

Bahamas High Adventure

Adventure of a Lifetime

Leaders Guide

Contents.

- Leaders Guide 20 pages
- Health and Medical Records 8 pages
- Crew Roster 3 pages

Copy one complete, (8 pages), Health and Medical record for each crew member.

Dear leader,

Welcome aboard the Bahamas High Adventure program.

It is open to all youth groups of twelve to twenty members with a minimum age of 14 by 1st September of the year of participation. From the time you step aboard your troop will be the crew of “Le Pecheur D’Etoiles”. They will be responsible, under the direction of the Captain and first mate, for the entire running of the ship.

As the daily activities are quite strenuous crew members must be physically fit and competent swimmers.

A swimming test, approx. one hundred yards in open water conditions, will be conducted on arrival. Adult leaders are considered as crew, and are subject to the same physical requirements as junior crew.

The program is designed for youths to take responsibility for the running of the ship and it provides an opportunity for natural leaders to emerge, meaning that we actively discourage leaders from assuming command or taking over crew jobs but at the same time joining in.

Whilst we appreciate, and need your valued assistance, we recommend that you keep the number ratio of leaders to juniors, to a minimum.

“Le Pecheur D’Etoiles”, affectionately referred to as “Pecheur” is the perfect platform for kids to learn the basics of sailing and living on a big old wooden ship in complete safety. Her short rig and spacious decks make for easy sail handling with plenty of room for on board activities.

The sea of Abaco is completely surrounded by outlying islands, giving us calm seas. That, coupled with the size and weight of “Pecheur”, make seasickness unheard of. We have never had a case of seasickness.

Reef and fish conservation are part of the program therefore fishing from the ship is kept to an “*eat what we catch*” level, over fishing, or fishing for sport, is not encouraged.

Snorkeling is a big part of our program, although we carry some snorkeling equipment for your own comfort we recommend that you bring your own mask, fins, snorkel & inflatable snorkel vest.

The program is very full and demanding, crew do not have much down time, however if you have a particular project of your own that you would like to include in the program we would be pleased to make room for it.

Enclosed is the information and forms, (Crew Roster, Travel itinerary, Medical.) that need to be completed prior your arrival in the Bahamas.

We look forward to you being our new crew.

Capt. Del

Welcome to The Bahamas High Adventure

We at The Bahamas High Adventure are anticipating your crew's arrival and are hoping that the unique aquatic programs we offer will more than meet your crew's expectations. The crew 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 share the information with parents and Scouts. 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 an adventure come true.

There's lots on the "what to bring" list that should be provided to every participant well in advance of your crew's departure for the Bahamas High Adventure. But they are so essential they merit special emphasis.

Sun Block with a rating of SPF 30. Sun tanning oil is not permitted on boats as it makes decks dangerously slippery. It must be lotion. Two large plastic containers should be required if applied properly.

Plastic or Metal Water Cup. Any outdoor activity in a subtropical environment requires constant hydration (drinking lot's of water). While freshwater is provided during all activities, disposable paper cups are not provided for environmental reasons. All participants must bring their own water conveyance; as an example, Nalgene bottles are perfect. Additionally, having a clip on your cup is a great plus—you can clip it so it doesn't go overboard.

Sun Glasses. Participants will be outdoors almost always and on and in the water a lot. To protect eyesight and save on squinting, participants should do as the staff here do and wear sunglasses whenever outdoors. Those that offer 100% UVB protection are best and polarized lenses help reduce glare. A comfortable safety strap will prevent the glasses from becoming "Gone with the Wind".

Snorkeling. It is recommended for your own comfort that you bring your own snorkeling equipment.

Do not hesitate to call or email our office with any questions you might have.

Bahamas High Adventure is looking forward to your visit to our ship and sharing our aquatic programs and the Sea of Abaco with your crew.

[Check out our Web Page – www.bahamashighadventure.com](http://www.bahamashighadventure.com)

Leader Requirements and Responsibilities

Congratulations for having accepted leadership of a Bahamas High Adventure 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 and are placing their 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 a Bahamas High Adventure.

Adult Leader Responsibilities

Recruit Youths, Scouts and Venture crews who meet the participation requirements; this includes being a swimmer.

Organize the expedition.

Train the crew members so they will be prepared for the exiting experience at Bahamas High Adventure.

Collect participant fees and make all payments on time.

Be physically fit and ensure all crew members have a current Bahamas High Adventure medical evaluation.

Remain with the crew the entire week (no swapping during the week).

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

Exceptions to these requirements will not be made.

Requirements for acceptance and participation at Bahamas High Adventure are without regard for race, color, creed or national origin.

More than half of the members in every crew must be youth.

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.

All registered adults must have completed the Youth Protection Training or Venturing Youth Protection Training. (This is required for the Scouts National Tour Permit.)

At least one person must be trained in first aid and CPR from any recognized agency and in Safety Afloat – this is for your scouts 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 Bahamas High Adventure is with a Venture crew with proper co-ed leadership or as a member of an approved council contingent with proper co-ed leadership.

Participation Requirements

Eligibility for all participants (youth and adult)

Must be a registered Youth group, Boy Scout, Varsity Scout, Venture Scout or Adult Leader.

Participants must be Fourteen (14) years old by September 1 of the year of their participation. **AGE REQUIREMENTS 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 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.**

All participants must pass the swim test on arrival aboard.

