

Boy Scout Troop 35 MEMORANDUM

TO: Scouts and Parents of Scouts attending the Florida National High Adventure Seabase 2011

FROM: David Kenney, jaxbikerider@gmail.com, 904 718 8305

DATE: May 3, 2011

SUBJECT: Seabase Preparation Information

WHEN

Please Mark your calendars with the following dates:

- Tuesday, May 3, 2011 → **DURING THE TROOP MEETING** Parent meeting
- Tuesday May 31, 2011 → ALL MEDICAL FORMS and Contact Information sheets must be submitted to David Kenney
- June (TBD?) → Skills review (can you swim and paddle?) **MUST ATTEND!!**
- July 22-28, 2011 → Crew A Out Island Adventure (Friday through Thursday)
- August 7-13, 2011 → Crew B Out Island Adventure (Sunday through Saturday)

WHO

The following Scouts and Leaders are signed up for Seabase this year:

<u>Crew "A" Scouts</u> James Cooksey Coulson Vaughn Ethan McCubbin Hunter Wilson Robert Lovelace Alex Wulbern	<u>Crew "B" Scouts</u> Steven Cabot Philip or Sam Kenney Hamilton Eng Bradford Bailey Chris Bailey Jake Pearthree	<u>Crew "A" Adult Leaders</u> Robert Wulbern Eric Friday <u>Crew "B" Adult Leaders</u> John Bailey Eric Bailey
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WHERE

We will be attending a week of Out Island Adventure on Big Munson Island, about an hour north of Key West and three hours south of Miami. Seabase information can be found at the <http://www.bsaseabase.org/>.

TRAVEL ARRANGEMENTS

We will be departing from the Church at 6:00 AM on Day One of the each adventure. Have the boys breakfasted (or with brown bag), and with lunch money in hand. Travel time is 8-9 hours with lunch break. We will depart Seabase after breakfast on the last day, putting us in Jacksonville at approximately 5:00 PM.

FORMS

We will need two forms completed for Seabase, and turned in to David Kenney **by May 31, 2011**. Copies of these forms are attached.

- **Sea Base Health and Medical Record**, including current information on Family Doctor, Family History, Emergency Contact, and personal health/accident insurance carrier, company, and policy number.
- **Emergency Contact Information**

If you have had your Scout recently obtain a physical exam, your pediatrician should be able to complete the Seabase form from that exam.

SWIM TEST

Upon arrival at Seabase, all Scouts and Leaders are required to take the BSA "Swimmer Classification" which requires the following:

- Jump feet first into water over the head in depth, level off, and begin swimming.
- Swim 75 yards in a strong manner using one or more of the following strokes: Sidestroke, breaststroke, trudgen, or crawl.
- Swim 25 yards using an easy, resting backstroke.
- The 100 yards must be completed in one swim without stops and must include at least one sharp turn.
- After completing the swim, rest by floating for one minute.

If your Scout has difficulty on any of these, please take some time to have them practice. The water at Seabase is warm but dark. ***If they fail the test, Seabase will send them home.***

TRAINING

Though no serious Philmont/Northern Tier type training is required, we need to get together a couple of times to ensure the Scouts can pass the swim test and have decent paddling skills. We will plan these sessions for late May / June, so stay tuned!

THE BOOK

Scouts → Review your Seabase Participant Guide!!! Scout parents → please review and discuss with your scout. You can skip the sections on scuba and sailing, but overall it is a good guide to what participants need (and don't need).

If you have any questions, do not hesitate to contact David Kenney at 718-8305, or jaxbikerider@gmail.com.

ATTACHMENTS/ENCLOSURES

Contact Information sheet

What to bring for Out Island Adventures? - Gear List

BSA TROOP 35 SEABASE CONTACT INFORMATION

Crew A - OIF072211A, July 22-28, 2011 (Friday through Thursday)
Crew B - OISU080711A, August 7-13, 2011 (Sunday through Saturday)

SCOUT NAME: _____

PARENT/GUARDIAN NAME _____

PARENT/GUARDIAN EMAIL: _____

CONTACT PHONES

HOME: _____

WORK1: _____

CELL: _____

WORK2: _____

CELL: _____

OTHER EMERGENCY CONTACT

NAME: _____

PHONE1: _____

PHONE2: _____

WHAT TO BRING FOR OUT ISLAND ADVENTURES

- 1 Set Class A or B uniforms
- Several T-shirts
- Lightweight rain gear (jacket for Dec./Spring)
- Sunglasses with strap (Polarized are best)
- Non-Oily sunscreen (SPF 30+)
- 1-2 pairs of shorts
- Lightweight long pants & long-sleeve shirt (bug and sunburn protection)
- Toiletry kit, and any Prescription Medication
- Wide brimmed hat
- 2 – 3 pair of Socks
- Large-mouth water bottle with plastic clip, (Like coffee? A mug in addition is good!)
- One sheet sleeping (Summer season)
- Sleeping pad
- Swimsuit (modest style)
- 2 towels and a small pillow
- Baby Powder (to cut down on chafing)
- Walking shoes
- 1 pair of dive booties (for wading through water to/from island and for fins)
- 1 pair flip-flop sandals (for island, but not for wading)
- Bug spray—100% DEET works well
- Florida Fishing License (if you are 16 or older)
- Proof of age/photo ID
- Copy of Medical Insurance information
- Flashlight / Headlamp

DO NOT BRING

- Walkman/MP3/iPod player
- Fireworks, firearms, etc.
- Skateboards

Optional Items

- Pocket knife (not in carry-on luggage)
- Hawaiian style shirt (For the 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)
- 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 Insurance Card

ONE THING TO KEEP IN MIND

PACK LIGHT: We have to paddle and hand carry all our gear to the island.