Sea Base. Call (800) 372-3874 or (305) 248-1122, or check the web at www.evergladeshostel.com. **Note: This is a youth hostel with an international and colorful clientele.**

Additional information about the Florida Keys and its various offerings can be obtained from the local Chamber of Commerce offices.

Islamorada Chamber of Commerce: (800) 322-5397

<http://www.islamoradachamber.com/>

Lower Keys Chamber of Commerce: (800) 872-3722

<http://www.lowerkeyschamber.com>

Key West Chamber of Commerce: (800) 648-6269

<http://www.keywestchamber.com/>



TRANSPORTING SCOUTS SAFELY

Do all you can to keep Scouts Safe ...

- ALWAYS USE SEATBELTS
- TURN YOUR HEADLIGHTS ON FOR SAFETY
- DON'T DRIVE FATIGUED
- LOAD-HITCH-TOW TRAILERS CORRECTLY
- AVOID NIGHT DRIVING

DRIVER'S PLEDGE

- I will not drive when I feel fatigued, I realize that when I am fatigued, I process information more slowly and less accurately and this impairs my ability to react in time to avoid accidents.
- I will arrange my schedule so that several days before a Boy Scout "driving trip", I will get a good night's sleep every night to avoid the cumulative effect of not getting enough sleep.
- I will make trip preparations far enough in advance so that last-minute preparations don't interfere with my rest.
- I will make travel plans that take into account my personal biological clock and only drive during the part of the day when I know I will be alert.
- I will be smart about engaging in physical activities during Scouting outings and will make sure that I will be ready to drive alertly.

CHECK FOR GOOD MECHANICAL CONDITION

TIRES BRAKES WINDSHIELD WIPERS ALL LIGHTS

NO FLUID LEAKS HORN TURN SIGNALS

CLEAN WINDSHIELDS AND WINDOWS

Seasonal Planning Tips

Sea Base has **three** program seasons: **Spring** (February through April), **Summer** (May through August) and **Winter** (the week before and after Christmas). Winter and Spring temperatures vary from 50°F possible in the evenings, to 80°F during the day, with varying wind speeds and a humid climate. Water temperatures in winter dip to 72°. A wool shirt under a rain jacket is advisable during chilly, wet days on the water. In clothing preparation, please keep these factors in mind. Hypothermia is a potential concern during this time of year on the water. **For scuba crews, Sea Base does have wetsuits available for rent at a cost of \$35 per week.**

Summer temperatures vary from 80°F to 95°F night and day, with high humidity and light breezes, and afternoon rain squalls. The water temperature averages 84° in summer. Concerns are to dress cool, have rain protection and sun protection. The official BSA uniform is highly recommended while traveling to and from Sea Base, and is required during flag raising, and breakfast and evening meals at Base. You will find yourself primarily dressed in T-shirts and swim trunks the rest of the time. Many crews choose a “Class B” troop or Sea Base T-shirt for daily wear.

Stop-overs and Side Trips

There are many interesting sights to see and places to go between your home and Sea Base. Give special consideration to stopping in places unique to the state, such as Kennedy Space Center, Disneyworld, Cypress Gardens, Florida Everglades, etc.

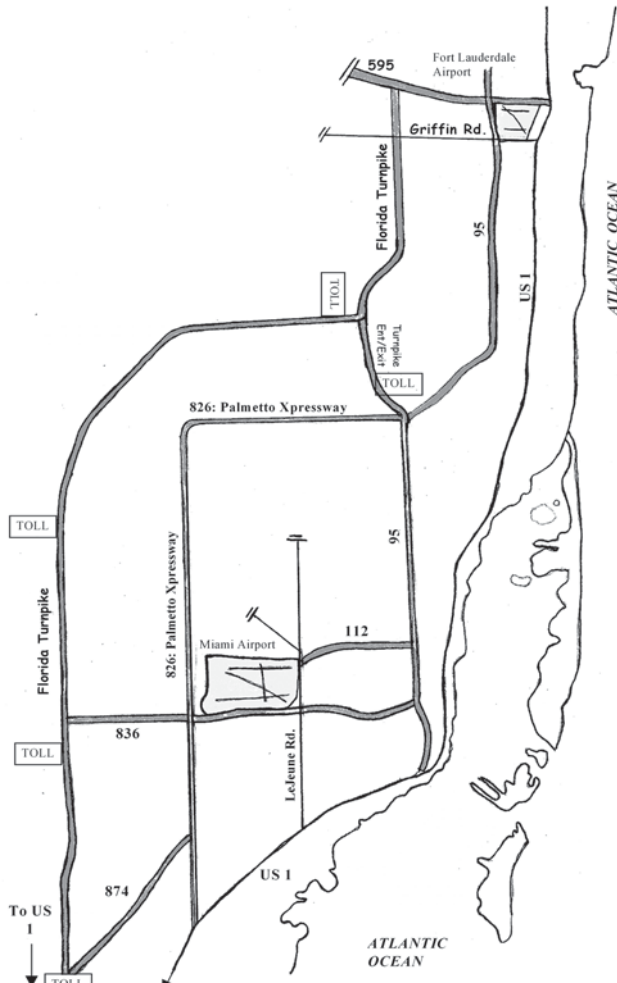
Many crews that bring camping gear want to stay in the Keys area before or after their High Adventure. The following Florida State facilities have campgrounds and may be contacted at the telephone numbers listed for reservations:

Florida Keys Campgrounds, State Parks

- John Pennekamp State Park, Key Largo, MM 103
(305) 451-1202
- Long Key State Recreation Area, MM 70
(305) 664-4815
- Bahia Honda State Recreation Area, MM 37 (305) 872-2353

Privately Operated Campgrounds

- Boyd's Key West Campground, MM 6 (305) 294-1465
- Sugarloaf Key Campground, MM 20 (305) 745-3549
- Howell Key Campground MM 27 (305) 797-4789
- Camp Sawyer, South Florida Council, BSA (305) 364-0020
- Sunshine Key Camping, MM 38.8 (305) 872-2217
- Knights Key, MM 47 (800) 348-CAMP



Policies of the Florida Sea Base

Damage Deposit:

Each crew is required to post a \$100 damage deposit during leader check-in. If you have multiple crews, you must have a deposit for each one. The funds will be returned during check-out, less any damages. The deposit may be in the following forms:

 Visa/MasterCard Unsigned Travelers Check
 Check, made out to Florida Sea Base Cash

Alcoholic Beverages and Illegal Substances

There is no place in the program of the Boy Scouts of America for the possession or use of these substances. Anyone, youth or adult, violating this policy will be asked to leave Sea Base immediately **without** refund. This policy applies while in Key West.

Smoking

Smoking is confined to designated areas at Sea Base. The minimum age for smoking is 18 years of age. **SMOKING IS NOT PERMITTED ON ANY VESSEL OR IN ANY BUILDING.**

Things to leave at home

Portable stereos, “walkmen”, MP3s, iPods, skateboards, etc. distract from the Sea Base experience. Leave them at home.

Fireworks and Firearms

Boy Scouts of America policy prohibits possession and discharge of fireworks or possession of firearms not used in Scout program. Fireworks or firearms found on Sea Base property will be confiscated and destroyed.

Leaving Base

All participants are expected to remain on Base. This includes all adult leaders as well as youth members. Sea Base may sponsor some trips off the base as part of the regular program.

Scuba Diving

Scuba diving is permitted *only* on the Scuba Certification, Scuba Adventure and Scuba Live Aboard Adventure programs. If you are a certified diver wishing to dive and are not in one of these programs, it is suggested that you arrive in the area a few days early, rent a motel room, and dive with a local charter diving firm.

Swimsuits

ALL SWIMMING ATTIRE MUST BE MODEST. For men, Speedo-type swimsuits are not appropriate; swim suits should have liners in them. For women, bikinis are not appropriate; one-piece swimsuits and modest tankini suits are considered appropriate.

Parking

There is limited secured parking on the grounds for cars, vans, and buses.

Money

Since your fees cover all of your program expenses, theoretically, you could attend Sea Base with no need of further finances. However, there are several opportunities requiring cash:

- | | |
|-------------------------------------|----------------------------------------------------------|
| 1) Soft drink machines | 6) T-Shirts/Souvenirs |
| 2) Ship's Store, as described below | 7) Film |
| 3) Coin operated laundry machines | 8) Key West attractions (See Guide to Key West, page 58) |
| 4) Crew photograph | |
| 5) Meals in Key West | |

Ship's Store

In case you have forgotten any personal items, the Sea Base has a well-stocked store with a wide range of items, from personal articles to souvenir items which will help you remember your adventure. Visa, Master Card and Discover cards are welcome. For ordering special souvenirs, literature, clothing, etc. in advance of your Sea Base arrival, shop our online catalog at <http://www.bsaseabase.org/store/index.html> or call 305-664-5628.

Underwater Cameras

Cameras provide you the opportunity to record your experiences within the underwater wilderness, gliding by massive coral formations in clear blue water abounding with tropical fish. Disposable underwater cameras are available in the Ship's Store. For scuba crews: please, no cameras on your first dive, or on the first half of your night dive.

Crew Photo

During your stay at Sea Base, a Sea Base photographer will take your crew picture. Even if you do not plan to purchase the photograph, we would like you to take the picture. This color 8x10 photograph is available for purchase through the Ship's Store for \$6, plus tax. If your whole crew purchases a photo, you will also receive the photo on a disk.

Mail

Parents: Do not send mail. Most mail will arrive after your crew has left for home; service is slow in the Keys. Sea Base offers programs to hundreds of Scouts on the sea, on the land, and on the island. We are not able to deliver mail to Scouts unless it is mail of urgency, i.e. glasses, medicine, etc.

Telephone Contact

Contact with participants in Sea Base programs is nearly impossible except by Sea Base staff. Please do not attempt to contact a program participant. Pay phones are available for participants to contact home. The Sea Base business telephone lines are for use only in **extreme** emergency.

Religious Services

Sea Base encourages all Scouts and Scouters to comply with the twelfth point of the Scout Law: “A Scout is Reverent”. During the summer a Sea Base Chaplain will offer an interfaith program every day during the week. Additionally, an interfaith worship service will be offered on Sundays each week, followed by a Eucharistic service for Roman Catholics. Participation with local faith groups is also available.

Sea Base Equipment

Sea Base prides itself on providing quality equipment and facilities. This equipment belongs to the entire Scouting community. You are entrusted with the proper care and use of this equipment. (A Scout is Trustworthy.) Sea Base provides each participant snorkeling equipment for their adventure. This includes a mask, fins, snorkel, and gear bag. The equipment is top quality, however, Sea Base advises those who have their own snorkel gear to bring it.

Hurricane Season

Hurricane season begins June 1 and continues through November 30. In the event of extreme weather conditions, the Sea Base General Manager will make the final decision regarding whether to continue with the adventure or seek shelter on the mainland. In the unlikely event that conditions beyond our control prevent your scheduled trip, an alternative program may be offered. In the case of cancellation due to extreme weather conditions, fees will be refunded based on the percent of the programs cancelled. Crews that did not participate in any part of their program will be refunded 100% of their fees paid.

The Florida Sea Base is not able to refund any fees related to meals, lodging or transportation incurred as a result of an evacuation. These expenses remain the responsibility of the crew. **SEA BASE STRONGLY RECOMMENDS YOU PURCHASE TRIP INSURANCE TO COVER YOUR TRAVEL EXPENSES.**



Sea Base Traditions

Flag Raising

Sea Base Participants and staff gather in formation each morning at 7:45 a.m. for flag raising, and 5:45 p.m. for flag retreat. All crews must wear their Field uniforms **or** matching crew uniform. Your crew may be asked to perform the flag ceremony.

Council Strips

Over the years, many units have affixed their council strip or troop number patches to the Galley (Dining Hall) rafters. If your unit is the first from your council to participate in a Sea Base program, you may want to bring a council strip for this purpose. No “plaques” or t-shirts, please; just simple patches.

Uniforming

Sea Base requires that your crew carry on the Scouting tradition by arriving at Sea Base in uniform. Crews must wear their Scout Field Uniform **or** crew uniform to flag raising, breakfast, and dinner. A Scout Field Uniform is considered to be a Scout shirt and Scout shorts; Scout socks and hat are optional at the unit’s discretion. Varsity and Venturing units should consider as a Field uniform their unit shirt and Scout shorts. Luau nights are exceptions to this tradition.

Luau

On the last night of your Sea Base adventure your crew will participate in a Sea Base Luau. This special dinner event will be a festive evening of fun, music and games. You are encouraged to bring Hawaiian/tropical style clothing to help make this a memorable part of your stay at Sea Base. Experience has taught us that the crews that pre-plan for this event seem to have more fun. So practice the limbo and a skit for your Luau!

Closing Reflections Ceremony

Your opportunity to share and reflect upon your experiences of the high seas. Each crew participates by adding a touch of creativity in the form of a song or skit related to their Sea Base experience.

Fishing at the Florida Sea Base

Participants in all Sailing programs are covered by the boat fishing licenses, and do not need to purchase an additional fishing license. Keys Adventure, Out Island Adventure and Florida Fishing Adventure participants sixteen and older must pre-purchase a fishing license prior to arrival. Check the individual program guides for information on obtaining a Florida State Fishing License. Participants in Scuba programs do not have fishing as part of their adventure.

The warm clear waters, tropical reef and abundance of fish make the Florida Keys an ideal area to try your fishing skills.

Soft corals and hard corals, alive or dead, are protected by Florida Marine Law and therefore, cannot be collected or molested. Also, the Florida Sea Base does not sanction shell or marine specimen collection.

The waters of the Keys are not open to **spear fishing**. **DO NOT** bring spear guns with you. We do not allow the use of spear guns or Hawaiian slings on any of our programs.

Additional Program Opportunities at Sea Base

Traditional advancements found in council camps are not emphasized at Sea Base. You may find other opportunities available to you at Sea Base.

Project S.C.E.N.E.

The Florida Sea Base became the first Scouting facility in the U.S. to be designated as a Scout Centre for Excellence of Nature and Environment (S.C.E.N.E.). Through participation in environmental programs like exotic plant eradication, fish ID and counts, and other projects, and by completing a project at home, Scouts can earn a Project S.C.E.N.E. patch. Ask for details on this program during your check in.