Must be in good health evidenced by a Bahamas High Adventure medical form filled out and signed by your doctor within the past 12 months.

No participant may weigh in excess of 300 pounds. Please refer to height/weight chart on Bahamas High Adventure Medical for recommended weight limits.

Participants weighing in excess of 300 pounds will be sent home at their own expense.

Crew Size

Crew size is between 12 & 20. If in doubt as to the exact number of participants, please indicate the minimum crew size. Additional crew members may be added to your crew up until your final payment (up to your maximum).

Swimming Ability

All participants (both youth and adults) are required to pass the standard swim test before arriving at Bahamas High Adventure: 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 crews must take a swim review upon arrival to ensure swimming ability.

Other Requirements

Individual crews may have requirements for their own members in addition to those of the Bahamas High Adventure. Examples include rank and/or such merit badges as Swimming, Lifesaving and First Aid.

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 Bahamas High Adventure **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 over the age of eighteen (18). 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.

Medical Treatment

The Tour Permit requires that each crew 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. We 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-aider. The decision for treatment of more serious injuries will be referred to the appropriate Bahamas High Adventure staff leader or medical person.

Suggested Supplies For Your Crew First Aid Kit

Review and include recommended supplies as suggested in the *Guide to Safe Scouting* (#34416). **Each crew needs their own first aid kit.**

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

- . Aloe vera cream
- . Sea Sickness Medicine (Bonine)
- . Sunscreen (#30 minimum)
- . Chapstick (#30 minimum)
- . Insect Repellent (particular attention)
- . Hydrocortisone Cream
- . Medicated Powder
- . Swimmer's Ear Drops
- . Benadryl (anti-itch, anti-inflammatory)

Crew Insurance Non-Duplication Provision

It is imperative that the crew leader come prepared with the pertinent insurance policy information for every member of the crew

Motion Sickness

Although Crews will spend a great deal of time aboard motion sickness is very rare on the Sea Of Abacos. But 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.

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 The Bahamas with an outstanding tan as a sign that you had a good time. Use a good non-oily sunscreen (30+), 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.

PRE-TRIP PLANNING

Cancellation Policy

Please notify Bahamas High Adventure **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 Bahamas High Adventure.

The \$50 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.

Crews canceling between the time of application and first 1/2 payment will lose the non-refundable deposit per cancelled crew.

Crews canceling after first 1/2 payment has been made will lose 100% of fees paid.

Crews canceling after second 1/2 payment has been made will lose 100% of fees paid.

Within a crew, cancellation of individual participants will result in forfeiture of their deposit fee and all fees paid to date for that individual.

IMPORTANT!! CLEARING CUSTOMS: IMPORTANT!!

Every crew member must have proof of U.S. citizenship. A U.S. Passport fulfills this requirement. If a crew member does not have a passport, he/she must have TWO pieces of identification, one of which must be a picture I.D. (Driver's license, school I.D., etc.) and the other must be an original or certified copy of a birth certificate with a raised seal. Without proper identification you will not be allowed to enter the Bahamas and you will be sent home.

NOTE TO FEMALE CREW MEMBERS: If your name is different from your birth certificate, you will also need a marriage license.

Arrival Time

Crews should plan on arriving at the Marsh Harbour Airport between 2 PM and 4:30 PM, the first day of their adventure. Please submit the Travel Itinerary (included) with your final payment and crew roster so we can plan for your arrival.

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 Bahamas High Adventure. "Days" is the number of days prior to arrival at Bahamas High Adventure.

1/2 payment paid to Bahamas High Adventure

90 Days prior to arrival – All Crews

Scouts File your National Tour permit with your local council
(Signed original must be turned in the day you arrive at Bahamas High Adventure.)

30 Days prior to arrival – All Crews

Final payment due to Bahamas High Adventure
Crew Roster, Travel itinerary, completed and sent to Bahamas High Adventure
Collect proof of age documents for presentation upon arrival at Bahamas High Adventure. All Scouts pass B.S.A. swim test

Medical Forms

ALL MEMBERS OF YOUR CREW must furnish the Bahamas High Adventure with a current **Bahamas High Adventure MEDICAL FORM**. (Not the standard BSA form, but a Bahamas High Adventure form All participants must also provide a front and back photocopy of a current insurance card.

During the 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 Bahamas High Adventure experience. **EMERGENCY ROOM FEES** for physicals in the Bahamas are very expensive and difficult to schedule. Bahamas High Adventure **DOES NOT** have a physician on staff. Individuals without a complete and current Bahamas High Adventure Medical will not be allowed to participate in any program until one is received.

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 Bahamas High Adventure. 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.

Organize Information

Please verify that your reservation and the number of people reserved is correct. Are your arrival and departure dates correct? Is the fee correct? If you have any questions please contact the Bahamas High Adventure office

Budget

Plan for travel expenses. Include money for overnight stops, meals, side trips, souvenirs, and emergencies. Most individuals spend \$100 to \$150 for personal expenses during their week. The Bahamian dollar is equal to one U.S. dollar. Either currency is accepted equally, and there is no need to exchange your U.S. currency prior to arrival in the Bahamas. In most cases, you will receive Bahamian currency as change for purchases. It is a good idea to spend as much of your Bahamian currency before leaving the country so you do not have to exchange it upon returning to the U.S. Remember: all participants must pay a \$15 departure tax (cash) at the Marsh Harbour Airport. Either U.S. or Bahamian currency may be used to pay this tax.

