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Direct information or inquiries regarding this newsletter or the Aquatics Subcommittee to: terrells@indy.rr.com
BSA National Outdoor Conference:

The next National Outdoor Conference (NOC) will be held at the Philmont Training Center, September 25-29, 2019. Save this date and plan to join over 300 like-minded outdoor enthusiasts for a conference packed with the BSA's latest information in outdoor programs. The elective schedule is robust and over 90 sessions will be available. Special keynote speakers and the chance to enjoy Philmont are also conference highlights.

Here are the major tracks that will be offered:

- Program Administration
- Camp Management and Administration
- Human Resources
- Marketing
- Properties and Facilities Management
- Enterprise Risk Management
- High Adventure
- Youth Development
- Food Service

Stay tuned for registration information!
AQUATICS STANDARDS CHANGES HIGHLIGHTED IN NCAP CIRCULAR NO. 12

When BSA National Camp Standards are revised, the latest changes are communicated by the National Camp Accreditation Program in Circulars which are available on-line at bsa.org. In addition, the updated standards are also available at the NCAP website.

For 2019 some Aquatics related standards have been revised, NCAP Circular No. 12 was released on November 21, 2018 and highlights the standard changes for 2019. Revised Standards that have Aquatics related information are:

- PD-104 Venturing and Sea Scouting Program Design
- PD-105 Specialty Adventure and High Adventure Program Design
- PS-201 Aquatics General
- SQ-402 General Camp Staff Training
- SQ-406 Aquatics Staff

Note that there was an update to MAHC 5.8.5.3.9 Personal Protective Equipment in 2018. For 2019, revisions to NCAP mandate requirements from the CDC Model Aquatic Health Code (MAHC). For example, lifeguards on duty outdoors must meet training requirements, carry a rescue tube, signaling device, gloves, and resuscitation mask, and wear polarized sunglasses.

In general, whether the council, as employer, pays for required training and gear is left to local discretion. For example, a camp might provide a free staff shirt but require aquatics staff to bring their own swimsuits.

However, there are OSHA legal requirements that supersede both NCAP and MAHC standards. The Annex to the MAHC notes that OSHA requires employers to provide lifeguards, at no cost to the employee, appropriate personal protective equipment against blood borne pathogens, including gloves and a resuscitation mask. However, a separate OSHA rule exempts employers from having to pay for polarized sunglasses even though such eyewear is required by the MAHC.

The link for NCAP Standards and Circulars is:

https://www.scouting.org/outdoor-programs/camp-accreditation/
Aquatics Merit Badge SME’s

The ten Aquatics related Merit Badges are reviewed on a two-year cycle with half the Merit Badges reviewed each year for changes to the requirements and pamphlet.

Below are the Subject Matter Experts (SME) assigned as the lead for each of the merit badges. To provide input or suggested changes to the merit badges you may contact the respective SME to provide information or submit questions.

Aquatics MB Coordinator and MBSC Member: Cal Banning, cabann54@hotmail.com, (817) 312-4380

<table>
<thead>
<tr>
<th>Aquatics SME</th>
<th>Merit Badge(s)</th>
<th>E Mail</th>
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<tbody>
<tr>
<td>Richard Thomas (602) 616-2327</td>
<td>Canoeing, Kayaking, Whitewater</td>
<td><a href="mailto:richardthomas2@cox.net">richardthomas2@cox.net</a></td>
</tr>
<tr>
<td>David Bell (580) 716-5624</td>
<td>Lifesaving</td>
<td><a href="mailto:vandellbell@poncacity.net">vandellbell@poncacity.net</a></td>
</tr>
<tr>
<td>Steve Terrell (317) 627-2733</td>
<td>Motor Boating, Rowing</td>
<td><a href="mailto:terrells@indy.rr.com">terrells@indy.rr.com</a></td>
</tr>
<tr>
<td>Joe Angelo, co-SME (305) 394-5480</td>
<td>SCUBA Diving</td>
<td><a href="mailto:joe.angelo@scouting.org">joe.angelo@scouting.org</a></td>
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<td>SCUBA Diving</td>
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<td>William Shupert (410) 830-9770</td>
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<tr>
<td>Jay Fox (434) 409-8148</td>
<td>Swimming</td>
<td><a href="mailto:jayfox8x@gmail.com">jayfox8x@gmail.com</a></td>
</tr>
<tr>
<td>Jeff Cannon (435) 770-2728</td>
<td>Water Sports</td>
<td><a href="mailto:jeffdcannon@aol.com">jeffdcannon@aol.com</a></td>
</tr>
</tbody>
</table>
“Where do I find…?”