Snorkeling BSA.

Your passport to our underwater world is your snorkeling equipment (mask, fins, snorkel). You may earn the Snorkeling BSA award during your participation in Sea Base programs. However, we encourage the use of this award program as a means of advance preparation prior to your participation at Sea Base. Contact your local council regarding the requirements and application forms for Snorkeling BSA.

Scuba BSA

Due to time and staff constraints, Sea Base does not offer the Scuba BSA award as a Sea Base program. More information can be learned about this program through the BSA publication *Scuba BSA.*, #19-515, available through your council office.

Duty to God Award

The Florida Sea Base has a chaplaincy program that offers the Duty to God Award for youth and adult participants who complete requirements appropriate to their adventure. The requirements are designed to help the individual participants and their crews remember a Scout's Duty to God as they explore evidence of God's creation in the oceans around them. Persons who complete the requirements are eligible to purchase a unique award patch that can be worn on their uniform.

Merit Badges

The merit badge program is designed as an individual or unit level activity during weekend campouts or at summer camp. The experience which is offered at the Sea Base is a unique, once-in-a-lifetime opportunity, and may or may not fulfill a merit badge requirement. The program that our staff offers is not designed to fulfill merit badge requirements.

Captain's Club Recognition

For crews participating in Coral Reef Adventure, Sea Exploring Adventure, or Scuba Live Aboard Adventure, or Bahamas Sailing Adventure, both youth and adults will have the opportunity to earn an award based upon proficiency of learned and demonstrated sailing/boating skills during your adventure. An excellent reference for this award is the Sailing Guide on page 68; additional requirement specific to your vessel will also be required. The vessel captain or mate is the counselor for this award. See page 79 for participant evaluation form.



Coral Reef Sailing Guide



The staff of the Florida Sea Base is eager for your arrival and participation in the Coral Reef Sailing Program for the upcoming season. To aid in your preparation for the trip, we would like to go over some highlights for the week that you will spend with us.

When you arrive at the Florida Sea Base between 1 and 3 p.m., you will check in at the Registration office. You will be met by your Coral Reef Mate

who will lead you through the orientation process for your adventure ahead. After your adult leader checks in with the registration office, your crew will have a crew photo taken before you head over to the shake down area under the scuba dorms. All personal gear minus your sleeping and snorkeling gear will fit into the issued mesh bags for the boat. You will change out of your scout uniform and into your swim trunks. Make sure you apply sunscreen, the Florida sun is very hot. You will stow your gear not going to the boat in either our lockers (**you provide the lock**) or your personal car if you choose. Next you will proceed on the Sea Base tour highlighting the ship store, the submarine, chapel, dive boats if in port, the sea habitat and galley.

Next is a trip to the quarterdeck to get your snorkeling gear. Each participant, both youth and adult, will be issued a mask, fins, snorkel, snorkel vest and a dive bag that you will use for the remainder of your week long adventure (if you have your own snorkeling equipment you may bring it). Everyone will participate in a BSA swim review and a snorkel instruction lesson so you are comfortable with your gear and swimming in the ocean. Next it is off to your assigned ship to meet your captain. If your crew is quick you may be able to provision your ship with food for the week before flags. If not, after dinner you'll accomplish this task. Flags at 5:45 and dinner at 6:00. After dinner, you will board your vessel for your first night on board the boat at the dock, or you may sail into the sunset if time permits. We try hard to get you off the dock if at all possible. You are now on your way for a week of unforgettable adventure including sailing, snorkeling, fishing and a port of call in Key West.

The program is not a pleasure cruise, but a Scout Adventure and crews are expected to work aboard the vessel. You may stop and snorkel many times in one day or just sail as much as you can. If your crew likes fishing more than snorkeling, the Captain will try to cater to those wishes.

Sleeping arrangements are cramped and limited below decks. Most crews sleep on deck, weather permitting. Be advised that inclement weather means hot cramped quarters below decks. Not everyone will have a bunk (**High Adventure**). All our vessels carry a fishing license that will cover you during your week aboard. The Florida Sea Base supplies all the necessary rods, reels and tackle. This tackle can be used while trolling or at anchor in several locations.

Upon your return to Sea Base, you will return your snorkeling gear, clean your boat, move into the dorms for the night, prepare for the evening luau, patch presentation and reflection. Some crews like to bring Hawaiian type shirts for this...we may do the limbo and island type games before a seafood meal.

Crews often ask about spending money. \$100 - \$125 per person is adequate unless you want to buy a lot of souvenirs or eat lunch and/or dinner ashore. Hot water showers, coin operated laundry facilities, and pay phones are available for your use while at Sea Base. The Ship's Store carries souvenirs and many items you may have forgotten.

Swim Test and Review: The Florida Sea Base is the premier aquatic High Adventure facility of the BSA. **You MUST PASS the standard BSA swim test prior to your arrival.** If you cannot pass this test without



problems, this probably is not the right adventure for you. Upon arrival at the Sea Base, you will participate in a swim review to assess your swimming skills. The heat and physical activities can tire you out fast, so arrive at the Sea Base in good physical condition.

Packing your Gear: **All your gear (except sleeping pad) must fit in a 24" duffel bag (issued at check-in).** No suitcases or frame backpacks can be used. You will be living on a sailing vessel during the entire adventure. Space is limited so you must only bring what you need. Keep this in mind and travel light!

Sea Exploring Adventure Guide



The Sea Exploring Adventure offers an opportunity for large crews to stay together during their voyage. To aid in your preparation for the trip, we would like to go over some highlights of the week that you will spend with us.

Upon arrival at the Sea Base you will be greeted by your Sea Exploring Mate and given a tour of the Base, a swim review, snorkel lesson, and take an optional crew photo. You will then go to the quarterdeck for the issuing of snorkeling equipment. Each participant, both youth and adult, will be issued a mask, fins, snorkel, snorkel vest and a Sea Base dive bag that you will use for the remainder of your week long adventure. You will also receive a bag to transfer all of your personal belongings into to take on your vessel. You will be assigned a storage locker for your effects you will not be taking with you. You'll spend your first night in our air-conditioned dorms at Sea Base. The next morning you'll travel to Marathon (about 30 minutes south of Sea Base) and will move on to your tall-masted sailing vessel and you will "shove off" from the dock and begin your adventure; you'll be off and sailing on your journey to Key West and back. You and your fellow participants will take turns cooking in the galley and cleaning the boat, along with sailing and providing a nightly anchor watch. Because the sea never sleeps, we use a watch system not only to keep an eye on our vessel, but also to run it smoothly. You will drop fishing lines in the water as you travel to hopefully catch a meal.

The week's schedule depends on the weather and the crew's ability. On your first day towards Key West you will stop to snorkel some of the best coral reefs in the Florida Keys. On your second night aboard your vessel, you will be at anchor in a safe harbor. When you arrive at Key West you will be granted shore leave to explore the historic town. After Key West, you'll visit more reefs and wrecks on your way up and down the keys. On your last day, you will return to shore around 2 p.m. to unload gear and clean the vessel. This is the night of your big Luau dinner and closing program. Your crew will perform skits and receive the Florida Sea Base patch. Your last night will be spent in the bunkhouse before your morning departure.

Try to travel light and bring only what you need. Remember, these sailing vessels can be cramped for space. This is not a pleasure cruise, but a Scout Adventure aboard a working vessel. The quarters can be cramped and hot,

so be prepared to sleep on deck. This will be a great adventure that you will remember for a lifetime. You will be doing actual hands-on sailing including navigating with charts, raising and lowering of the sails, taking turns on the helm, and swabbing the decks.

Because of the number of people involved and the close quarters in shipboard living, you need to ensure that all of your gear fits into one small duffel bag with crushable sides no larger than a pillowcase. While you are under way on your vessel you will troll for many types of large fish. If you are a gung-ho fisherman you may want to try your hand at bottom fishing in several of the anchorages. The Florida Sea Base supplies all the necessary rods, reels and tackle along with your snorkel, mask and fins.

Swim Test and Review: The Florida Sea Base is the premier aquatic High Adventure facility of the BSA. **You MUST PASS the standard BSA swim test prior to your arrival.** If you cannot pass this test without problems, you may want to reconsider participation. Upon arrival at the Sea Base, you will participate in a swim review to assess your swimming skills. The heat and physical activities can tire you out fast, so arrive at the Sea Base in good physical condition.

Packing your Gear:

All your gear (except sleeping pad) must fit in a 24" duffel bag (issued at check-in). No suitcases or frame backpacks can be used. You will be living on a sailing vessel during the entire adventure. Space is limited so you must only bring what you need. Keep this in mind and travel light!



WHAT TO BRING FOR CORAL REEF AND SEA EXPLORING ADVENTURES:

BRING

- 1 Pad lock *per crew* for storage
- 1 Set Field or Activity uniforms
- Several (2-3) T-shirts
- Lightweight rain gear (optional)
- Sunglasses with strap (Polarized are best)
- 1 pair walking shoes for Key West

• 16 oz of Non-Oily Non-Aerosol sunscreen (SPF 30+)

- 1 pair of shorts for Key West
- Pants, long-sleeve shirt & light jacket (**December & Spring only**)

- Toiletry kit
- Wide brimmed hat
- 1-2 pair of Socks
- Large-mouth water bottle with plastic clip, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a sleeping bag
- Sleeping pad – Backpacking type

➤ NOTE: Make sure you can successfully pass the BSA Swim Test.

➤ NOTE: Make sure your name is on the crew roster your leader is going to send us.

➤ NOTE: Don't forget to bring a photocopy of front and back of insurance card.

- 2 Swimsuits (modest style)
- 2 towels and a small pillow
- Insect repellent
- Prescription Medication
- Proof of age/photo ID
- Copy of Medical Insurance information
- Small flashlight

DO NOT BRING

- MP3/iPod/video game player
- Fireworks
- Skateboards

OPTIONAL ITEMS

- Hawaiian style shirt (Luau)
- Camera (waterproof if possible)
- Personal snorkel gear
- Extra money (\$100-\$125)
- Bonine® (for seasickness)
- Skin so soft lotion (non DEET bug repellent alternative)
- (crew photo - \$6 per copy)

SHIP'S STORE

Most of the items on the "What to Bring List" are carried in our Ship's Store with the exception of shoes, socks, and sleeping gear. \$100 to \$125 is adequate spending money unless you want to buy a lot of souvenirs.

AGE REQUIREMENT

Participants must be Fourteen (14) years old by September 1 of the year of participation. AGE REQUIREMENTS FOR SEA BASE CANNOT BE RELAXED. PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! All youth participants are required to present proof of age before participating in our programs. (Appropriate ID includes one of the following: 1. school photo ID & copy of birth certificate, 2. passport, 3. valid government issued ID). **Those individuals who do not meet the minimum age requirements will be sent home, no exceptions.**

BEING PHYSICALLY FIT

Every participant in the Florida Sea Base High Adventure program needs to be physically fit for the strenuous demands that will be placed on their body. The Sea Base programs are PHYSICALLY CHALLENGING. Get in shape! Stay in shape! You will be in the water a great deal, so go swimming with your crew at your local pool often. Do some light exercises to increase your stamina. You will be frequently lifting your body in and out of the water to boats and docks. You have dedicated a lot of your personal time and resources to come to Sea Base. Get the most out of your experience by being ready - physically and mentally. All participants must be in good health evidenced by a **Sea Base Health and Medical Record** filled out and signed by your doctor within the past 12 months. A regular BSA Class I, II or III medical is not acceptable, nor is another "sports" medical or anything other than a Sea Base Health and Medical Record. The unique tropical environment has very different requirements from most Scouting and outdoor activities. All participants should note the suggested weight to height guidelines, which are listed in the Sea Base Health and Medical Record. All programs involve snorkeling and entering and exiting a vessel via ladders rated to only 300 pounds. **People weighing 300 pounds or over are not allowed to participate in Sea Base High Adventures. Participants not meeting this requirement will be sent home at their own expense.**

MAIL

PARENTS - Do not send mail. Sea Base offers programs to hundreds of Scouts on the sea, on the land and on the island. We will not deliver mail from home to Scouts unless it is mail of urgency, i.e. glasses, medicine, etc. left at home.



Scuba Certification Guide



Here is your opportunity to learn a skill and possibly develop a life-long hobby. To aid you in your preparations, we would like to go over some programmatic and physical aspects of the week you will spend with us this season.

Before your arrival, your leader will need to send us the following 5 forms for your entire crew. Florida Sea Base Health and Medical Record, RSTC medical statement, PADI statement of understanding, PADI Liability Release form and Sea Base waivers. The RSTC medical statement should be reviewed thoroughly by participants, their parents/legal guardian and physician. The parent/legal guardian must sign the PADI medical and the Sea Base medical. This is important because our hyperbaric physician reviews all of your medicals; we need time to have the doctor review them and notify you of any problems. To help avoid disappointment, please review the "Medical constraints for scuba diving." You and your physician should review these constraints. If you have any questions, you or your physician should contact the Sea Base Scuba Commissioner, Program Director or Diver's Alert Network. We must receive these by January 1 for spring crews, March 1 for summer crews and October 1 for fall and winter crews. In addition to the forms listed above you will also receive your PADI Open Water Diver Manual. To assure your completion of the class, you must read the entire PADI Open Water Diver Manual and complete the Knowledge Reviews at the end of each chapter, prior to arrival at Sea Base.

When you arrive at Sea Base, between 2:00 and 4:00 p.m., you will be greeted by a member of the Scuba Staff who will lead you through an orientation of the Base and show you to your dormitory. Your crew will then change into swimsuits for your swim review. After this, you will be issued the dive equipment that you will be using all week for your Certification Adventure - mask, fins, snorkel, regulator, BCD, weight belt, weights, etc. If you own any or all of these pieces of equipment, you are welcome to bring them and use them. All personal equipment is subject to a safety inspection by, and approval of, the Scuba Commissioner. You will also have the option to have our Sea Base photographer take your crew's photo. Your first night you will have an opening program to discuss the itinerary in detail, and begin your class.

You will be housed in air-conditioned dormitories with bunk beds and shared bathrooms. There are hot water showers and coin operated laundry facilities available. Storage for all of your diving equipment is provided in the scuba area.