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(s)" who has been with us before, gain his/her input. Share the emergency telephone numbers for Bahamas High Adventure. Emphasize the importance of prompt completion of medical forms, front and back photocopy of current insurance card and emergency contact information.

Pass out individual sheet for each participant.

Tour Permit:

Not just another piece of paperwork. All Scout 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. 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. **Remember, you must have the signed original permit when you arrive at Bahamas High Adventure. Crews that fail to do so will not be able to begin their adventure.**

Your Travel Arrangements

Traveling from home to the Abacos 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.

First: Travel to Florida

Private vehicles are often the most economical mode of travel to Florida. 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.

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 airport. Great flexibility can also be afforded with buses, because you could take other side trips in addition to your Bahamas High Adventure.

Air travel

Air travel is the only way to get to the Marsh Harbour Bahamas. Check in advance for the best fares. Recommended airport destinations are Miami, Fort Lauderdale (sometimes fares are lower), and West Palm Beach. Then a flight to Bahamas. Using the form "Bahamas Adventure Travel Itinerary" in the back of this book, please provide Bahamas High Adventure with your flight information arrival and departure times, flight numbers, and airline carrier.

Next: Travel to Marsh Harbour, Abaco, Bahamas

Most crews fly to Miami International Airport or Fort Lauderdale Airport and then fly to Marsh Harbour, Bahamas. Getting to Marsh Harbour on Abaco Island is the crew's responsibility. Booking your travel to the Bahamas should be done early to cut costs and ensure availability.

Last: Travel from Marsh Harbour airport to your boat

Bahamas High Adventure is responsible for the trip from the Marsh Harbour Airport to your boat. Taxi service is provided from the Marsh Harbour airport to your boat. Take the first available taxi. A Bahamas High Adventure staffer will meet you there, and will pay the taxi driver. We also pay for your taxi from the marina back to the Marsh Harbour Airport.

Flight Connections

Marsh Harbor is about a one hour plane flight from Miami, Fort Lauderdale, West Palm Beach or Orlando; American Airlines, Continental Airlines and US Airways fly to and from Marsh Harbor daily. There are many more options for you to choose from. A little research is recommended.

American Airlines 1-800-433-7300

Continental Airlines 1-800-231-0856

US Airways 1-800-428-4322

AMX Aviation Services 1-800-329-6184, www.amxaviationservices.com

Yellow air taxi 1-888 -yellow-4 <http://www.flyyellowairtaxi.com>

Orlando Airlink 1-800-849-6999 <http://www.orlandoairlink.com>

Florida Coastal Airlines 1-888-I FLY FCA <http://www.floridacoastalairlines.com>

Vintage Props and Jets 1-800-852-0275 <http://www.vpj.com/>

Reconfirm your flights 72 hours before departure. Check in for your flight at least 1 ½ hours before flight time. The airlines have normal baggage size and weight limitations. Check with your airline for specific rules and limitations.

Depending on where you're coming from, you may not be able to connect through to the Abacos in the same day as your arrival in Florida. In this case, you'll need to find a local hotel near the airport you're connecting through. There are many choices so you'll have no trouble finding one that's suitable. Most offer free shuttles to get you and your luggage to and from the airport.

Seasonal Planning Tips

Bahamas High Adventure has **two** program seasons: **Spring** (February through April), **Summer** (May through August).

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 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. Bahamas High Adventure does not provide wet suits. Summer temperatures vary from 85°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. For Scouts the official B.S.A. uniform is highly recommended for use traveling to and from Bahamas High Adventure, especially through Bahamian and US Customs stations. 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 Bahamas High Adventure t-shirt for daily wear.

Policies of the Bahamas High Adventure

Damage Deposit:

Each crew is required to post a \$100 damage deposit during leader check-in. The funds will be returned during check-out, less any damages. The deposit may be in the following forms:

- * Unsigned Travelers Check * Cash
- * Check, made out to Florida Bahamas High Adventure

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 Bahamas High Adventure immediately **without** refund.

Smoking

Smoking is confined to designated areas .

Things to leave at home

Portable stereos, "walkmen", MP3s, skateboards, etc. distract from the Bahamas High Adventure experience. Leave them at home.

Fireworks

Boy Scouts of America policy prohibits possession and discharge of fireworks. Fireworks found will be confiscated and destroyed.

SCUBA Diving

If you are a certified diver wishing to dive 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.

Frequently Asked Questions

Crew Roster

You must return your crew roster to Bahamas High Adventure at least 30 days **prior** to arrival along with your final payment. 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.

Lodging

For the duration of your stay during the program in the Bahamas, you will be living aboard a sailing vessel. Fresh water showers are sometimes available at the marina at the beginning and end of your adventure.

Program Menu

Your Bahamas High Adventure 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, allergies, etc. **If you have special requirements, please bring food to supplement your particular needs.** **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. The staff will always try to "make up" missed program time but unfortunately that doesn't always happen. The Bahamas High Adventure does not provide any sort of refund for these types of events.

Valuables

Please leave non-essentials at home. There is no secure storage for valuables.

Storage

There is no storage for luggage or other items on shore. What you bring with you must fit onto the boat.