Have you ever found yourself asking this question about a BSA Aquatics program? Or have you ever found yourself on the receiving end of an aquatic-related question, “where do I find…?”

The answers to most BSA Aquatics questions can be found on the Aquatics pages at the Scouting.org website. The Aquatics web pages are updated regularly with the latest – and current – versions of BSA Aquatics policies and programs. There are three (3) Aquatics pages: Aquatics Program, Local Council Aquatics Committee and Aquatics Resources.

The “Aquatics Program” is the main page and provides important updates and a link to the most recent BSA Aquatics newsletter and other program information and policies.

From the Aquatics program page, you can click on the “Local Council Aquatics Committee” or “Aquatics Resources pages.”

The Local Council Aquatics Committee page provides an overview about the role of your Council’s Aquatics Committee and how to start an Aquatics Committee. There is also information about specific responsibilities including training, program delivery, advancement, safety and recruiting and retaining qualified volunteers to deliver Aquatics programs at the unit, district and council level.

The Aquatics Resources web page is where you’ll find an overview of each Aquatics program and detailed instructions on how to set-up and run a successful program. There are also brief instructional videos for Kayaking and Canoeing that are part of the Aquatics Supervision – Paddle Craft Safety program.

The Aquatics web pages are easy to navigate and provide the most current information about BSA Aquatics programs for youth, unit leadership and other adult volunteers.

To visit the BSA Aquatics webpages, please click on:

www.scouting.org/outdoor-programs/aquatics/
National On-Water Standards

The National On-Water Standards (NOWS) program is a grant-based initiative funded in part by the U.S. Coast Guard to facilitate a process in which subject matter experts from a variety of recreational boating organizations develop entry-level on-water skills-based instruction standards to ensure consistency of instructional boating programs across the U.S.

NOWS created instructional standards for three programs: Power Boating instruction, Sailing instruction and Human-propelled craft instruction.

Since the adoption of the standards, organizations that offer instructional boating programs for beginners are in the process of reviewing the standards and adjusting their courses, as necessary, to comply with NOWS.

The BSA offers entry-level skills training in recreational boating through its merit badge programs in Motor-boating, Small Boat Sailing, Rowing, Canoeing and Kayaking. NOWS reviews for those merit badges are in process, or have been completed, by members of the National Aquatics Sub-Committee.

The reviews completed for Rowing, Motorboating and Small Boat Sailing merit badges determined that, with the exception of one or two skill requirements, the skills taught to scouts meet the standards for those merit badges. Instructor qualifications, instructional methods, progression of skills and time on the water for practice also meet NOWS standards. The few skills that differ from NOWS will be revised and included as part of the next regularly scheduled merit badge update for each of the affected Aquatics merit badges.

For more information about the standards and resources, please click on the following web link: www.usnows.org
From the American Canoe Association

Paddlesports Resources
As you begin to prepare for your summer camp season, here are several FREE paddlesports resources you can use from the ACA:

• over 80 instructional videos (2 to 3 minutes each)
• File a Float Plan on the Paddle Ready App
• educational course outlines for canoeing, kayaking and stand up paddleboarding
• pamphlets, posters, waterproof placards
• infographics
• brochures

www.americancanoe.org/Resources

Online Paddlesports Game for Cub Scouts
Paddle Quest is an animated, family friendly way to spread the fun and excitement of paddling with children (and adults, too)! Free on the App Store and Google Play, the game offers the following features:

• A mini game devoted to the importance of life jackets
• A fun 'build your boat' module which includes paddlecraft nomenclature and tips on holding a paddle
• An interactive Float Plan
• An introduction to waterway hazard awareness and stewardship concepts
• A dynamic tilt-controlled paddling adventure which takes players through on-water hazards, interacting with other waterway users, differing weather conditions, and is a ton of fun!

www.americancanoe.org/PaddleQuest
The American Red Cross is excited to roll out several new training programs. Some of these programs are online only, and others are for the professional rescuer. Please see below.