Throughout the week you will be involved in developing the skills you need to become a safe, responsible diver. Your professional Dive Instructor will be with your crew constantly and will be your crew's mentor and guide.

You will be given the opportunity to earn certification from the Professional Association of Dive Instructors (PADI), a world renowned and recognized agency. The course is divided into academic knowledge development (conducted in our classroom), confined-water skills development (conducted in our custom built scuba training pools), and finally four open water training dives and if time allows one pleasure dive.

During the latter part of the week, after you have mastered the skills you must know to be a safe diver, you will do your open-water checkouts in the diverse eco-system of the fabulous Florida Keys, the largest living coral reef system in the continental U.S. After demonstrating your skills for the Instructor, you will have the opportunity to explore different habitats and reef structures. Your crew may explore the spur and groove formations of unmarked Shark Reef or rub the belly of the Buddha on Davis Reef. At the end of your week after cleaning and returning your gear, you will participate in your closing program with time for reflection over your week's adventure and receive a Sea Base patch to wear on your uniform.

ALL SCUBA participants must send in their Sea Base Health and Medical Record no later than January 1 for spring crews, March 1 for summer crews, October 1 for fall crews. The entire crew MUST send them in all together to the Sea Base office. ANYONE with any history of asthma needs a methacholine challenge test within the last year. A copy of the test result must be sent in to Sea Base with your medical by March 1 to be reviewed.

Schedule your medicals with your physician early. YOUR RESERVATION IS SUBJECT TO CANCELLATION IF DUE DATES ARE NOT MET. MAKE SURE YOUR CREW NUMBER IS ON ALL MEDICAL FORMS.



Scuba Adventure Guide



You know how to scuba dive, now we will show you some of the best places to scuba dive, period! To aid you in your preparations, we would like to go over some highlights of the week you will spend with us this season.

When you arrive at Sea Base, between 2 and 4 p.m., a member of the Scuba Staff will lead you through an orientation of the Base. They will show you to your dormitory, where the crew will get settled and change into swimsuits for your swim review. You will then be issued the dive equipment that you will use all week for your adventure; mask, fins, snorkel, regulator, BCD, weight belt, weights, etc. If you own any or all of these pieces of equipment, you are welcome to bring them and use them. All personal equipment is subject to a safety inspection by, and approval of, the Scuba Commissioner. Your first night you will meet some of the staff. There will be an opening program where we will discuss the itinerary in detail, and other opportunities your crew may wish to take advantage of during your adventure. You will view a “Peak Performance Buoyancy” video, and receive some pointers on how to become a better diver.

You will be housed in air-conditioned dormitories with bunk beds and shared bathrooms. There are hot showers and laundry facilities available. You and your crew are responsible for keeping the dormitory clean. Storage for all of your diving equipment is provided in the scuba area.

On either your arrival day or on the next day you will participate in a “Scuba Review” to familiarize yourself with the equipment you have been issued, and to check it for proper fit and function. Also, this is a great opportunity for you to refresh your diving skills in case it has been a while since you have been diving.

Your itinerary for the week will depend on weather and water conditions. Most days you will be on the water from 9 a.m. until 4 p.m. You will also attend several night classes. The program plans on nine dives during your stay. Depending on conditions, crews may have less than nine dives during their stay. At Sea Base, safety is our first concern. Dives on several coral reefs are planned both during the day and at night. All Sea Base dives are conducted within the RSTC recommended 60-foot limit. There will not be any opportunity to work on advanced certifications or participate in specialty dives. One day will be a non-diving day spent touring Key West.

S.C.E.N.E. - The Florida Sea Base is the first Scouting facility in the United States to be designated as a S.C.E.N.E (Scouting Centres of Excellence for Nature and the Environment). In recognition of this, all participants in our programs will be eligible to earn a S.C.E.N.E. segment for their Sea Base participant patch. We have several projects available that you have the option of participating in to improve the aquatic environment of the Florida Keys.

At the end of your week, after cleaning and returning your gear, you will participate in your closing program with time for reflection over your week’s adventure. If you participated in the entire program you will receive a Sea Base patch to wear on your uniform.

OF IMPORTANCE:

After a scuba dive, you must not fly for at least 18 hours. To avoid any possibility of Decompression Sickness, your departing flight for home should be scheduled for 8:00 a.m. or later.

All Scuba Adventure participants **MUST** bring their Scuba Certification Cards and divers logbook. Florida Sea Base accepts certification from R.S.T.C. recognized training agencies which include IDEA, NASDS, PADI, PDIC, SSI, SDI, YMCA and NAUI. Exceptions (additions) to this list must be approved by the Sea Base Program Director.

ALL SCUBA participants must send in their Sea Base Health and Medical Record no later than January 1 for spring crews, March 1 for summer crews, October 1 for fall crews. The entire crew MUST send them in all together to the Sea Base office. ANYONE with any history of asthma needs a methacholine challenge test within the last year. A copy of the test result must be sent in to Sea Base with your medical by March 1 to be reviewed.

Schedule your medicals with your physician early. YOUR RESERVATION IS SUBJECT TO CANCELLATION IF DUE DATES ARE NOT MET. MAKE SURE YOUR CREW NUMBER IS ON ALL MEDICAL FORMS.



Scuba Live Aboard Guide



Welcome to our newest Scuba adventure, the Scuba Live-Aboard Adventure. When you arrive at the Sea Base, between 2 and 4 p.m., your Dive master/Dive Instructor will lead you through an orientation of the Base. They will show you to your dormitory, where the crew will get settled and change into swimsuits for your swim review. You will then be issued the dive equipment that you will use all week for your adventure; mask, fins, snorkel, regulator, BCD, weight belt, weights, etc. If you own any or all of these pieces of equipment, you are welcome to bring them and use them. All personal equipment is subject to a safety inspection by, and approval of, the Scuba Commissioner. Your first night you will meet some of the staff. There will be an opening program where we will discuss the itinerary in detail, and other opportunities your crew may wish to take advantage of during your adventure. You will participate in a “Scuba Review” to familiarize yourself with the equipment you have been issued, and to check it for proper fit and function. Also, this is a great opportunity for you to refresh your diving skills in case it has been a while since you have been diving.

On the first and last nights of your adventure, you will be housed in air-conditioned dormitories with bunk beds and shared bathrooms. There are hot showers and laundry facilities available. You and your crew are responsible for keeping the dormitory clean. You board your boat and set sail the next morning. Your itinerary for the week will depend on weather and water conditions. The program plans on 15 dives during your stay. Depending on conditions, crews may have less than 15 dives during their adventure. At Sea Base, safety is our first concern. Dives are planned both during the day and at night. All Sea Base dives are conducted within the RSTC recommended 60-foot limit.

PADI Project Aware Coral Reef Conservation and Specialty. Your first night at Florida Sea Base the scuba staff will begin PADI Project Aware Coral Reef Conservation. In this program you will learn about corals, coral reef eco-systems, the current status of coral reefs world wide and how to protect the living reefs. After attending this program you will have the option of obtaining the Aware Coral Reef Conservation Specialty from PADI. Should you elect to obtain the Coral Reef Conservation specialty you will need to purchase a PIC card from the Ship’s Store. The PIC card is a PADI product and the information on the card will be used by PADI to process your specialty certification card. The cost of the PIC card is \$15.00 plus tax and covers what Florida Sea Base pays PADI for the PIC card.

PADI/REEF Fish Identification and Specialty. The scuba staff will also present the PADI/REEF Fish Identification program during your week at Sea Base. In this program you will learn interesting information about the most abundant fish on the reefs of the Florida Keys including the common names for the fish and easy ways to identify them. You may want to apply your fish identification knowledge and diving skills by recording your fish sightings on a slate. If you decide to use the slate on two of the dives you will be making during your week at Florida Sea Base you may then elect to obtain the PADI Fish Identification Specialty. The PADI Fish Identification Specialty requires diving and each participant will need to sign the **PADI Adventures in Diving Program and Correlating Specialty Diver Programs Liability Release and Assumption of Risk, PADI Standard Safe Diving Practices and Statement of Understanding** and the **PADI RSTC Medical Statement** prior to making the fish identification specialty dives. **The PADI Certified Diver Experience Programs Liability Release and Assumption of Risk is included Leader’s Packet, as is the RSTC medical form. If the participant is a minor, then prior to arriving at Florida Sea Base the Release and RSTC Medical Statement must be signed by the participant and the parent or legal guardian of the minor participants. Please note that dates on the PADI release are to be entered the international way or day, month and then year and not month, day and then year. To get credit from PADI for the specialty and to have the specialty count towards a PADI Master Scuba Diver certification you will also need to purchase a PIC card from the ship store.**

PADI Specialties. Members of your crew are also be eligible to earn other PADI specialties during their week of adventure. Other specialties that may be earned include boat diver, underwater naturalist, night diver and peak performance buoyancy. Since these specialties involve diving, the aforementioned three PADI forms must be signed as outlined above for each specialty a diver desires to take. **The PADI RSTC Medical Statement must be signed by a physician. The physician’s signature is good for one year provided the diver’s answers to a subsequent RSTC Medical Form are identical. It is recommended you take the Florida Sea Base Class 3 Medical form and the PADI RSTC form to the doctor on the same visit to avoid additional fees. If a diver’s answers to the RSTC Medical Form have changed, then the diver must again get a physician to certify in writing they are “fit for diving”.**

ALL SCUBA participants must send in their Sea Base Health and Medical Record no later than January 1 for spring crews, March 1 for summer crews, October 1 for fall crews. The entire crew MUST send them in all together to the Sea Base office. ANYONE with any history of asthma needs a methacholine challenge test within the last year. A copy of the test result must be sent in to Sea Base with your medical by March 1 to be reviewed.

Schedule your medicals with your physician early. YOUR RESERVATION IS SUBJECT TO CANCELLATION IF DUE DATES ARE NOT MET. MAKE SURE YOUR CREW NUMBER IS ON ALL MEDICAL FORMS.

WHAT TO BRING FOR SCUBA ADVENTURE, CERTIFICATION, AND LIVE ABOARD

BRING

- 1 Set Field or Activity uniforms
- Several (4-5) T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- 16 oz. of Non-Oily sunscreen (SPF 30+)
- 1-2 pairs of shorts
- Pants, long-sleeve shirt & light jacket (December & Spring only)
- Toiletry kit
- Wide brimmed hat
- 2 – 3 pair of Socks
- Waterproof watch for diving
- Large-mouth water bottle with plastic clip, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a sleeping bag and pad
- Swimsuit (modest style)
- 2 towels and a small pillow
- Walking shoes (Key West day)
- Insect repellent
- Prescription Medication
- Proof of age/photo ID
- Copy of Medical Insurance information

- NOTE: Make sure you can successfully pass the BSA Swim Test.
- NOTE: Make sure your name is on the crew roster your leader is going to send us.
- NOTE: Don't forget to bring a photocopy of front and back of insurance card.
- NOTE: Wetsuits are available for rent for \$35 per week.

SHIP'S STORE

Most of the items on the “What to Bring List” are carried in our Ship’s Store with the exception of watches, shoes, socks, and sleeping gear. Otherwise the Florida Sea Base supplies almost everything that you would need for the adventure. \$100-\$125 is adequate spending money unless you want to buy a lot of souvenirs.

- Dive logbook and certification card (**Scuba Live Aboard and Adventure**)
- Open Water Diver Textbook (**Scuba Cert**)
- Flashlight

DO NOT BRING

- MP3/iPod/video game player
- Fireworks
- Skateboards
- Dive Knives
- Gloves for diving

OPTIONAL ITEMS

- Hawaiian style shirt (Luau)
- Camera (waterproof if possible)
- Personal snorkel/Scuba gear
- Wetsuit
- Extra money (\$100-\$125)
- Bonine® (for seasickness)
- Skin so soft lotion (non DEET insect repellent alternative)
- (crew photo - \$6 per copy)
- Padlock for crew locker
- Rash Guard

AGE REQUIREMENT

Participants must be Fourteen (14) years old **by date of attendance**. AGE REQUIREMENTS FOR SEA BASE CANNOT BE RELAXED. PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! All youth participants are required to present proof of age before participating in our programs. (Appropriate ID includes one of the following: 1. school photo ID & copy of birth certificate, 2. passport, 3. valid government issued ID). **Those individuals who do not meet the minimum age requirements will be sent home, no exceptions.** Prevent a tragedy by adhering to the age policy and by bringing proper proof of age.

BEING PHYSICALLY FIT

Every participant in the Florida Sea Base High Adventure program needs to be physically fit for the strenuous demands that will be placed on their body. The Sea Base programs are PHYSICALLY CHALLENGING. Get in shape! Stay in shape! You will be in the water a great deal, so go swimming with your crew at your local pool often. Do some light exercises to increase your stamina. You will be frequently lifting your body in and out of the water to boats and docks. You have dedicated a lot of your personal time and resources to come to Sea Base. Get the most out of your experience by being ready - physically and mentally. All participants must be in good health evidenced by a **Sea Base Health and Medical Record** filled out and signed by you doctor within the past 12 months. A regular BSA Class I, II or III medical is not acceptable, nor is another “sports” medical or anything other than a Sea Base Health and Medical Record. The unique tropical environment has very different requirement from most Scouting and outdoor activities. All participants should note the suggested weight to height guidelines, which are listed in the Sea Base Health and Medical Record. All programs involve snorkeling and entering and exiting a vessel via ladders rated to only 300 pounds. **People weighing 300 pounds or over are not allowed to participate in Sea Base High Adventure. Participants not meeting this requirement will be sent home at their own expense.**

MAIL

PARENTS - Do not send mail. Sea Base offers programs to hundreds of Scouts on the sea, on the land and on the island. We will not deliver mail from home to Scouts unless it is mail of urgency, i.e. glasses, medicine, etc. left at home.

Keys Adventure Guide



The staff of the Florida Sea Base is constantly striving to design exciting programs to fulfill all expectations of our visitors from north of the Florida Keys. The Keys Adventure program provides an exciting introduction to the Florida Keys while allowing you to enjoy a variety of fun scouting activities.