Money

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

1. Coke machines
2. Coin operated telephones
3. Coin operated laundry machines
4. Possible meals in Marsh Harbour, or some of the islands.
5. T-Shirts/Souvenirs
6. Film
7. \$15 Bahamas Departure Tax

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.

Mail

Parents: Do not send mail. Most mail will arrive after your crew has left for home. It will not be returned. We are not able to deliver mail to crew unless it is mail of urgency, i.e. glasses, medicine, etc. left at home.

Telephone Contact

Contact with participants in Bahamas High Adventure programs is nearly impossible except by Bahamas High Adventure Staff. Please do not attempt to contact a program participant. Pay phones are available for participants to contact home. The Bahamas High Adventure business telephone lines are for use only in **extreme** emergency. Some cellular/mobile phone plans offer international coverage. Check with your mobile phone provider for details.

Bahamas High Adventure Equipment

Bahamas High Adventure prides itself on providing quality equipment and facilities. You are entrusted with the proper care and use of this equipment. Bahamas High Adventure provides limited snorkeling equipment, it is recommended that you bring your own. Fishing tackle is also provided.

Hurricane Season

Hurricane season begins June 1 and continues through November 30. In the event of extreme weather conditions, the Captain 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 will 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.

Bahamas High Adventure 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. Bahamas High Adventure strongly recommends you purchase trip insurance to cover your travel expenses.

Bahamas High Adventure

Mission Statement

It is the mission of the Bahamas High Adventure “to provide, through unique aquatic programs and activities, experiences for young people which will further their personal development in a positive atmosphere of teaching, encouragement, and acceptance, and to nurture values of self reliance and responsibility, through individual and group efforts, in accordance with the larger stated mission of the Boy Scouts of America”. Bahamas High Adventure provides you with the means to experience first hand the unique environment under the sea.

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.

Bahamas High Adventure 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.

Welcome to Bahamas High Adventure Check-In

Please have the following items ready for Check-In:

1. Scouts, Tour Permit
2. \$100 Damage Deposit (check, cash)
3. Identification for all youth showing proof of age (All participants must be at least 14 years of age by September 1st of the year of their participation)
4. Bahamas High Adventure Medicals and insurance documents for each member
5. Copy of Crew Roster (original should have been mailed in 30 days prior to arrival).

Thank you!

Bahamas High Adventure Participant Policies

1. Scouts. Follow the Scout Oath and Law at all times.
2. Lights out at 9 PM.
3. Female participants should use a full one piece bathing suit.
4. Do not enter any vessel or private residence without staff permission.
5. If you are of legal age and choose to smoke you can only do so out of sight of the participants.
6. Alcohol may not be consumed for the duration of your Bahamas High Adventure.
7. Males must not enter the female private living areas. Females must not enter the male private living areas.
8. Leaders are expected to stay with their crew at all times.

I, _____, being the crew leader of my crew, hereby agree to abide by all of the above rules and polices and will lead by example while I enforce these rules with my crew.

Date _____

The staff of Bahamas High Adventure is eager for your arrival and participation in the Bahamas 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, diving 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 1800'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

Most crews fly into Marsh Harbour on smaller 10 – 12 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

"Le Pecheur D'Etoiles" can be hot and cramped for space at times so remember to limit what you bring. There are not enough bunks for each crew member; 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 Marina. A Bahamas High Adventure staff member will greet you at the marina and will pay for the cab. Once you arrive on the boat you will have an orientation and chart talk with the Bahamas High Adventure 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 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 Great Guana and Man-O-War Cay. Exploring these sites and learning new cultures will really be exciting. Keep in mind 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 crew 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 Marsh Harbor and you will spend your last evening aboard ship.

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 (Bahamas High Adventure pays for the cab), and remember you are responsible for the \$15.00 cash per person Departure Tax.

Each crew participant needs to tie several different types of knots while sailing. These knots include a clove hitch, bowline, and a reef knot. To learn and practice these knots, refer to Boy Scout Handbook and the Chapman's Guide to Piloting.

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. All places accept US dollars you won't have to convert your money to Bahaman money. 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: Participants in the Bahamas Adventure must allocate an additional \$15.00 for Bahaman Departure Tax must be paid in cash.

WHAT TO BRING:

- 1 Set Class A or B uniforms
- Several T-shirts
- Lightweight rain gear
- Sunglasses with strap (Polarized are best)
- 1 pair tennis shoes (non marking soles)
- 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
- Large-mouth water bottle with carabiner, (If you like coffee, a mug in addition is good)
- One sheet and warm blanket or a sleeping bag
- Sleeping pad – Backpacking type
- Swim trunks (boys) One piece suit (girls)
- 2 towels and a small pillow
- Bug spray
- Prescription Medication
- Proof of age/photo ID
- Copy of Medical Insurance information

Do Not Bring

- Walkman/MP3 player
- Fireworks
- Skateboards

Optional Items

- Camera (waterproof if possible)
- Personal snorkel gear
- Extra money (\$100-\$150)
- Bonine (for seasickness)
- Skin so soft lotion

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: Save \$15 cash for your departure tax.

(USAir includes this in their ticket price)

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 BAHAMAS HIGH ADVENTURE 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 Bahamas High Adventure program needs to be physically fit for the strenuous demands that will be placed on their body. The Bahamas High Adventure 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 Bahamas High Adventure. 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 Bahamas High Adventure medical. 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 Bahamas High Adventure . Participants not meeting this requirement will be sent home at their own expense.**

MAIL

PARENTS - Do not send mail We will not deliver mail from home to crew unless it is mail of urgency, i.e. glasses, medicine, etc. left at home.