**First Aid for Opioid Overdoses Online**

This interactive 45-minute online course will provide you with the knowledge and confidence you need to respond to a known or suspected opioid overdose emergency.

In this course, you will learn:

- To recognize the signs and symptoms of an opioid overdose.
- The appropriate care to provide based on the person's breathing and level of responsiveness.
- How to give naloxone using several different products -- a nasal atomizer, Narcan® Nasal Spray and EVZIO® -- to reverse the effects of an opioid overdose.

Please contact Todd St. Clair at todd.stclair@redcross.org for a 50% off coupon to take this training.

**First Aid for Severe Bleeding Online**

This interactive 30-minute online course will prepare you to recognize severe, life-threatening bleeding emergencies and to take action to stop the flow of blood.

In this course, you will learn:

- How to recognize life-threatening bleeding
  - What action steps to take in a life-threatening bleeding emergency
  - When to use a tourniquet
  - How to apply windlass rod, elasticized wrap and improvised tourniquets
  - When to use hemostatic dressing

Please contact Todd St. Clair at todd.stclair@redcross.org for a 50% off coupon to take this training.
Lifeguard Management – Online Course

The Lifeguard Management course is designed to prepare aquatic professionals to effectively manage lifeguards and help keep patrons, staff and facilities safe. This highly interactive, 3.5-hour course is completely online and includes video lessons, scenario-based activities and a final exam. There are no prerequisites for this course. The person may or may not have a lifeguarding background and may manage seasonal or year-round operations. Successful participants receive a certificate that is valid for 2-years.

Aquatic Examiner Service

Our Aquatic Examiner Service (AES) Client Facility Program is designed to:

- Develop goals to improve operations, training and performance
- Increase lifeguard accountability, attention to safety, professionalism, and pride
- Reinforce and strengthen the lifeguard’s emergency response skills
- Maintain high lifeguarding operational standards
American Red Cross Resuscitation Suite – BLS, ALS, PALS

The American Red Cross Resuscitation Suite™ for Basic Life Support (BLS), Advanced Life Support (ALS) and Pediatric Advanced Life Support (PALS) combines unique adaptive learning technology and real-world scenarios to offer resuscitation education programs that are scientifically equivalent and educationally superior.

Who should take this training?

All healthcare, EMS, fire, police and other public safety providers who may be involved in resuscitation. These programs (BLS, ALS and PALS courses) will meet certification, competency and privileging requirements.

Simulation Learning

One of the most successful new instructional tools to be researched and applied to safety education is “simulation learning.” Simulation learning allows learners to test their knowledge of instructional materials using online interactive, scenario-based simulations. In any given scenario, students may select from a number of possible actions, each of which results in further situations and possibilities based on the learner’s choice.

For more information about these and other programs, please email Todd St. Clair at todd.stclair@redcross.org.
The Polar Bear Plunge: Dippidy Do or Dippidy Don’t?

Jay W. Fox, Aquatics Subcommittee

Every year beginning around November and continuing through March or so we see reports of (fool)hearty souls exchanging their toasty winter outfits for summer swim suits to brave piercing breezes and freezing temperatures to carouse in icy waters in some form of odd ritual typically termed the Polar Bear Plunge (PBP). Why is it called a PBP giving the lack general of a thick coat of white fur on most participants (except for the most grizzled of Scoutmasters), I have no idea. Why even do such a thing? Perhaps, a purification of body and soul, possibly a spiritual awakening, or maybe, simply to beat their chests and say “Hey, look at me, I just went swimming in January”. Regardless, to some this does call into question if not sanity at least normal rational behavior, and as such every year I receive a number of inquiries as to whether this sort of thing is “allowed” for scouts, particularly given the reputation of scouting being a practical and safety conscious organization.

As with all things concerning safety in scouting, the first thing I always do is to refer to the Guide to Safe Scouting (GSS) (https://www.scouting.org/health-and-safety/gss/toc/ most current version). While commonsense is embedded throughout the GSS, you can generally find clear and concise advice. In the case of the PBP, nothing specific is discussed in the GSS, however a review of the Safe Swim Defense (https://www.scouting.org/health-and-safety/gss/gss02/#d does clearly suggest that all in-water activities must be conducted in a “Safe Area” with attention to various elements including environmental conditions such as water temperature. However, other than noting these concerns no specific temperature indications are provided except that at water temperature lower than 70F duration of time in the water should be limited and closely monitored (again suggesting that commonsense be employed). So, two questions come to mind; is there programmatic value to a PBP and what should we as leaders be concerned about in terms of conducting such an event safety?