On your scheduled arrival day, you will arrive between 2:00 and 4:00 p.m. at the Brinton Environmental Center, located on Summerland Key, 23.8 miles north of Key West. (Be aware that the trip from Miami is easily 3 hours; from Fort Lauderdale at least 3 ½ hours. Traffic in the Keys is usually limited to 45 MPH maximum.) After a brief check-in, your Keys Adventure Mate will show you to your air-conditioned quarters, followed by a tour of the facility. Next up, its into bathing suits and into the water for your swim review. At this point, you will be issued a mask, fins, snorkel and a Sea Base dive bag that you will have for the week of your adventure. If you have your own snorkeling gear, you are welcome to bring it with you. We will then provide a snorkel instruction lesson so you are comfortable with your gear. After dinner, there will be an orientation meeting for adult and youth crew leaders. This will be followed by an enjoyable slide show which describes some of the underwater creatures you'll want to enjoy and/or avoid on your adventure and includes snapshots of some of the fun you will be having during your stay in the Florida Keys and on Big Munson Island.

While at the Brinton Center you will be housed in air-conditioned dormitories overlooking the Atlantic Ocean and the Gulf of Mexico. There are hot showers and laundry facilities available. A portion of your stay will not be spent at the Center, but rather in tents; your crew will travel by boat to camp overnight on Sea Base's own Big Munson Island.

Fishing is an integral part of the program; your powerboat is supplied with heavy tackle and some lightweight rods and reels. (NOTE: To be in compliance with Florida Law, anyone 16 years old or older must purchase a fishing license to participate in any fishing activities, see below). Do not worry about bringing personal rods and reels since we have everything you need. Although we don't guarantee it, most crews are able to add some fresh fish or possibly lobster to the menu during their stay. Your itinerary will also include a great deal of snorkeling and the opportunity to learn more about marine biology from a fish eye point-of-view. You will also have an opportunity to learn to sail on the Atlantic Ocean with a full day of

cruising on the high seas. A few evenings you will also have the chance to go on a night time snorkel, a bridge fishing trip, and a sunset kayak tour!

Your Keys Adventure itinerary also includes a trip to Key West. It is the Southernmost town in the continental United States, and is rich in history and unique culture. Your dinner in Key West is the only meal not provided during your stay. Dinner choices in Key West range from fast food to more expensive restaurants featuring local cuisine. Dinner prices range from \$10 for fast food and up. For your visit to Key West, you may want to plan on spending around \$30 for museums and other side attractions, in addition to dinner.

The Keys Adventure program schedule has been optimized to ensure that all of your fishing will take place during a 3 day period. By doing this you will now be able to purchase 3 DAY FISHING LICENSES for your adventure rather than a 7 day license (which are twice as much). The day in which you will need your 3 day license to begin will be 2 days after your arrival day at Sea Base. For example: Your crew arrives at Sea Base on Sunday, June 1st. You will want to pre-purchase a 3 day licenses for the period of Tuesday June 3rd through Thursday, June 5th.

The current Florida fishing licenses costs are:

For residents of Florida:

One year saltwater license - \$17

For non-residents of Florida:

7 day saltwater license - \$30

**3 day saltwater license - \$17
(recommended)**

(There are no 3 or 7 day licenses available for residents)

Lobster tags (resident and non-resident): \$2 for one year (needed for adventures during the last consecutive Wednesday and Thursday in July and August 6th –March 31st)

Florida fishing licenses can be pre-purchased with a credit card:

By Telephone: Toll Free (888) 347-4356

By Internet: <http://www.myFWC.com>

NOTE: The Florida Fish and Wildlife adds a convenience fee of \$3.25 plus 2.5% of the total sale per person for using the telephone line. A convenience fee of \$2.25 plus 2.5% of the total sale per person is added for using the online website to purchase licenses.

Out Island Adventure Guide



On your scheduled arrival day, you will arrive between 2:00 and 4:00 p.m. at the Brinton Environmental Center, located on Summerland Key, 23.8 miles north of Key West. (Be aware that the trip from Miami is easily 3 hours; from Fort Lauderdale at least 3 ½ hours. Traffic in the Keys is usually limited to 45 MPH maximum.) Your first afternoon is quite busy. After a brief check-in, your Island Mate will show you to your air-conditioned quarters, followed by a tour of the facility. Next up, it's into bathing suits and into the water for your swim review. At this point, you will be issued a mask, fins, snorkel and a Sea Base dive bag that you will have for the week of your adventure. If you have your own snorkeling gear, you are welcome to bring it with you. We will then provide a snorkel instruction lesson so you are comfortable with your gear. This will be followed by an enjoyable slide show which describes some of the underwater creatures you'll want to enjoy and/or avoid on your adventure and includes snapshots of some of the fun you will be having during your stay on Big Munson Island.

You will have 3 full days of adventure on Big Munson Island. You will spend one day on and around the island exploring, snorkeling, kayaking, and shark fishing, among other activities. You will spend another day

fishing in a powerboat in the waters off the Florida Keys with the goal of adding some fresh fish or possibly lobster to the menu. (NOTE: To be in compliance with Florida Law, anyone 16 years old or older must purchase a fishing license to participate in any fishing activities, see below). The last full day will be spent snorkeling on Looe Key or the patch reefs called Munson Rocks, and working on an environmental project, and will be concluded with a closing campfire on the island.

The Out Island schedule allows individuals to purchase 3 day Florida fishing licenses for their adventure. The day in which you will need your 3 day license to begin will be 2 days after your arrival day at Sea Base. For example: Your crew arrives at Sea Base on Sunday, June 1st. You will want to pre-purchase a 3 day license for the period of Tuesday June 3rd through Thursday, June 5th.

The current Florida fishing licenses costs are:

For residents of Florida:

One year saltwater license - \$17

For non-residents of Florida:

7 day saltwater license - \$30

**3 day saltwater license - \$17
(recommended)**

(There are no 3 or 7 day licenses available for residents)

Lobster tags (resident and non-resident): \$2 for one year (needed for adventures during the last consecutive Wednesday and Thursday in July and August 6th –March 31st)

Florida fishing licenses can be pre-purchased with a credit card:

By Telephone: Toll Free (888) 347-4356

By Internet: <http://www.myFWC.com>

NOTE: The Florida Fish and Wildlife adds a convenience fee of \$3.25 plus 2.5% of the total sale per person for using the telephone line. A convenience fee of \$2.25 plus 2.5% of the total sale per person is added for using the online website to purchase licenses.

Florida Fishing Adventure Guide



Come enjoy the fishing you've only dreamed of, spending a week in the beautiful Florida Keys exploring the ocean as you try to hook that trophy fish! Play in the largest scout camp in the world, spanning from the Gulf of Mexico to the Florida Straights in the Atlantic Ocean. The Florida Keys boast several different ecosystems you will have the opportunity to fish and explore.

On your scheduled arrival day, you will arrive between 2:00 and 4:00 p.m. at the Brinton Environmental Center, located on Summerland Key, 23.8 miles north of Key West. (Be aware that the trip from Miami is easily 3 hours; from Fort Lauderdale at least 3 ½ hours. Traffic in the Keys is usually limited to 45 MPH maximum.) After a brief check-in, your Fishing Adventure Mate will show you to your air-conditioned quarters, followed by a tour of the facility. Next up, its into bathing suits and into the water for your swim review. At this point, you will be issued a mask, fins, snorkel and a Sea Base dive bag that you will have for the week of your adventure. If you have your own snorkeling gear, you are welcome to bring it with you. We will then provide a snorkel instruction lesson so you are comfortable with your gear. After dinner, we'll give you an exciting introduction presentation which describes your week in detail, and the wonderful creatures you may see.

The Brinton Environmental Center will be your base camp. You will be housed in air conditioned dormitories overlooking the Atlantic Ocean and Gulf of Mexico. There are hot showers and laundry facilities available, as well as our ship's store, Big Munson Outfitters, to accommodate your needs.

We will provide all of the top-of-the-line fishing tackle, rods, and reels that you'll need, so don't worry about bringing personal rods and reels. Most fishing crews are able to add some fresh fish or possibly lobster to the menu during their stay.

Every Adventure's fishing schedule is different due to the weather. Ideally, you will spend one day offshore trolling for various pelagic fish such as mahi-mahi, tuna, billfish, and wahoo. You will spend another day targeting snapper and grouper on North America's only living coral reef. You will also spend one day stalking tarpon, permit, jacks, sharks, and the elusive bonefish on the flats of the Florida Keys (Because these fish spook easily, your crew will split up onto two boats). Finally, no fishing adventure would be complete if we didn't include a day targeting big sharks wrestling "Jaws"! In addition to your daily fishing, you will be taught fishing skills such as casting, knot tying, cast netting, and jig tying. Your crew will also be involved in various fishing discussions on the art of catching and conservation. Fishing may be luck, but catching is a science!

Your fishing adventure itinerary also includes a trip to Key West. It is the Southernmost town in the continental United States, and is rich in history and unique culture. Your dinner in Key West is the only meal not provided during your stay. Dinner choices in Key West range from fast food to more expensive restaurants featuring local cuisine. Dinner prices range from \$10 for fast food and up. For your visit to Key West, you may want to plan on spending around \$30 for museums and other side attractions, in addition to dinner.

Your last night at the Brinton Environmental Center will involve a luau dinner, patch presentation and closing ceremony. We ask that everyone depart the following day by 11:00 a.m. so that we may adequately prepare for the next round of arrivals.

Fishing Adventure participants 16 years or older must purchase a 7 day Florida fishing license for the week.

The current Florida fishing licenses costs are:

For residents of Florida:

One year saltwater license - \$17

For non-residents of Florida:

7 day saltwater license - \$30

3 day saltwater license - \$17

(recommended)

(There are no 3 or 7 day licenses available for residents)

Lobster tags (resident and non-resident): \$2 for one year (needed for adventures during the last consecutive Wednesday and Thursday in July and August 6th –March 31st)

Florida fishing licenses can be pre-purchased with a credit card:

By Telephone: Toll Free (888) 347-4356

By Internet: <http://www.myFWC.com>

NOTE: The Florida Fish and Wildlife adds a convenience fee of \$3.25 plus 2.5% of the total sale per person for using the telephone line. A convenience fee of \$2.25 plus 2.5% of the total sale per person is added for using the online website to purchase licenses.



WHAT TO BRING FOR OUT ISLAND, KEYS AND FLORIDA FISHING ADVENTURES:

BRING FOR ALL ADVENTURES

- 1 Set Field or Activity uniforms
- Short-sleeve T-shirts (2-4)
- Lightweight rain gear (pants optional)
- Sunglasses with strap (Polarized are best)
- 1 Pair of tennis shoes or comfortable shoes (optional for Out Island Adventure)
- Non-Oily sunscreen (SPF 30+)
- 1-2 pairs of comfortable shorts
- Toiletry kit
- Wide brimmed hat
- 2 – 3 pair of Socks
- Large-mouth water bottle with carabiner, (If you like coffee, a mug in addition is good)
- Sleeping bag or light blanket/ sheet for island sleeping (if you just bring a light blanket/sheet for island sleeping be sure to bring an additional blanket for sleeping on base as the room can feel cold)
- Swim trunks or board shorts (males)
- One-piece swimsuit (females)
- 1–2 towels (one will do for the Out Island Adventure)
- 1 small pillow
- Baby Powder or Gold Bond® (to cut down on chafing)
- 1 pair flip-flop sandals (for on the island and on base)
- Bug Spray - for mosquitos (Optional for Florida Fishing Adventure)

➤NOTE: Make sure you can successfully pass the BSA Swim Test.

➤NOTE: Make sure your name is on the crew roster your leader sends us.

➤NOTE: Don't forget to bring a photocopy of front and back of insurance card.

- Prescription Medication
- Florida Fishing License (if you are 16 or older)
- Proof of age/photo ID
- Copy of Medical Insurance information
- Fillet knife and pliers (one set for the whole crew)
- Hawaiian style shirt (for the Luau)
- Flashlight

ALSO BRING FOR OUT ISLAND and KEYS ADVENTURE ONLY

- Sleeping pad - Backpacking style
- Lightweight long pants & long-sleeve shirt (bug and sunburn protection)
- 1 pair of dive booties (for fins & wading to/from island)

OPTIONAL ITEMS FOR ALL

- Camera (waterproof is optimal)
- Personal snorkel gear (Sea Base will provide it if you do not have your own)
- Extra money (\$100—\$125)
- Bonine® (for seasickness)
- Skin so soft lotion (for no-sees-ums in the evening)

DO NOT BRING

- MP3 players, Fireworks, Skateboards, Spear guns, Scout inappropriate clothing.
- Portable DVD players

SHIP'S STORE

Most of the items on the “What to Bring List” are carried in our Ship’s Store with the exception of shoes, socks, and sleeping gear. The Florida Sea Base supplies everything that you would need for the adventure. \$100 to \$125 is adequate spending money unless you want to buy a lot of souvenirs.

AGE REQUIREMENT

Participants must be Fourteen (14) years old by September 1 of the year of participation. AGE REQUIREMENTS FOR SEA BASE CANNOT BE RELAXED. PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! All youth participants are required to present proof of age before participating in our programs. (Appropriate ID includes one of the following: 1. school photo ID & copy of birth certificate, 2. passport, 3. valid state issued ID). **Those individuals who do not meet the minimum age requirements will be sent home, no exceptions.** Prevent a tragedy by adhering to the age policy and by bringing proper proof of age.

BEING PHYSICALLY FIT

Every participant in the Florida Sea Base High Adventure program needs to be physically fit for the strenuous demands that will be placed on their body. The Sea Base programs are PHYSICALLY CHALLENGING. Get in shape! Stay in shape! You will be in the water a great deal, so go swimming with your crew at your local pool often. Do some light exercises to increase your stamina. You will be frequently lifting your body in and out of the water to boats and docks. You have dedicated a lot of your personal time and resources to come to Sea Base. Get the most out of your experience by being ready - physically and mentally. All High Adventure Participants should not exceed the suggested weight to height guidelines, which are listed in the Sea Base Health and Medical Record. All participants must be in good health evidenced by a **Sea Base Health and Medical Record** filled out and signed by your doctor within the past 12 months. A regular BSA Class I, II or III medical is not acceptable, nor is another “sports” medical or anything other than a Sea Base Health and Medical Record. The unique tropical environment has very different requirement from most Scouting and outdoor activities. All programs involve snorkeling and entering and exiting a vessel via ladders rated to only 300 pounds. **People weighing 300 pounds or over are not allowed to participate in Sea Base High Adventure. Participants not meeting this requirement will be sent home at their own expense.**

MAIL

PARENTS - Do not send mail. Sea Base offers programs to hundreds of Scouts on the sea, on the land and on the island. We will not deliver mail from home to Scouts unless it is mail of urgency, i.e. glasses, medicine, etc. left at home.