For additional information visit our website: www.bahamashighadventure.com

IMPORTANT! CLEARING CUSTOMS IMPORTANT!

Every member of your crew must have proof of U.S. Citizenship. A U.S. Passport will fulfill the requirement. If you do not have a passport you must have 2 pieces of identification, one being a photo I.D. (driver's license, student I.D., etc.). The other must be an original, or a certified copy of a birth certificate with a raised seal. Without this identification you will not be able to enter the Bahamas.

NOTE TO FEMALE CREW PARTICIPANTS: If your name is different from your birth certificate, you will also need a marriage license.

Bahamas High Adventure Blessing

Bless the creatures of the sea

Bless this person I call me

Bless the Keys, You make so grand

Bless the sun that warms the land

Bless the fellowship we feel

As we gather for this meal.

Amen.

“Days Inn”

Stay with us the night before or after...

“Five Sunburst Rating”

“Hotel of the Year” – 2002, 1992

\$69*

per room, per night for up to four people
(Ask for the Boy Scouts of America Rate)

Our award winning property features:

- Complimentary Ft. Lauderdale Airport shuttle and free parking (including motor coach parking)
- Complimentary deluxe continental breakfast including fresh fruit, eggs, waffles, french toast, bagels, muffins, cereal, fresh juice, coffee, tea and more
- Interior corridors
- Pool and fitness center
- Guest laundry facilities
- TV w/remote control and extended cable including HBO
- Business Center w/complimentary computer use including internet access
- Meeting room available

Stay with us an extra night (or two!) and visit these nearby attractions:

- Hollywood Beach – family-friendly with 2.5 mile boardwalk, bike/roller blade rental
- Dave and Busters - 58,000 SF of interactive games
- Boomers! - features a wooden roller coaster, go-karts, mini-golf and more
- Ann Kolb Nature Center – offers kayak and canoe rentals
- International Game Fish Association Hall of Fame– patch programs available
- The Museum of Discovery and Science
- The Everglades

Call us at 954-923-7300 or toll-free at 800-593-0104 for reservations.

We are located at 2601 N. 29th Ave., at Sheridan St. & I95.

Visit our web site – www.the.daysinn.com/hollywood06117

*rate available 4/15 – 12/24/05; \$99 rate available 1/1 – 4/14/05

Going to Bahamas High Adventure??

“Fairfield Inn”

COME STAY WITH US...

\$64*

FOR UP TO 4 PEOPLE

(Ask for the Boy Scouts of America Rate)

“YOU CAN EXPECT MORE”

Scouts Honor!!!

Check out some of our great services and amenities awaiting you:

. Complimentary continental breakfast including fresh fruit, bagels, waffles, muffins, cereal, assorted

juices, coffee, tea, as well as a low-carb items, and so much more!

- . Arcade room, including pool tables
- . Olympic size swimming pool and Jacuzzi
- . TV w/ remote control and extended cable including HBO and Encore
- . Exercise room
- . Coffee maker in room
- . Self service laundry facilities
- . Complimentary newspaper
- . Safe deposit box at front desk
- . Meeting rooms available

Take some time and enjoy yourself at some of our local attractions:

- . Fort Lauderdale Beach – snorkeling, sailing, shops and more
- . BOOMERS!- featuring wooden roller coaster, go-carts, mini-golf
- . Butterfly World
- . The Museum of Discovery and Science
- . Ann Kolb Nature Center
- . Over 40 different restaurants within walking distance including delivery

* \$64 RATE AVAILABLE 4/15 –12/23/2005; \$94 RATE AVAILABLE 12/24 –4/14/05

CALL US ANYTIME AT (954) 491.2500 OR VISIT US AT

WWW.FAIRFIELDINNFLORIDA.COM

WE ARE LOCATED AT 5727 N. FEDERAL HIGHWAY FORT LAUDERDALE, FL

Bahamas High Adventure HEALTH AND MEDICAL RECORD (Meets BSA Class 3 Requirements)

THE BAHAMAS HIGH ADVENTURE EXPERIENCE

Climatic conditions include temperatures from 50° to 95° F, high humidity, heat index reaching to 110°, and frequent, sometimes severe, afternoon thunderstorms.

Activities include snorkeling, sailing, hiking, and other activities that may have potential for injury. Bahamas High Adventure strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Refer to the Leader's Guidebook for specific information. Bahamas High Adventure staff instructs participants in safety measures to be followed. Each participant and crew is expected to follow these safety measures and to accept responsibility for the health and safety of each of its members.

RECOMMENDATIONS REGARDING CHRONIC ILLNESSES

Bahamas High Adventure requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Bahamas High Adventure does not have facilities for extended care or treatment, therefore, participants who cannot meet these requirements will be sent home at their expense.

CARDIAC OR CARDIOVASCULAR DISEASE

Adults or youth having had any of the following should undergo a thorough evaluation by a physician before considering participation at Bahamas High Adventure.