A review of current medical literature suggests that for healthy individuals the major safety concern during a PBP event is the risk of hypothermia due to prolonged exposure to cold air and/or water. Hypothermia is an extremely dangerous condition when the body’s core temperature drops below 95F from the normal 98.6F. The onset of the symptoms of hypothermia depends on the person, the clothing they are wearing and environmental conditions such as air and water temperatures, wind, etc.

Generally there are three stages leading to hypothermia from cold water immersion (https://www.survivalfitnessplan.com/dress-cold-water-survival/).

First is the “Cold Shock Response” which may include: 1) Gasping for breath (which if head is underwater can lead to drowning); 2) Hyperventilation (see First Aid and/or Swimming Merit Badge Pamphlet), which can lead to fainting (and thus drowning); and 3) Cardiac arrest due to vasoconstriction (narrowing of arteries) which can cause stress to the heart.

Second is “Cold Water Incapacitation” which is also caused by vasoconstriction in the limbs making them less effective for maintaining HELP or HUDDLE positions for heat retention (see below) and keeping head above water. This happens after about 10 minutes of exposure in cold water.

Third, hypothermia will eventually occur after approximately 30 minutes of immersion for an adult in icy water. Interestingly, there is a fourth condition termed “Circum-Rescue Response”. This can appear before, during or even after the rescue of a hypothermic victim. This response sometimes occurs due to a great sense of mental relief knowing they will be rescued and can result in a rapid vasodilation causing a dramatic drop in blood pressure. This drop in blood pressure may in turn cause some muscles to fail, including the heart. Thus, extreme care must be taken when rescuing any victim of hypothermia from cold water immersion.
Practical Considerations for Conducting a Safe PBP:

1. **Personal Health Review.** If possible, review participants’ BSA Medical Form Parts A and B to ensure they are not suffering from any medical issues that might preclude their participation such as an ear infections etc. and ask each if they are currently suffering from a bad cold or flu which may suggest this is not a good day for them to participate.

2. **Weather.** It is likely that at this time of year the temperatures are be lower than in the summer….that’s the whole point of the PBP. However, the event should probably not be conducted in freezing rain as this would likely increase the risk of hypothermia. Also, heavy snow storms or blizzards that limit visibility of bathers and Response Personnel would prevent holding the event.

3. **Safe Area.** The Non-Swimmers Area or equivalent would be idea for the event as no record of swim checks would be needed and quick ingress and egress is possible. Keep in mind, that prior to the event, the conditions of the area must be checked (bottom surface and obstructions, water quality and turbidity etc.), particularly since it is likely that the area has not been in use for in-water activities for several months.

4. **Safety precautions.** Sufficient training response personnel guard the event along with all other elements of the Safe Swim Defense must be followed. Furthermore, although exposure in the water should be very brief, warm clothing, blankets, hot beverages and perhaps a warming location nearby should be available along with trains first aid personnel.

5. **Response Personnel.** Requirements for response personnel should be met as per Safe Swim Defense. Ideally, the guards will have been trained for response to situations in cold water and know what to expect. They should have a solid understanding of hypothermia and its symptoms. Given the situation, they may be allowed to have a jacket, hat and pants on over their swimming suit but they should be trained and prepared to rapidly disrobe should they need to enter the water.

6. **Safety Discussions and Demonstration.** Discussions on safety around ice covered and/or cold water in the winter and first aid for hypothermia (see First Aid Merit Badge Pamphlet and American Red Cross Wilderness and Remote First Aid pamphlet) as well as actual in-water demonstrations should be conducted before the actual PBP while the participants are fully dressed and warm. Demonstrations can safely be held in deeper water such as in the Beginners or Swimmers Areas. This allows the swimmers who are pre-acclimated to the cold water to imitate falling into cold water (again following the Safe Swim Defense) and demonstrate the HELP and HUDDLE techniques (see Swimming Merit Badge Pamphlet). These demonstrations should be performed by skilled, strong Swimmers specifically trained for the event. Mechanisms for warming the Swimmers after the demonstration must also be in place.