Bahamas Sailing Adventure Guide



The staff of Sea Base is eager for your arrival and participation in the Bahamas Sailing Adventure Program for the upcoming season. To aid you in preparation for the trip, please review some highlights of the week that you will experience.

The Area

The area your adventure takes place in is Marsh Harbour, Great Abaco Island, Bahamas. The Abacos are a cluster of islands located due east of West Palm Beach, Florida, and are known as “The Family Islands.” There is a large number of opportunities for snorkeling, sailing, beachcombing and fishing. The smaller islands surrounding Great Abaco are called “cays” (pronounced “keys”) and are known as one of the premier sailing destinations of the world. Boaters often spend months here because of the beautiful turquoise waters around the Marsh Harbour area. The history of these islands is unique. The Spaniards were the first Europeans to explore the Abacos, but the Lucayan Indians were native to the area and disappeared soon after the arrival of the Europeans. In the 1500’s the British colonized the larger Bahamas Islands. During the 1700’s piracy prevailed in the area because it was well suited to that trade with its numerous coves, cays, and other small islands. The Abacos became inhabited during the 1700’s when settlers loyal to the British Crown arrived from the United States. In 1977, 230 of Man-O-War Cay’s population of 235 could trace their ancestry to a single couple who settled the island one hundred fifty years earlier. Wrecking, a term used to describe the salvaging of ships that wrecked on the numerous reefs surrounding the Bahamas, became a major industry in the 1800’s. The area abounds with stories of pirates, colonists, and wreckers, which gives this area its natural flair for high adventure.

Travel

Crews fly into Marsh Harbour on small (12-30 passenger) airplanes by way of Miami or Ft. Lauderdale. When you leave home you need to travel in your Boy Scout uniform. You are traveling to a foreign country and are representing the Boy Scouts of America so you need to act accordingly.

Your Vessel

Boat assignments are made just prior to your arrival. These boats can be hot and cramped for space at times so remember to limit what you bring. There are not enough bunks for each Scout; therefore, most crews sleep on deck under the stars, so be sure to bring a small sleeping pad. You will spend your week sailing in the Sea of Abaco.

Schedule

Day 1: After your crew clears customs at the Marsh Harbour airport, there will be cabs at the airport to assist you with the final leg of your journey. They will take you to the Conch Inn Marina. A Sea Base staff member will greet you at the marina and will pay for the cab. Once you arrive at the marina you will have an orientation talk with the Sea Base staff to discuss safety, local customs, and float plan. You will then load your gear onto the boat and have a swim review. You will sleep every night on your vessel. Days 2-6: Set sail for high adventure! You will snorkel in pristine reefs such as Fowl Cay Preserve and the Northeast End of Great Guana Cay. You will troll with fishing lures for snapper, grouper, and barracuda. Fresh fish is a nice addition to the meals that your crew will cook in the ship’s galley. The captain will educate the crew in seamanship and leave the basic ship work to you. Teamwork within the crew will allow you to sail to different Bahamian cays and settlements such as Hope Town and Man-O-War Cay. Exploring these sites and learning new cultures will be one of the highlights of your adventure. The weather and the crew’s ability plays a large part in the flexibility of the schedule. This is not a pleasure cruise, but rather a working sailing journey that involves teamwork, education, and safety for scouts and leaders alike. In addition to sailing duties, all Scouts and leaders will clean the boat including the head (toilet) and galley (kitchen). You will also have the opportunity to stand anchor watches at night. Your vessel will return to the dock and you will spend your last evening in the marina.

Day 7: This is your departure day. Please make sure your vessel is clean before you leave and don’t forget to pack your belongings! Your crew will take a cab to the airport (Sea Base pays for the cab), and remember you are responsible for the \$15.00 cash per person Departure Tax (often included in your airline fee, so ask your booking agent).



Extra Expenses (Money)

Although your fees cover all program expenses, you will want to bring some extra spending money. The Bahaman dollar equals 1 US dollar. The US dollar is readily accepted throughout the Bahamas and you won't have to convert your money to Bahaman money; you usually receive Bahamian currency for change. You may want to spend money for sodas and coin-operated telephones. Cell phones do work occasionally but calls to the States are very expensive. Your itinerary may or may not include a side trip to some local attractions or souvenir shops, or even dining out one evening. Please consider all these factors when planning your budget. For example, a meal in Hope Town may be 60% higher in cost than in the Midwest.

Note: There is a \$15.00 Bahamian Departure Tax (in cash.) Check with your airline; some include this in ticket price. Each crew needs a \$100 check made out to Boy Scouts of America for boat damage deposit.

WHAT TO BRING

- 1 Set Field or Activity uniforms
- Several T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- Non-Oily sunscreen (SPF 30+)
- 1-2 pairs of shorts
- Pants, long-sleeve shirt & light jacket (December & Spring only)
- Toiletry kit
- Wide brimmed hat
- 2 – 3 pair of Socks
- Large-mouth water bottle with carabiner, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or sleeping bag
- Sleeping pad - Backpacking style
- Swimsuit (modest style)

- 2 towels and a small pillow
- Bug spray
- Prescription Medication
- Florida Fishing License (if you are 16 or older)
- Valid and current U.S. Passport
- Copy of Medical Insurance information
- Flashlight

DO NOT BRING

- MP3/iPod/video game player
- Fireworks
- Skateboards

OPTIONAL ITEMS

- Camera (waterproof if possible)
- Personal snorkel gear
- Extra money (\$100—\$125)
- Bonine® (for seasickness)
- Skin so soft lotion (non DEET insect repellent alternative)

➤NOTE: Make sure you can successfully pass the BSA Swim Test.

➤NOTE: Make sure your name is on the crew roster your leader sends us.

➤NOTE: Don't forget to bring a photocopy of front and back of insurance card.

➤NOTE: Save \$15 cash for your departure tax. (your airline ticket may include this)

IMPORTANT!! CLEARING CUSTOMS IMPORTANT!!

Every participant MUST have a valid current United States Passport. Without proper identification you will not be allowed to enter the Bahamas and you will be sent home. Visit <http://www.travel.state.gov/> for more information on obtaining a passport.

PACKING YOUR GEAR

All your gear (except sleeping pad) must fit in a 24" duffel bag, about the size of a pillowcase. No suitcases or frame backpacks can be used. You will be living on a sailing vessel during the entire adventure. Space is limited so you must only bring what you need. ****REMEMBER:**** There is no storage available for your crew. All belongings will have to go with you on the vessel, which are tight quarters. Keep this in mind and travel light!

AGE REQUIREMENT—BAHAMAS PROGRAMS

Participants must be Fourteen (14) years old by September 1 of the year of participation. AGE REQUIREMENTS FOR SEA BASE CANNOT BE RELAXED. PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! All youth participants are required to present proof of age before participating in our programs. A valid and current U.S. Passport will meet the proof of age requirement. Those individuals who do not meet the minimum age requirements will be sent home, no exceptions. Prevent a tragedy by adhering to the age policy and by bringing proper proof of age.

BEING PHYSICALLY FIT

Every participant in the Bahamas Sea Base High Adventure program needs to be physically fit for the strenuous demands that will be placed on their body. The Sea Base programs are PHYSICALLY CHALLENGING. Get in shape! Stay in shape! You will be in the water a great deal, so go swimming with your crew at your local pool often. Do some light exercises to increase your stamina. You will be frequently lifting your body in and out of the water to boats and docks. You have dedicated a lot of your personal time and resources to come to Sea Base. Get the most out of your experience by being ready - physically and mentally. All participants must be in good health evidenced by a Sea Base Health and Medical Record filled out and signed by you doctor within the past 12 months. A regular BSA Class I, II or III medical is not acceptable, nor is another "sports" medical or anything other than a Sea Base Health and Medical Record. The unique tropical environment is very different from most Scouting and outdoor activities. All programs involve snorkeling and entering and exiting a vessel via ladders rated to only 300 pounds. People weighing 300 pounds or over are not allowed to participate in Sea Base High Adventure. Participants not meeting this requirement will be sent home at their own expense.

MAIL

PARENTS - Do not send mail. Sea Base offers programs to hundreds of Scouts on the sea, on the land and on the island. We will not deliver mail from home to Scouts unless it is mail of urgency, i.e. glasses, medicine, etc. left at home.

In case of an extreme emergency, contact can be made with the following numbers: 305-664-4173 or 305-664-7766

For additional information visit our website: www.bsasebase.org

Frequently Asked Questions

When do we submit a Crew Roster?

You must submit your crew roster to Sea Base at least 30 days **prior** to arrival. The advance rosters are important so that we may more effectively prepare for your crew's arrival and provide quality program delivery. It is also vital in the event we need to make contact prior to your arrival. *Crews should submit their roster electronically through their Sea Base reservation account.*

What about weather cancellations and delays?

Occasionally here in the sub-tropics the weather can force the cancellation of some of our scheduled activities for safety reasons. For example, we do not scuba dive in a thunder storm. The staff will always try to "make up" missed program time but unfortunately that doesn't always happen. The Sea Base does not provide any sort of refund for these types of events.

What about hurricanes?

Even though Sea Base's summer season operates during hurricane season (hurricane season is June 1 to November 1), program interruption due to hurricanes is very rare. If our area is under evacuation orders (which are generally given 24-36 hours before a potential landfall), we cancel our program operations and evacuate participants and staff. We recommend you purchase trip insurance to cover your travel expenses if you are attending a Sea Base adventure during hurricane season.

What is our itinerary?

Because our programs are often driven by weather and tide conditions, we do not have a set itinerary for any of our adventures. We can tell you the day you'll start and the day you end your adventure, but with so many variables in the schedule we are unable to give you a detailed itinerary for your adventure.

Should we travel in our uniform?

We have found that traveling in uniform not only helps identify you to others but will help keep your group together while you travel. We strongly recommend wearing your uniform for travel to and from Sea Base.

Do we really need a tour permit?

Yes, you must present a properly completed and approved tour permit. For trips under 500 miles you may present a Local Tour Permit. For any trip over 500 miles you must present a National Tour Permit; please note that you must allow at least 30 days for National Tour Permit approvals. Your crew will not be allowed to begin their adventure without an approved tour permit. Contact your local council for assistance in obtaining a tour permit.

What time should we arrive?

For Coral Reef crews, as close to 1 p.m. as possible on your arrival day. For all other adventures, as close to 2 p.m. as possible on your arrival day. We also understand that due to travel challenges this is not always possible; we will work with you to accommodate your arrival without your crew losing out on too much program time.

Can I use my cell phone?

Coverage by cell phone varies in the Keys by area and by service provider. While cell phones are great for emergencies, plan to have them off during program time. Cell phones are not allowed on Munson Island.

Is there storage on base?

Each sailing and Out Island crew is provided a 2'x3'x4' storage accommodation. You must bring a lock for your crew's locker. Personal vehicles are another way to store equipment. If you are arriving by other modes of transportation, plan your "what to bring" items very carefully, and only bring what is necessary. (Sea Exploring crews have two lockers.)

How much stuff should I bring?

Pack only what you will need. Space is very limited, especially on sailboats. For crews on sailboats you will have a shakedown of your gear, and repack your items into a 24" X 12" mesh bag which will be issued to you at Sea Base. Out Island and Keys Adventure crews will be issued 12"x24" dry bags.

What is the lodging like at Sea Base?

The Sea Base sleeping quarters consist of a large sleeping room area with individual showers. Your crew will be sharing this barracks-style room with several other crews. Sea Base insists that each crew member clean up around his/her own bunk daily and that the cleaning of the bathroom be performed by the crews. (A Scout is Clean.) For your comfort during the warm summer months, the rooms are air-conditioned.

What does the food menu consist of?

Your Sea Base menu consists of a wide variety of fresh foods, canned products, and frozen meats. The meals are not only nutritional but considerably more appealing than what you will find on most Scout functions. The menu does not take into account special concerns such as diabetes, vegetarians, religious, allergies, etc. **If you have special requirements, please bring food to supplement your particular needs.** This becomes especially important for those participants camping or sailing off base for several days. Out Island food is like backpacking trail food.

What should I pack for my adventure?

In this guide we have included a description of each adventure, giving a list of suggested items to bring for your adventure.

How old do you have to be to participate?

Participants must be Fourteen (14) years old by September 1 of the year of their participation for all programs **except Scuba**. Scuba program participants must be fourteen (14) years old by date of attendance. If you are attending an adventure with a start date between September 2nd and December 31st, the minimum age for all adventures is 14 by the adventure's arrival date.

Do I have to be able to swim well?

Yes, all participants (both youth and adults) are required to pass the standard BSA swim test **before** arriving at Sea Base: jump feet first into water over your head, swim 75 yards in a **strong manner** using a forward stroke, turn over, swim 25 yards on your back using a resting back stroke, float motionless on your back. All participants must take a BSA swim review upon arrival to ensure swimming ability.

Can I use a medical other than the special Sea Base Health and Medical Record?

No, Sea Base can only accept a Sea Base Health and Medical Record. A regular BSA Class I, II or III medical is not acceptable, another high-adventure base is not acceptable, nor is another "sports" medical or anything other than a Sea Base Health and Medical Record. The unique tropical environment has very different requirement from most Scouting and outdoor activities.

Are there medical restrictions for participation?

Yes, and there are different restrictions for different adventures. Make sure you look at the Sea Base Risk Advisory to make sure you have the medical qualifications for participation on your adventure. Specifically, SCUBA programs have unique requirements that you need to be aware of that exclude a number of people every year. Also, regardless of height and condition, no participant may exceed 300 pounds.

Should I rent a vehicle or use an airport shuttle service to get to the base?