1. Angina (chest pain caused by heart or coronary artery disease)
2. Myocardial infarction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease; surgery to treat congenital heart disease or other heart surgery
4. Stroke or transient ischemic attacks (TIA's)
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking and/or Excessive Weight

The physical exertion during a high adventure activity may cause a heart attack or stroke in susceptible persons. An adult who is 40 years of age or older, or who has experienced any of the conditions above, should speak with his or her doctor about the possible need for 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 is advised not 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 whose blood pressures are increased mildly (greater than 135/85) may benefit from treatment before coming to a high adventure base. Individuals who are hypertensive (having blood pressure greater than 140/90) are urged strongly to be treated and to have normal blood pressure (less than 135/85) before arriving. Medications should be continued during the high adventure program. Those people taking beta-blocker medication should consider a change of medication before participating in a scuba program.

INSULIN DEPENDENT DIABETES MELLITUS

Exercise and the type of food eaten will affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self-injection. Both the diabetic person and one other person in the group should 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 should know the appropriate initial responses for these conditions. A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia probably should not participate in a Bahamas High Adventure program until better control of the diabetes has been achieved. Any form of diabetes requiring insulin control with medication disqualifies an individual from participation in the scuba program.

SEIZURE DISORDERS OR EPILEPSY

A seizure disorder or epilepsy does not exclude an individual from participating in high adventure. However, the seizure disorder should be well controlled by medications. A seizure-free period of at least one-year is considered adequate. Exceptions to this guideline may be considered by the Bahamas High Adventure health supervisor and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. Any seizure activity regardless of control with medication disqualifies an individual from participation in the scuba program.

ASTHMA

It is expected that an individual with asthma will have consulted a physician in order to establish control of the condition. The asthma should be controlled to essentially normal lung function with the use of oral or aerosol bronchodilators. The patient should bring ample supplies of medication for the entire program. Individuals undergoing allergic desensitization therapy who require injections during their adventure should bring their medications and store a portion at Bahamas High Adventure upon arrival. At least one other crewmember should 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 Bahamas High Adventure who has required 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 should not attempt to participate in the strenuous activities of high adventure. Any asthma history regardless of control, unless documented by a pulmonary function test and found to be resolved, disqualifies an individual from participation in the scuba program.

PSYCHOLOGICAL AND EMOTIONAL DIFFICULTIES

A psychological disorder does not necessarily exclude an individual from participation. Parents and advisors should be aware that a Bahamas High Adventure trip is not designed to assist participants to overcome psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a high adventure trip. Any condition should be well controlled without the services of a mental health practitioner. Under no circumstance should medication be stopped immediately prior to a Bahamas High Adventure trip. Participants requiring medication must bring an appropriate supply. Any psychological and emotional difficulties requiring medication may disqualify participation in the scuba program.

MEDICATIONS

Each participant at Bahamas High Adventure who has a condition requiring medication should bring an appropriate supply and a complete listing of medication prepared by a physician. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. People with an allergy to bee, wasp, hornet, or jellyfish sting must bring an EpiPen or equivalent with them to Bahamas High Adventure.

SCUBA DIVING

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is very safe. When established safety procedures are not followed, however, there are extreme dangers. To scuba dive safely, you must not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, a current cold or congestion, epilepsy, asthma, a severe medical problem, or who is under the influence of alcohol or drugs should not dive. If taking medication, consult your doctor and the instructor before participation in this program. You will also need to learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury. You must be thoroughly instructed in its use under direct supervision of a qualified instructor to use it safely.

The Bahamas High Adventure health supervisor reserves the right to make medical decisions regarding the participation of individuals at Bahamas High Adventure.

WEIGHT GUIDELINES FOR HIGH ADVENTURE ACTIVITIES

Any participant or adviser who exceeds the maximum weight limits on the weight chart may want to reconsider participation in a Bahamas High Adventure program. Anyone who exceeds these limits is at extreme risk for health problems. Participants who fall within the guidelines are more likely to have an enjoyable program and avoid incurring health risks. The absolute weight limit for our programs is 300 pounds. The right hand column shows the **maximum recommended weight** for participating in a Bahamas High Adventure high adventure program. Anyone who exceeds these limits is at extreme risk for health problems. Individuals who exceed these limits **may want to reconsider participation** in a Bahamas High Adventure program.*

Recommended Weight (lbs.)

Height	19-34 Years	35+ Years	Maximum
5'0"	97-128	108-138	166
5'1"	101-132	111-143	172
5'2"	104-137	115-148	178
5'3"	107-141	119-152	183
5'4"	111-146	122-157	189
5'5"	114-150	126-162	195
5'6"	118-155	130-167	201
5'7"	121-160	134-179	207
5'8"	125-164	138-178	214
5'9"	129-169	142-183	220
5'10"	132-174	146-188	226
5'11"	129-169	151-194	233
6'0"	140-184	155-199	239
6'1"	144-189	159-205	246
6'2"	148-195	164-210	252
6'3"	152-200	168-216	260
6'4"	156-205	173-222	267
6'5"	160-211	177-228	274
6'6"	164-216	182-234	281

This table is based on the revised Dietary Guidelines for Americans from the U.S. Department of Agriculture and the Department of Health and Human Services.