For crews that are taking a trip to Sea Base only, we usually recommend a shuttle or airport shuttle service to keep things simple and cost effective. There are several good charter services available that can add side trips to see South Florida attractions if you have the time.

If we're on an adventure other than Scuba, can we still scuba dive as part of our own adventure?

No. If you are on an adventure other than Scuba, you may not dive as part of your adventure. If you wish to dive you need to arrive early or stay after your adventure and dive on your own.

What Scuba Certification Agencies do you recognize?

Divers from one of the following BSA-recognized agencies will be permitted to participate in the Sea Base Scuba Adventure programs. **NAUI NASDS PADI SSI YMCA IDEA PDIC SDI**
Exceptions to the above list must be approved by the Sea Base Program Director

Do I need a passport?

If you are participating in a Bahamas-based adventure, you must have a valid US passport to travel to and from the Bahamas. If you are participating in a Florida-based adventure, you must have photo ID with proof of age to check in for your adventure; a passport works great for this.

If a child is traveling without a parent or legal guardian, what paperwork should the adult have to indicate permission or legal authority to have that child in their care?

Adults traveling in or out of the United States with children under the age of 18 should be aware that because of increasing incidents of child abductions in disputed custody cases, Customs and Border Protection (CBP) strongly recommends that unless the child is accompanied by both parents, the accompanying adult have a note from both of the child's parents stating, "I acknowledge that (leader's name) is traveling out of the country with my son/daughter. He/She has my permission to do so." CBP also suggests that this note be notarized.



GUIDE TO KEY WEST

Here are some of the great things that are available for your enjoyment during your day at Key West. You will have a limited amount of time, so you should choose the things that appeal to you most.

MALLORY SQUARE AREA

On your way down Front Street to Mallory Square you will pass the **Pirate Soul Museum** on the left (next to Rum Barrel Restaurant). A favorite with the Sea Base staff. It has many interesting exhibits for those pirates among you. Ask for the Scout discount. Allow 1 hour.

The **Shipwreck Museum**, 1 Whitehead St, a fun, fact filled museum that will give you a little bit of background to Key West through the use of interesting displays, skit and video. Afterwards, you can climb the observation tower and get a great view of the city and waters surrounding the port. Half-price admission for Scouts. Allow 1 hour.

Key West Aquarium, 1 Whitehead St. Go by and ask when the next feeding is, and plan to attend at that time. If possible, attend the earliest feeding around 2 p.m., as they are more active then. Half-price admission for Scouts. Allow 1 hour.

Mel Fisher's Treasure Museum, 200 Green St, where you can view a video, and then go through the museum and see some of the treasures and artifacts from the Spanish galleon "Atocha". This is of special interest to most of the Scuba crews. Another great tour. Allow 1 hour.

The old **Custom House**. It now houses the Cultural Museum that features different exhibits weekly. Have a look in the window to see if there is anything going on that may interest you. Be sure to look at the wonderful stone work. The bricks were all imported

Across Front Street you can find the **Kino Sandal Factory** where you can buy handmade Key West sandals for about \$10 in several styles and colors.

WHITEHEAD AND DUVAL STREETS

Take a stroll down Whitehead Street and you will find the **Audubon House** where John Audubon painted. There is a garden and house tour available. A great historical site for anyone into gardening and bird watching. Allow 1 hour.

Right across from here is the **Truman Annex**. Stroll in and follow the signs to the Little Whitehouse. Harry Truman spent a great deal of his presidency

here and even petitioned Congress to move the White House to Key West. Obviously he failed. You can take the paid tour of the house, but the two rooms adjacent to the gift shop are open to the public for free and have a lot of interesting info. There are newspaper articles and pictures all harking back to Truman's presidency. Half-price admission for Scouts. Allow 45 minutes.

The **Key West Lighthouse Museum**, 938 Whitehead St. You can check out the museum and then climb to the top of the lighthouse itself. Again, be sure to ask for a Scout discount. Allow 45 minutes

By walking through the old naval base quarters you can reach **Fort Zachary Taylor**, a very interesting old Civil War fort that is now a state park. Walk on the ramparts, inspect the huge cannon and view interesting artifacts in the small museum. There is also an excellent beach park in this area. Allow 1 hour.

Florida Keys Eco-Discovery Center 35 East Quay Rd. is near Fort Zachery Taylor. This center is **FREE** and air conditioned. You will experience the natural Florida keys both on land and in the water. Allow 1 hour.

Head back over to Duval Street, and at the corner of Duval and Fleming, you'll see the **La Concha Hotel**. Go in, locate the elevators, and you can take a ride up to "The Top" (TT on the panel) This is one of the best overviews of the island of Key West and it's free. Can you find the Key West International Airport? Look for the control tower. Walk all the way around and see the whole island. Allow 15 minutes.

SCHOONER WHARF AREA

You may want to visit the **Henry Flagler Railroad Museum** on Caroline street that may interest the train buffs among you. It's near the East end of the wharf past the schooners and the Waterfront Market. Allow 30 minutes

In the same general vicinity is the **Turtle Kraals Museum**. It is on the wharf behind the restaurant of the same name. It is a small building with pictures and info about the turtle canning industry in Key West. On occasion, they have live baby sea turtles on site. Allow 20 minutes.

Nearby in the Waterfront Market building is the **Reef Relief Environmental Center**, 201 William St. Inside you can learn about our efforts to preserve the coral reef and purchase a number of attractive gifts for your family.

Walking west along the wharf toward downtown you will come across several historical ships. You can actually take a ride on any of them for a price. Many companies in the past seasons have offered the tours at reduced rates to the Scouts.

The **Conch Tour Train** and **Old Town Trolley** are two ways to get to see a lot of Key West that you might not see if you were on foot. The tours take you around the island and you can disembark and re-board at several places along the route. The driver will give a great history lesson and point out to you many of the interesting and little known facts about Key West and its past. The tour is about \$25.00. The time for the tour can vary according to where you get off and back on, so ask your driver if you want to know about the length of the actual tour.

You can also take a ride around the island on any of several city mini bus routes. These are comfortable, have great air conditioning and allow you to see most of town and the island. \$1 per person

Be sure to be back down at Mallory Square at least an hour before sunset to see the spectacle that occurs every evening at that time. The Sunset Festival is a nightly happening with street performers, food vendors, and even flying cats! Be sure to walk all the way down over the foot bridge behind the aquarium to see all of the acts. You don't want to miss Dominique and his Flying Housecats!

Restaurants

We recommend that you eat dinner early in the summer and late in the winter so as to be at Mallory Square about one hour before sunset for the Sunset Festival. Here are a few Scout friendly restaurants.

- **Jimmy Buffet's Margaritaville, 500 Duval Street:** reasonable prices, good "cheeseburgers in paradise".
- **Fogarty's on Duval Street:** Great food in an outdoor atmosphere where all the action is.
- **Rum Barrel:** Attached to Pirates Soul Museum. Sandwiches and burgers.
- **Conch Republic:** Great seafood but rather pricey.
- **Half Shell Raw Bar on the Bight:** Good choice for reasonably priced seafood. Very casual, able to seat large groups, no reservations taken.
- **Turtle Kraals on the Bight:** Upscale version of Half Shell, little more gourmet, higher prices, owned by the same people. Again, no reservations and a Scout discount possible.
- **Waterfront Market on the Bight:** Best deli sandwiches and upscale deli delights at reasonable prices. Eat upstairs in air conditioning at the Cyber Café.

Sea Base Scuba, Brinton Center Keys & Fishing Adventure Trips Only

At the agreed upon time, you will meet up with your staff member at the Arches on Mallory Square. (You will be shown where they are by your staff member.) Upon meeting at the arches, we will be sure that everyone is accounted for, and then head back to the bus. There is about a 10 minute walk to get back to the bus, as we do not bring it back downtown at the end of the evening. Once we're all back aboard, we'll head North to return you to your base of origin.

Crew Conduct in Key West

1. *Shoes and shirts are to be worn at all times.*
2. *The buddy system is a must, and is required by Sea Base while exploring Key West.*
3. *There is no renting of jet skis or scooters and no para-sailing while in Key West.*
FOR SAILING CREWS DOCKED IN KEY WEST
4. *When using marina facilities, leave areas clean – cleaner than before you arrived, if necessary.*
5. *Do not use the grill on board while at dock; use shore-side charcoal grills on marina grounds.*
6. *Fish only at designated pier, and not off the boat.*
7. *Do not board other boats in the marina.*
8. *Please respect other marina guests. Keep noise level down and not rough play on the docks.*
9. *Scouts must be with adult leaders if out after dark and return to the marina no later than 9:45 p.m.*
10. *Curfew is 10 p.m. Captains, leaders and Scouts must be aboard by 10 p.m. Evening showers and phone calls must be finished before curfew.*

Base Locations:

Florida Sea Base	Brinton Environmental Center
73800 Overseas Highway	23800 Overseas Highway
Islamorada, Florida 33036	Summerland Key, Florida 33042

Emergency Phone Numbers:

- Florida Sea Base Program office (Coral Reef / Sea Exploring / Scuba)
305-664-5627
- Brinton Environmental Center (Out Island / Keys / Fishing Adventures)
305-393-1073
- After-hours emergency phone (Duty Officer)
305-664-7766
- Your Captain's number is:

Reminder to Adults:

Although you are not at Sea Base or the Brinton Environmental Center, this is still a Scouting function and there is no place for alcohol in the Boy Scouts of America. If you choose to do so, you will be asked to leave with out any refund. This may compromise the “two-deep” leadership in your crew.

Key West has many beneficial opportunities for Scouts, but it also has temptations as well. You know your crew: if you feel your Scouts will be tempted, please accompany them, otherwise, groups of three (3) or more are preferred, while two is the absolute minimum. You, not the captain or mate are responsible for your crew while ashore in Key West. If you have any problems please notify your Sea Base contact immediately. Please have an enjoyable time visiting this colorful and historical city.

A Short History of the Florida Keys

The Florida Keys are actually the remains of a living coral reef, now fossilized. There is very little topsoil here and very few beaches. What we do have is a wonderful variety of wildlife, sea life and birds. We also have clear water, a coral reef and fabulous weather.

First discovered by Europeans in 1513 by Ponce de Leon’s expedition, the first residents of Key West were the Calusa Indians. The battles between the Spaniards and the Indians are what gave the Island its name, Cayo Hueso. In Spanish it means “Isle of Bones” for all of the burial mounds that were found there, the name was later anglicized to Key West.

From the time of discovery by the Europeans until the early 1800s the Keys were populated by Indians, pirates and fishermen living off the land and shipwrecks along the reef. Much gold and silver was lost by the Spanish in the Keys including the 1733 Plate Fleet disaster caused by a strong hurricane.

In 1822 Key West was purchased from Spain by John Simonton. By the late 1820’s it was a town of approximately 2,700 people, most of whom made their living as “wreckers”, men that went out to salvage the goods from the ships that ran up on the reef during storms. Along with wrecking, there were also as many as 165 cigar factories, which later moved to what is now Tampa, and sponge fisheries which also moved on and eventually vanished.

The saddest and most damaging industry of all was the harvesting of Sea Turtles; it was a big part of the economy and consequently, the turtles were

hunted nearly to extinction. There is now a small museum at the site of the turtle canneries.

By the late 1800’s, people began to move north and settle along the Keys. They made their living by growing pineapples, coconuts, and the now famous Key Limes. These were transported down to Key West and to points north.

As civilization moved through the Keys, an enterprising railroad magnate named Henry Flagler decided that he would extend his Florida East Coast Railway all the way down to Key West to make use of its deep water port. It took seven years and the loss of many lives for “Flagler’s Folly” to be completed. During the process of the construction, two major hurricanes washed out much of the track that had been lain, causing setbacks and much re-engineering. The railroad was completed in January, 1912.

In the end, Flagler rode his train into Key West only once. He was old, sick and blind, and died a few months after the inaugural run. The rail service ran for 20 years before the storm of 1935, a ferocious hurricane with an 18 foot high tidal surge, washed out much of the upper Keys track and a knocked a train off the track killing scores of people. All told, over 800 souls perished in the storm.

The railroad was never the success that Flagler dreamed it would be, and the company decided not to rebuild. They sold the right of way to the state, which built what is now the only road in and out of the Florida Keys, the Overseas Highway. It is built on the former railroad bed and remnants of the old railroad, mainly bridges, can still be seen today alongside the new road.



Guide to High Adventure Sailing

As you and your crew gather ideas and expectations for your week of High Adventure Sailing, keep these three opportunities in mind: Sail, Snorkel and Fish.



The following sections of this guide offer an in-depth instruction of the ins and outs of sailing; read and learn as much or as little as you choose. The more you learn before your arrival, the better **your** adventure will be. Also add to your expectations the realities of weather, time and group interests.

Our Captains want your crews input on what the crew wants to do, this is your week. Your Captain's experience will help you determine what can safely and optimally be

accomplished during daylight hours. Examples; Fishing is an underway activity (trolling) can be done all day everyday, except in the National Marine Sanctuaries (most of the coral reefs). Sailing of course is wind dependent. Too much, too little or the wrong direction are factors when considering this option. Snorkeling *somewhere* can be accomplished in almost any weather condition. There is so much aquatic life to appreciate and see that crews need to **slow down** and observe your surroundings (maybe a good rule for life). Not all the fish on the reef are big and colorful, but the little cleaner shrimp that's grooming the hair on your arm while you're floating at a cleaning station maybe the highlight of your trip.

The last expectation in preparation of your great adventure is to get an even balance of all activities. This is the result from everyone's combined efforts. Keep a good lookout for the balance between time and opportunity, and take advantage of every second.

Time to Hoist the Sails - Introduction to Sailing

A sailboat or sailing ship moves forward due to the action of the wind on its sails. Since the dawn of history this vital technology has afforded mankind greater mobility and capacity for fishing, trade and warfare. From moving the stones of the great pyramids from Aswan to Giza to allowing man to migrate throughout Polynesia to Nelson's defeat of the French Navy at Trafalgar, mankind's history has been intertwined with this seemingly simple technology (although it is not quite as simple as it seems).

The Physics of Sailing

The energy that drives a sailboat is obtained by manipulating the relative movement of wind and water speed; if there is no difference in movement, such as on a calm day or when the wind and water current are moving in the same direction, there is no energy to be extracted and the sailboat will not be able to do anything but drift. Where there is a difference in motion, then there is energy to be extracted at the interface, and the sailboat does this by placing the sail(s) in the air and the hull(s) in the water. Sails are foils, and works just like airplane wings, generating lift using the fluid, in this case air, that flows around them. The curved surface of a sail generates high pressure on the windward side, and low pressure on the lee side, which serves to deflect the air off the trailing edge of the sail. Deflecting the air results in a reaction force on the sail and rigging, this pushes the boat in direction opposite that deflection. It is often said that lift is generated by the pressure differential on the sails, but this is not entirely true--the pressure differential deflects the air, but it is the deflection that generates the force. Since the air behind the sailboat has been deflected, it now has less energy, and is called dirty air, and racing sailors try to avoid sailing in dirty air, as it is slower. A common technique is trying to get upwind of an opponent, and make them sail in your dirty air, slowing them down.

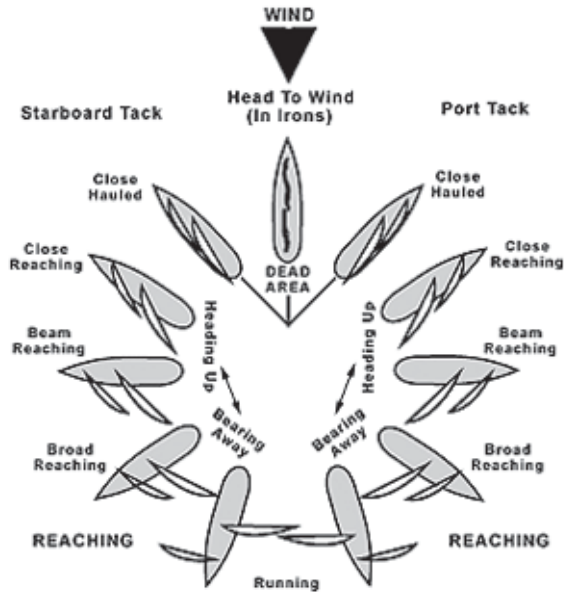
The sail alone is not sufficient to drive the boat, as it would tend only to push the boat in the same direction as the wind. Sailboats do this by placing a second "sail" in the water, in the form of a **keel**. By doing this, it is possible to generate an additional source of lift from the water. By combining the lift from the underwater foil and the sail, the sailboat can sail in almost any direction, except straight into the wind.

When sailing downwind, a boat catches up to the wind, so the wind cannot push as hard on the sails; this limits the downwind speed of traditional sails to the wind speed. When sailing at an angle to the wind, however, the motion of the boat creates its own apparent wind, which combines the wind speed vector and the hull speed vector. Sailing into the wind can quickly add up to apparent winds of far greater than the true wind speed. However, it also changes the angle as the direction of the apparent wind moves towards the front. This is the wind that the boat is actually sailing by, and many modern boats are capable of exceeding the true wind speed by a significant factor.

Basic sailing techniques

Points of Sail

The article “Points of Sail” defines several terms that identify a sailboat’s movement relative to the wind direction.



Steering and Turning

When steering a sailboat, the method for changing direction depends on the direction of the wind. Thus, all direction changes or turns are described by one of the following terms:

Heading up (or luffing up) means steering so the wind is closer to coming from directly in front (or “on the bow”). Heading closer to the wind requires trimming the sails, pulling them towards the vessel’s center. Heading up so the wind is nearly or directly ahead causes sails to luff, to flutter without achieving lift. If the boat loses maneuverability because of this, it is said to be in irons. **Tacking** (or coming about), one of the basic turning techniques, requires heading up and through the wind so it then comes across the opposite side of the boat, and the boat sails away on the opposite tack. **Heading down**, bearing away, and **falling off** mean steering

so the wind comes from closer to the vessels aft. This requires easing sails, letting them out away from the vessel’s center. **Jibing** is the turning maneuver in which the boat heads down past the point where the wind crosses the vessel’s stern, which causes the sails and boom to swing to the opposite side, before the boat sails off on the opposite tack. The sail crosses with significant speed and misjudged jibing can easily capsize a boat especially in strong winds.

Trim - This is the fore and aft balance of the boat. The aim is to adjust the moveable ballast (the crew!) forwards or backwards to achieve an ‘even keel’.

Balance - This is the port and starboard balance. The aim, once again is to adjust weight ‘inboard’ or ‘outboard’ to prevent excessive heeling.

Sail - Trimming sails is a large topic. Simply put however, a sail should be pulled in until it fills with wind, but no further than the point where the front edge of the sail (the luff) is exactly in line with the wind.

Running - Sailing the boat within roughly 30 degrees either side of dead downwind is called a run. This is the easiest point of sail in terms of comfort, but it can also be the most dangerous. When sailing upwind, it’s easy to stop the boat by heading into the wind; a sailor has no such easy out when running. Severe rolling is more likely as there is less rolling resistance provided by the sails, which are eased out. And loss of attention by the helmsman could lead the boat to jibe accidentally, causing injury to the boat or crew. (A preventer can be rigged to prevent damage from an accidental jibe.) Alternately, if there is a sudden increase in wind strength, the boat can round up very suddenly and heel excessively, often leading to capsize a smaller boat. This is called broaching.



Reaching - When the boat is traveling approximately perpendicular to the wind, this is called reaching. A ‘close’ reach is somewhat toward the wind, and ‘broad’ reach is a little bit away from the wind (a ‘beam’ reach is with the wind precisely at right angles to the boat). For most modern sailboats, reaching is the fastest way to travel.

Sailing upwind



Using a series of close hauled legs to beat a course upwind. A basic rule of sailing is that it is not possible to sail directly into the wind. Generally speaking, a boat can sail 60 degrees off the wind. When a boat is sailing this close to the wind, it is **close-hauled** or **beating** (beating to weather). Since a boat cannot sail directly into the wind, but the destination is often upwind, one can only get there by sailing close-hauled with the wind

coming from the port side (the boat is on port tack), then **tacking** (turning the boat through the eye of the wind) and sailing with the wind coming from the starboard side (the boat is on starboard tack). By this method, it is possible to reach that destination directly upwind. The heavier the wind, the rougher the seas, thus boat movement can be more uncomfortable. This can feel like the boat is beating its hull into the waves, hence the term beating.

How close a boat can sail to the wind depends on the boat's design, sail trim, the sea state and the wind speed, since what the boat "sees" is the apparent wind, i.e., the vector sum of the actual wind and the boat's own velocity. The apparent wind speed is what the anemometer on top of the mast shows. A good analogy to this would be walking through an indoor room and feeling the "wind" on your face. The faster you walk, the more wind you feel. The apparent wind angle while sailing close hauled will be less than the true wind angle. A good, modern sloop can sail within 25 degrees of the apparent wind. An America's Cup racing sloop can sail within 16 degrees, under the right conditions. Those figures might translate into 45 degrees and 36 degrees relative to the actual wind, depending on boat speed.

Reducing sail - An important safety aspect of sailing is to adjust the amount of sail to suit the wind conditions. As the wind speed increases the crew should progressively reduce the amount of sail. On a small boat with only jib and mainsail this is done by **furling** the jib and by partially lowering the mainsail, a process called '**reefing** the main'. Reefing means reducing the area of a sail without actually changing it for a smaller sail. Ideally reefing does not only result in a reduced sail area but also in a lower center of effort from the sails, reducing the heeling moment and keeping the boat more upright.

Heeling - When a boat rolls over to one side under wind pressure, it's called 'heeling'. As a sailing boat heels over beyond a certain angle, it begins to sail less efficiently. Several forces can counteract this movement.

The underwater shape of the hull relative to the sails can be designed to make the boat tend to turn upwind when it heels excessively: this reduces the force on the sails, and allows the boat to right its self. This is known as rounding up. The boat can be turned upwind to produce the same effect. Wind can be spilled from the sails by 'sheeting out', i.e. loosening the sail.



Lastly, as the boat rolls farther over, wind spills from the top of the sail. Most of the above effects can be used to right a heeling boat and to keep the boat sailing efficiently. However, if the boat heels beyond a certain point of stability, it can capsize. A boat is said to have capsized when the tip of the mast is in the water.

Boats Position Relative to Wind



Rules of the road

1. **Port tack** gives way to **Starboard tack** (when the paths of two boats on opposite tacks cross, the boat with its port side to windward must give way).
2. **Windward** gives way to the **leeward**, or downwind boat (if on the same tack). Overtaking boat gives way if above do not apply.

NOTE: It is everybody's responsibility to avoid a collision, and avoiding action must be taken if these rules are ignored.

Marine Heads

(Toilets for you landlubbers)

The toilet on a boat is called the head. Heads have some similarities to your toilet at home, and some very important differences. We receive negative comments regarding the heads on the boats but most of these comments are based on misconceptions and abuse by our participants.

The head on the boat probably looks a lot like your toilet at home – round or oval and white or beige - but maybe a little smaller. If you are a big person, the smaller head can be a bit of a juggling act – like sitting on a child’s stool.

And since I mentioned juggling, it is best if the males sit on the head to urinate. (Actually, it’s best if the males just pee over the side – “go where the fishes go”.) Urinating while standing can cause a huge, embarrassing mess if the boat hits a wave or heels from a strong gust of wind. If you find yourself in this situation, you have no one to blame but yourself! And you are expected to clean up your mess.

You flush the toilet at home, but on a boat you have to pump the head. This is a little unpleasant for some land lubbers because you have to get your face relatively close to the bowl in order to pump your waste away. Remember, the boat is not air conditioned. You will be in a tiny closet-like room. It will be hot and maybe a little smelly – a lot like an old fashioned out-house.

Another – very important – difference is the actual plumbing. Your toilet at home has big pipes to carry away the waste and uses a lot of water. Even the most environmentally friendly toilets use a gallon per flush. Unless you plan on doing a LOT of pumping while hunched over in a small closet with your face right at the toilet bowl, dripping wet with sweat, you are probably going to use a quart or so of water to pump the waste away. And instead of having a four inch pipe to carry everything away, you will be pumping your waste through a one and a half inch hose.

Because you are using a small quantity of water and pumping through a small hose, **NOTHING** is allowed to be put in the head that you haven’t eaten. This includes toilet paper. Toilet paper does **NOT** go into the head. The paper is put into a trash bag and secured. This may sound a little gross, but is actually a common practice throughout most of the world. Mexico, most of Central and South America and even many European countries do not have adequate sewer facilities for processing toilet paper – even the so called fast dissolving RV / Marine type paper. So don’t be disgusted. Remember, you are on a boat and not at your house. Things are different.

Many of us live on our boats year ‘round. We do not put toilet paper in the heads. If you do, it will clog the head. Then you and/or the captain will be in the tiny hot closet disassembling the head and cleaning out the hoses by hand. **DON’T PUT PAPER IN THE HEAD!!!** If you do, you have no one to blame for your misery but yourself.

Rope and lines

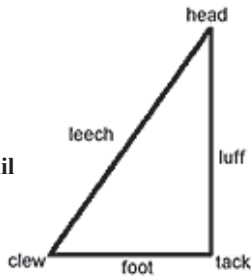


Rope is the term used only for raw material; once a section of rope is designated for a particular purpose on a vessel, it generally is called a line, as in outhaul line or dock line. A very thick line is considered a cable. Lines that are attached to sails to control their shapes are called sheets, as in mainsheet (line that controls the mainsail) or spinnaker sheets.

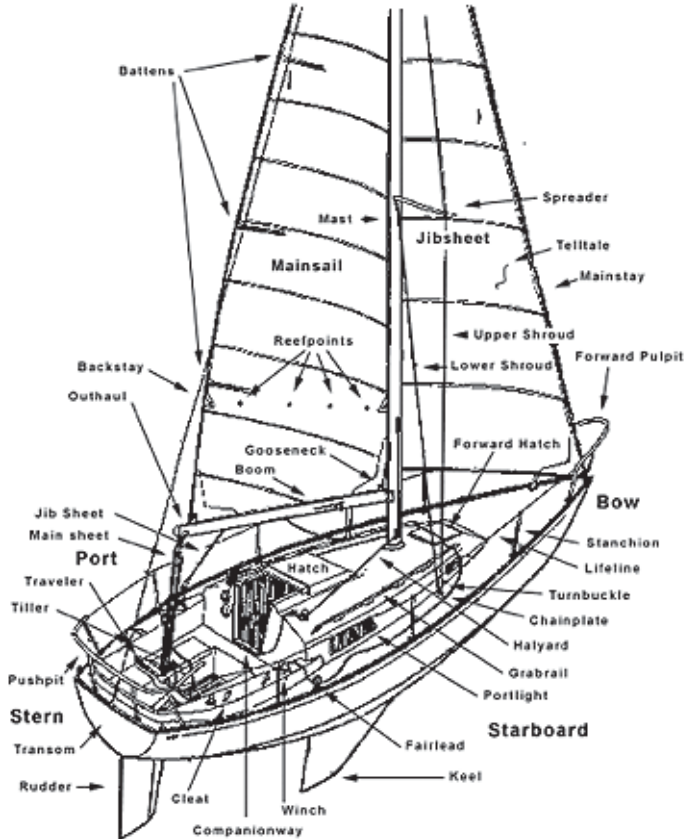
Lines (generally steel cables) that support masts are stationary and are collectively known as a vessel’s standing rigging, and individually as shrouds or stays (the stay running forward from a mast to the bow is called the **forestay** or **headstay**).

Moveable lines that control sails or other equipment are known collectively as a vessel’s **running rigging**. Lines that raise sails are called **halyards** while those that strike them are called **downhauls** or **cunningham**. Lines that adjust (trim) the sails are called **sheets**. These are often referred to using the name of the sail they control (such as main sheet, or jib sheet). Sail trim may also be controlled with smaller lines attached to the forward section of a boom; such a line is called a **vang**. Lines used to tie a boat up when alongside are called **docklines**. Some lines are referred to as ropes: A bell rope (to ring the bell), a **bolt rope** (attached to the edge of a sail for extra strength). A rode is what keeps an anchor attached to the boat when the anchor is in use. It may be chain, rope, or a combination of the two.