***All programs involve snorkeling and entering and exiting a vessel via ladders.**

No one may participate who exceeds 300 pounds

**BAHAMAS HIGH ADVENTURE / BOY SCOUTS OF AMERICA
HEALTH AND MEDICAL RECORD**

CREW # _____ (Meets BSA Class 3 Requirements)

Name _____ **Date of Birth*** _____

Age _____

Address _____

City _____ State _____ Zip _____ Phone # _____

(_____) _____

Council Name _____ Unit # _____ Religious

Preference _____

***PARTICIPANTS MUST BE FOURTEEN (14) YEARS OLD BY SEPTEMBER 1 OF THE YEAR OF PARTICIPATION. SCUBA PARTICIPANTS MUST BE FOURTEEN (14) YEARS OLD BY DATE OF ATTENDANCE. YOU MUST COMPLY WITH THIS REQUIREMENT. BAHAMAS HIGH ADVENTURE CAN MAKE NO EXCEPTIONS.**

ATTACH A PHOTOCOPY OF INSURANCE CARD. IF FAMILY HAS NO MEDICAL INSURANCE, STATE "NONE".

Family Medical Insurance Company _____ Policy # _____

Phone # (_____) _____

Address of Insurance Company _____ City, State,

Zip _____

In Case of Emergency, Notify:

Name _____ Relationship _____

Address _____

Home Phone # (_____) _____ Business Phone # _____

(_____) _____

Alternate Contact _____ Phone # (_____) _____

This health and medical record, including limitations indicated, is valid for participation in Scouting (unit activities, camping, local and national events) for 12 months after date completed by physician. Each participant is subject to a medical recheck at Bahamas High Adventure. Bahamas High Adventure recognizes the right of a Scout not to have immunizations, etc. because of religious beliefs, however, a statement signed by the parents is required, indicating that the Scout is free from contagious disease and is able to physically tolerate the conditions as described in this form. Bahamas High Adventure meals consist of a wide variety of fresh foods, canned products, and frozen meats. The menu does not take into account special dietary concerns. If the participant has a problem with the diet described above, contact Bahamas High Adventure for a copy of the menu and plan to send supplemental food.

PARTICIPANT HEALTH HISTORY

Are you now, or have you ever been treated for any of the following: (Answer "Yes" or "No")

Sinus trouble _____ Kidney disease _____ Earaches/infections _____ Abdominal problems _____ Rheumatic fever _____

Hay fever _____ Tuberculosis _____ Fainting spells _____ Epilepsy _____ Asthma _____

Ear Problems _____ Pneumothorax _____ Seizures _____ High Blood Pressure _____ Hypertension _____

Heart trouble _____ Diabetes _____ Frequent diarrhea _____ For Women: menstrual problems _____

Any mental illness _____ Explain _____

Allergies or reactions to any medication _____ Allergy to insect or jellyfish stings _____

Have you had more than a brief minor illness (24 hrs or more), injury or emotional difficulty during the past year?

If so, what? _____

Operations, serious injuries or hospitalization with date(s), for any reason _____

Any restriction of activity for medical reasons? _____ Explain _____

Have you taken any medication for more than two (2) weeks in the past year? (What? Why?) _____

Are you now taking medication or treatment?

(Why?) _____

List current medications and dosages below:

INFORMATION ABOVE IS ACCURATE AND COMPLETE TO THE BEST OF MY KNOWLEDGE

APPLICANT SIGNATURE (REQUIRED) DATE PARENT/GUARDIAN SIGNATURE (REQUIRED IF APPLICANT UNDER 18 YEARS OF AGE) DATE

NOTE: BE SURE TO BRING MEDICATION NEEDED WHILE AT BAHAMAS HIGH ADVENTURE.

MEDICATION DOSAGE

_____	_____
_____	_____
_____	_____
_____	_____

PARENT'S/GUARDIAN'S AUTHORIZATION REQUIRED FOR THOSE UNDER 18 YEARS OF AGE.

I, the undersigned, have read and understand this entire form, including the sections entitled *PHYSICIAN PLEASE NOTE, THE BAHAMAS HIGH ADVENTURE EXPERIENCE, AND RECOMMENDATIONS REGARDING CHRONIC ILLNESSES*. This health history of the applicant is accurate and complete, and the person herein described has permission to engage in all Bahamas High Adventure activities described, except as specifically noted on this form by the physician or myself. If I cannot be reached in an emergency, I hereby give permission for health supervisor, or the adult advisor in charge, to treat, hospitalize, secure anesthesia or to order injection, surgery or other treatment needed for the person described herein. While at Bahamas High Adventure, Bahamas High Adventure health supervisor has permission to obtain all information connected with treatment by a physician, hospital or other treatment facility.

PHYSICIAN'S MEDICAL EVALUATION

PHYSICIAN PLEASE NOTE

A. Bahamas High Adventure is a waterfront program where participants:

- are on or in the water for extended periods of time
- are in high humidity with heat indexes reaching 110 degrees
- experience temperature ranges from 50-90 degrees F

B. Care for injuries or illness:

- may take 6-12 hours or longer for direct assessment and evacuation
- may be delayed by thunderstorms or other natural problems

1. PHYSICAL EXAMINATION: Height: _____ **Blood Pressure:** _____

Weight: _____ **Maximum Weight:** _____ (from chart)

Any individual exceeding the maximum weight of 300 lbs. will not be permitted to participate

Normal

To Health Care Provider: Do not certify individuals whom:

- . Weigh in excess of 300 pounds
- . Have significant heart disease, asthma, or hypertension
- . Have incompletely controlled psychiatric disorders
- . Are subject to anaphylaxis
- . Does not meet age requirements