Parts of a Sail



Standard Sailboat Nomenclature



Standard Sailing Plans



Sloop a Bermuda or gaff mainsail lifted by a single mast with a single jib bent onto the forestay. The mainsail is managed with a spar on the underside called a “boom.” One of the best-performing rigs, it is the fastest for up-wind passages. It is by far the most popular for recreational boating because of its simplicity and potential for high performance. On small boats, it is a very simple rig. On larger sloops, the large sails have high loads, and one must manage them with winches or multiple purchase block-and-tackles.



Cutter, like a sloop with two jibs in front. Better than a sloop for light winds. It's easier to manage, too. But, it has (very) slightly less up-wind ability than a sloop because it has more windage.



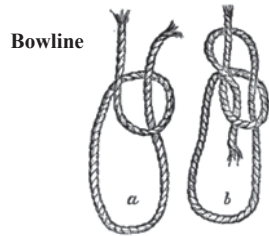
Ketch, is like a yawl, but the mizzenmast is often much larger, and is located forward of the rudder post. The purpose of the mizzen is to make the sails smaller and more manageable than they would be on a sloop with the same sail area. The shorter masts also reduce the amount of ballast needed to keep the boat upright. Generally the rig is safer and less prone to broaching or capsize than a comparable sloop, and has more flexibility in sailplan when reducing sail under adverse conditions. The ketch is a classic small cargo boat.



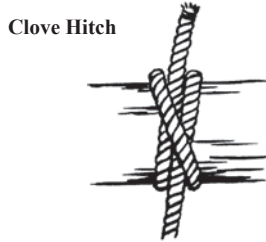
Schooner, a two-masted gaff-rig. It mounts jibs and staysails, and often little triangular top-sails. One of the easiest types to sail, but it goes poorly to up-wind without the topsails. The extra sails and ease of the gaff sails make it easier to operate, though not necessarily faster, than a sloop on all points of sail other than up-wind. Schooners were more popular than sloops prior to the upsurge in recreational boating. The better performance of the sloop upwind was outweighed for most sailors by the better performance of the schooner at all other, more comfortable, points of sail. Advances in design and equipment over the last hundred years has diminished the advantages of the schooner rig. Most schooners sailing today are either reproductions or replicas of famous schooners of old.

Knots

Knots are one of the most important things a sailor needs to know, although only a few knots are required and one in particular is vital. The bowline is the absolute essential knot. You could get away with knowing only this knot. If you also know how to tie a clove hitch and a round turn and two half hitches you will easily be able to cope with all of the knot requirements on a boat.



Bowline



Clove Hitch



Square Knot
(Reef Knot)

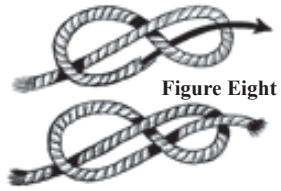
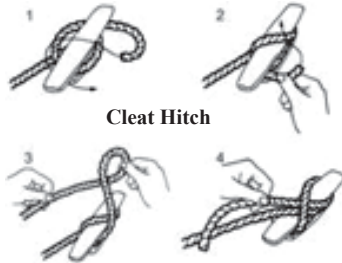


Figure Eight



Cleat Hitch

Sailing terminology: Sailors use many traditional nautical terms for the parts of or directions on a vessel.

Starboard - right

Port - left

Forward or fore - front

Aft - rearward

Bow - forward part of the hull

Stern - aft part of the hull

Beam - the widest part

Masts - vertical spars

Booms - horizontal spars (if they can hit you)

Other important terms:

Walls are called '**bulkheads**', while the surfaces referred to as 'ceilings' on land are called '**overheads**'. Floors are called '**soles**' or '**decks**'. The toilet is traditionally called the '**head**', the kitchen is the '**galley**'. Lines are rarely tied off, they are almost always '**made fast**'

Sailing Glossary

Abeam - At right angles to, or beside the boat

Aboard - On or in the boat

Aft - Toward the stern

Aground - When the hull or keel is against the ground

Anchor - An object designed to grip the ground, under a body of water, to hold the boat in a selected area

Apparent wind - the direction of the wind as is relative to the speed and direction of the boat

Astern - behind the boat

Backstay - a wire that runs from the top of the mast to the stern

Ballast - weight in the lower portion of a boat, used to add stability

Beam - the width of the boat at its widest

Beam reach - a point of sail where the boat is sailing at a right angle to the wind

Bearing - a compass direction from one point to another

Bilge - the lowest part of a boat, designed to collect water that enters the boat

Block - a pulley

Boat hook - a device designed to catch a line when coming alongside a pier or mooring

Boom - the horizontal spar which the foot of a sail is attached to

Boom vang - a line that adjusts downward tension on the boom

Bow - the front of the boat

Bowsprit - a spar extending forward from the bow

Breast line - a docking line going at approximately a right angle from the boat to the dock

Broad reach - a point of sail where the boat is sailing away from the wind, but not directly downwind

Buoy - an anchored float marking a position or for use as a mooring

Can - a kind of navigation buoy

Cast off - to release lines holding boat to shore or mooring, to release sheets

Chainplates - metal plates bolted to the boat which standing rigging is attached to

Chock - a guide for an anchor, mooring or docking line, attached to the deck

Cleat - a fitting used to secure a line to

Clew - the lower aft corner of a sail

Close hauled - a point of sail where the boat is sailing as close to the wind as possible

Close reach - a point of sail where the boat is sailing towards the wind but is not close hauled

Cockpit - the area, below deck level, that is somewhat more protected than the open deck, from which the tiller or wheel is handled

Downhaul - a line, attached to the tack, that adjusts tension in the sail
Draft - the depth of the boat at its lowest point, also the depth or fullness of the sail
Drift - the leeway, or movement of the boat, when not under power, or when being pushed sideways while under power

Ease - to loosen or let out

Fall off - to change direction so as to point farther away from where the wind is coming from

Foot - the bottom part of a sail

Foresail - the jib

Fouled - entangled or clogged

Genoa - a large foresail that overlaps the mainsail

Ground Tackle - the anchor, chain and rode

Gunwale - the railing of the boat at deck level

Halyard - the line used to raise and lower the sail

Hard Alee - the command given to inform the crew that the helm is being turned quickly to leeward, turning the boat windward

Head - top of the sail

Headsail - a sail forward of the mast, a foresail

Headstay - a wire support line from the mast to the bow

Helm - the tiller or wheel, and surrounding area

Helmsman - the member of the crew responsible for steering

Heel - the leeward lean of the boat caused by the winds action on the sails

In Irons - having turned onto the wind or lost the wind, stuck and unable to make headway

Jib - a foresail, a triangle shaped sail forward of the mast

Jibe - a change of tack while going downwind

Keel - a fin down the centerline of the bottom of the hull

Ketch - a two-masted ship with a small mast mounted forward of the rudder post

Knot - a unit of speed, one knot = 6076 feet per hour

Lanyard - a line attached to any small object for the purpose of securing the object

Lazarette - spaces below the deck that are designed for storage

Leech - the back edge of a sail

Leeward - downwind

Lifeline - a cable fence that surrounds the deck to assist in the prevention of crew falling overboard

Line - rope or cordage

List - the leaning of a boat to the side because of excess weight on that side

Luff - the front edge of a sail, and the flapping in the wind of the front of the sail (luffing)

Mainsheet - the line that controls the boom

Mizzen - the shorter mast behind the main mast on a ketch or yawl

Nun - a kind of navigational buoy

Pinch - to sail as close as possible towards the wind

Point - to turn closer towards the wind (point up)

Port - the left side of the boat

Port tack - sailing with the wind coming from the port side, with the boom on the starboard side

Privileged vessel - the ship with the right of way

Reach - sailing with a beam wind

Ready about - prepare to come about

Rigging - the standing rigging is the mast and support lines, running rigging is the lines with which you adjust the sails

Rode - the line and chain that connect the anchor to the boat

Rudder - a fin under the stern of the boat used in steering

Running - a point of sail, going directly downwind

Sheave - the wheel of a block pulley

Sheet - a line used to control the sail

Shrouds - support wires for the mast

Spreaders - struts used to hold the shrouds away from the mast

Spring line - docking lines that keep the boat from drifting forward and back

Starboard - the right side of the boat

Starboard tack - a course with the wind coming from starboard and the boom on the port side

Stern - the back of the boat

Tack - the front, lower corner of the sail, also course with the wind coming from the side of the boat, also to change course by turning into the wind so that the wind comes from the other side of the boat

Topping lift - a line that holds up the boom when it is not being used, also the line that controls the height of a spinnaker pole

Transom - the back, outer part of the stern

Trim - to adjust the sails, also the position of the sails

Wake - the swell caused by a boat passing through water

Winch - a metal drum shaped device used to assist in trimming sails

Windward - upwind

Coral Reef Conservation

South Florida and the Florida Keys are home to the only living reef in North America. It is a privilege and a responsibility to enjoy and protect this amazing treasure. We follow a strict “No Touch, No Take” policy that allows us to enjoy the beauty of the reef, but also preserve it for those that come after us. Do not take shells or coral from the ocean bottom. Not only does it violate our policy, but it can be a serious offense that comes with a hefty fine for both the collector and the boat captain. At Sea Base we practice our own brand of “Leave No Trace” camping.

Fishing



While you are aboard, you will have many opportunities to fish. **Coral Reef and Sea Exploring crews don't need fishing licenses; all Sea Base sailing ships have commercial licenses for crews onboard our fleet.** You will be both trolling and bottom fishing during your week. Trolling occurs when you are sailing to your next destination. Your captain will show you how to set your lines. You will be trolling (dragging behind) a wide variety of lures: ranging from artificial to dead baits. Examples of fish you may catch are: Dolphin (the fish), Mahi Mahi or Dorado, Mackerel (King, Spanish, Cero), or Tarpon.

When anchored for the night or over a good fishing spot, you will have a chance to throw some lines out and do some bottom fishing. Your boat will have bait on board so try your luck. Examples of fish you may catch are: Snapper, Grouper, Shark, Grunts, or Jacks.

There is a difference between “fishing” and “catching”. Hopefully your crew will do some “catching”. But remember, we eat what we catch or catch and release only. If your crew does land a fish, weigh it and measure it. It may be a Sea Base record and your name will be on the “Fishing Hall of Fame”. Sea Base has all the fishing equipment your crew will need.

Captain's Club Recognition for all Sailing Adventure Participants

*As you go, your **captain** will be keeping a close eye to evaluate your success on the water. Below is a guideline that they will use to make sure all areas of your adventure are covered.*

Participant Evaluation Form

Name _____ Date _____

Snorkeling

- Respect of coral reef and underwater life
- Proper use of snorkel equipment
- Identification of aquatic life
- Ability to free dive

Sailing and Crewing

- Ability to learn and utilize sailing terminology
- Wind awareness
- Participation in sailing procedures (steering, raising/lowering/trimming sails, tacking/jibing, anchoring/mooring, etc.)
- Conservation of fresh water and battery power

Fishing

- Proper use of equipment
- Fish identification
- Ability to hook and land fish (optional)
- Ability to clean fish (optional)

Cooking, Cleaning, Personal Care

- Washing of hands after head use and prior to all food preparation
- Ability to prepare a nutritious meal with supervision
- Proper cleaning of plates, cups, utensils, etc.
- Proper cleaning of head
- Proper stowage of personal gear
- Participation in overall cleaning of vessel at dock
- Keeping well hydrated
- Adequate use of sun protection

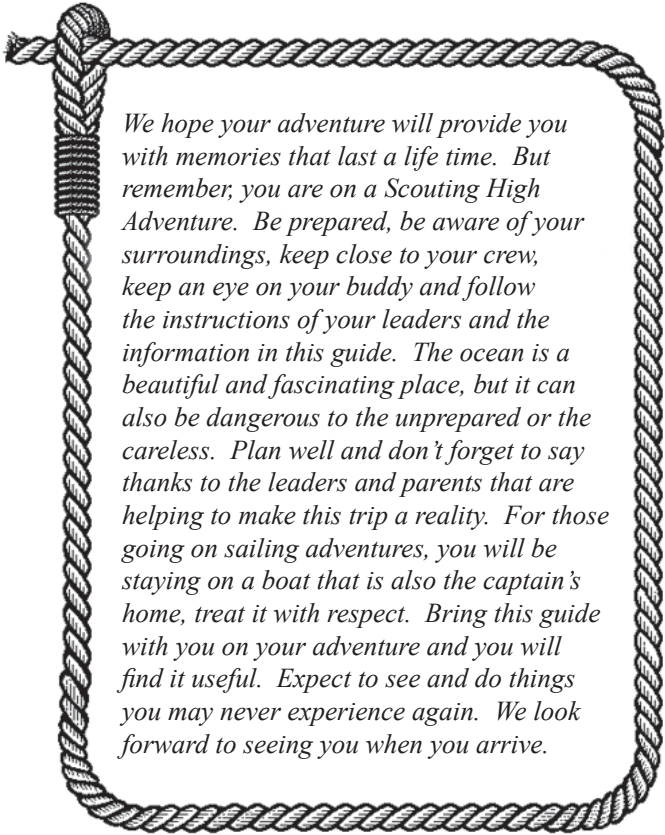
Behavior

- Respect and kindness toward other participants
- Willingness to perform assigned duties
- Positive attitude and enthusiasm for program activities
- Willingness to follow and execute captain's commands

Overall Performance (Excellent, Good, Fair, Poor): _____

Comments:

Captain's Signature _____



We hope your adventure will provide you with memories that last a life time. But remember, you are on a Scouting High Adventure. Be prepared, be aware of your surroundings, keep close to your crew, keep an eye on your buddy and follow the instructions of your leaders and the information in this guide. The ocean is a beautiful and fascinating place, but it can also be dangerous to the unprepared or the careless. Plan well and don't forget to say thanks to the leaders and parents that are helping to make this trip a reality. For those going on sailing adventures, you will be staying on a boat that is also the captain's home, treat it with respect. Bring this guide with you on your adventure and you will find it useful. Expect to see and do things you may never experience again. We look forward to seeing you when you arrive.

A special thanks to Wikipedia, Capt. Steve Willis (cover photo), Capt. Rich Beliveau for sailing guide content, and the many other captains and staff who helped in the creation of this guide.