Eyes: **Range of Mobility:** _____

Ears: Knees (both): _____

Nose: Ankles (both): _____

Throat: Spine: _____

Lungs: _____

Heart: **Other: Yes No** _____

Abdomen: Contacts: _____

Genitalia: Dentures: _____

Skin: Braces: _____

Emotional Inguinal Hernia: _____

Adjustment:

2. ALLERGIES: (Any history of, list all problems: to what agent; type of reaction; treatment) _____

3. IMMUNIZATION HISTORY: (REQUIRED)

Tetanus immunization must have been received within 10 years prior to arrival at Bahamas High

Adventure: Date of Last Inoculation: _____

Measles History: Inoculation: Disease: Unknown:

4. RECOMMENDATIONS AND/OR RESTRICTIONS:

A. I certify that I have, today, reviewed the health history, examined this person, and find him/her physically fit to participate in the Bahamas High Adventure experience as outlined on this form, including:

Camping/Hiking: ____ Yes ____ No Snorkeling: ____ Yes ____ No Other Athletic Activities: ____ Yes ____ No

B. Restrictions (if none, so state) _____

5. PHYSICIAN'S SIGNATURE: Physician licensed to practice medicine (MD, DO). An examination conducted by a certified physician's assistant or a nurse practitioner will be recognized. (Please include the name and phone number of sponsoring physician)

Signature: _____

Address: _____

City, State, Zip: _____

Page 7 of 8

Office Phone: (_____)_____

Date: _____

-BAHAMAS HIGH ADVENTURE USE ONLY: DO NOT WRITE IN THIS BOX-

REVIEWED BY: _____ DATE: _____

RECHECK: ____ YES ____ NO

REASON: _____ RECHECK BY:

_____ DATE: _____

THE BAHAMAS HIGH ADVENTURE HEALTH SUPERVISOR RESERVES THE RIGHT TO DENY THE PARTICIPATION OF ANY INDIVIDUAL ON THE BASIS OF A PHYSICAL EXAMINATION AND/OR THEIR MEDICAL HISTORY. BAHAMAS HIGH ADVENTURE MEDICAL STAFF WILL CHECK ALL MEDICAL EVALUATION FORMS BEFORE A PARTICIPANT BEGINS A TRIP. AREAS OF CONCERN INCLUDE, BUT ARE NOT LIMITED TO: HEART DISEASE, HIGH BLOOD PRESSURE, SEIZURE DISORDER, SICLE CELL ANEMIA, AND HEMOPHELIA, ASTHMA, DIABETES, AND EXCESSIVE WEIGHT.

RISK ADVISORY BAHAMAS HIGH ADVENTURE

Bahamas High Adventure has had an excellent health and safety record. Bahamas High Adventure strives to minimize risks to participants and adult leaders through emphasizing proper safety precautions. Most Bahamas High Adventure participants do not experience injury during their adventure precisely because they are aware of the risks involved and because they exercise proper safety precautions. If you are planning to attend the Bahamas High Adventure, 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 the Leader's Guide, the itinerary for your specific program, Scouting Guide to the Florida Keys, 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 Bahamas High Adventure programs are advised that Bahamas High Adventure programs and journeying to and from the Bahamas High Adventure 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 storms and intense tropic sun. Other possibilities include sunburn, heat exhaustion and heat stroke, 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. You can read more about these sea creatures in A Scouting Guide to the Florida Keys, and also be aware that the Bahamas High Adventure has a no-touching policy with regard to the coral and creatures of the reef.

The Bahamas High Adventure 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 a short distance from Bahamas High Adventure programs and the Bahamas High Adventure maintains a fine working agreement with these facilities.

We hope that this information will motivate leaders, parents, guardians and participants to be prepared and informed. By working together as well-prepared and informed Scouters, we can all enjoy a safe Bahamas High Adventure experience.

Roster for crew# _____ **Total number of crew, (inc leaders)** _____

Schedule arrival date at Bahamas High Adventure _____

(dd/mm/yy)

It is imperative and mandatory that this document is completed and received by Bahamas High Adventure at least 30 days prior to your arrival. The information contained herein is extremely important in the event of emergencies or storms.

Crew Location night before arrival at Marsh Harbor

Tel: _____ Cell phone: _____

Arrival Information

Airline you will be arriving on into Marsh Harbor _____

Flight Number _____ Arrival time into Marsh Harbor _____

Departure Information

Airline you will be leaving on _____ Flight Number _____

Departure date/time _____

Please complete this form and return with your final payment and crew list. This will allow the Bahamas High Adventure staff to prepare for your arrival in Marsh Harbor. Please be sure that all participants have proper identification for entrance into the Bahamas. Also remember there is a \$15.00 (cash only) departure tax when you leave the Bahamas.

Crew list

(Including leaders. Please print clearly)

1.(Leader)Name _____ D.O.B _____ Male/Female _____

Address _____

Tel: _____ email: _____

2. Name _____ D.O.B _____ Male/Female _____

Address _____

Tel: _____ email: _____

3. Name _____ D.O.B _____ Male/Female _____

Address _____

Tel: _____ email: _____

4. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

5. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

6. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

7. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

8. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

9. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

10. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

11. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

12. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

13. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

14. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

15. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

16. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

17. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

18. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

19. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____

20. Name _____ D.O.B _____ Male/Female _____
Address _____

Tel: _____ email: _____