7. **The Plunge.** Once all preparations are complete and response personnel in place, participants should remove protective clothing well from water’s edge with towels readily available and enter the Non-Swimmer’s Area from shore with their buddy. Once in the area they should be allowed to briefly splash about, fully immerse themselves if they wish, then exit to dry off and put on warm clothing and enjoy a hot beverage if available.

In summary, if properly planned and trained for and with appropriate personnel and equipment, PBPs can be conducted such that they are both safe and, importantly, delivered to support programmatic goals such as teaching water safety and cold weather first aid. However, careful preparations and precautions must be taken, and if done so this will be a fun, meaningful and memorable event for your scouts which simultaneously re-enforces the principles of Safe Swim Defense Plan year-round. Give it a try!

Surfs Up! Dippidy Do!
FROM THE SEA BASE . . .

Tired of the snow! Ready for sunny days and warmer weather? Florida Sea Base in the Florida Keys is putting the final touches on our summer program. There are still a few opportunities to be a part of our team in departments including Retail, Food Services, Rangers, Sailing and Scuba. Please contact Cheryl Ferreri or complete an application using the following link http://www.bsaseabase.org/Resources/Employment.aspx

There is a unique opportunity to purchase used scuba equipment from Florida Sea Base. Every season we sell our equipment to make way for new scuba gear for our participants. Call soon as there is limited availability on sizes. Call Joe at 305-394-5480 or email joe.angelo@scouting.org

Divemaster Program

Looking for the first step in working with scuba as a career? Your adventure into the professional levels of recreational scuba diving begins with the PADI Divemaster program. Working closely with a PADI Instructor, in this program you expand your dive knowledge and hone your skills to the professional level. PADI Divemaster training develops your leadership abilities, qualifying you to supervise dive activities and assist instructors with student divers. PADI Divemaster is the prerequisite certification for the PADI Instructor Certification

What can PADI Divemasters do?

- Work at local dive centers, on live-aboard dive boats, yachts and at exotic resort locations
- Assist PADI Instructors with students
- Lead PADI Scuba Divers on guided dive tours
- Teach and certify PADI Skin Divers
- Teach PADI Discover Snorkeling programs
- Conduct PADI Scuba Review & Reactivate
- Lead certified divers on Discover Local Diving experiences
- Teach Emergency First Response programs after successful completion of an Emergency First Response Instructor course.
- Earn several Specialty Instructor ratings and be able to teach those specialties

What are the prerequisites for the course?

- PADI Open Water Diver
- PADI Advanced Open Water Diver
- PADI Rescue Diver
- PADI Emergency First Responder /First Aid and CPR
- Medical clearance signed by a physician (both PADI and BSA forms)
- 40 logged dives to start (60 logged dives to receive certification)
- 18 years old by the start of the course

What will I do?

Start out by having an amazing time and meeting new friends. During the PADI Divemaster program, you learn dive leadership skills through both classroom and independent study. You complete water skills and stamina exercises, as well as training exercises that stretch your ability to organize and solve problems as well as help others improve their
scuba skills. You put this knowledge into action through a series of practical training exercises.

What costs are associated with the program?

Florida Sea Base covers the cost of the materials and course fee. The Divemaster agrees to work for Florida Sea Base for at least one spring or summer season as payment for the course. If the Divemaster cannot fulfill this requirement they will be responsible for reimbursing Florida Sea Base $750 for the course fee and $364 for the materials.

Participants are responsible for the PADI Divemaster Application fee ($122*), PADI Divemaster eLearning fee ($232*) and the APDI Dive Theory eLearning ($129*). You must use this link when registering for the PADI on-line classes:

Register Now for E-Learning

Florida Sea Base provides housing, food and rental dive equipment during the program.

Divemaster

December 18, 2019-January 1, 2020


How do I apply for the course?

1. Complete the Florida Sea Base Application:
2. Divemaster Academy Application
3. After completing the application send it to joe.angelo@scouting.org
**Instructor Development Course (IDC)**

Are you ready to take that next step? The PADI Instructor Development Course (IDC) is your next logical step as a PADI Professional. PADI Open Water Scuba Instructors are the most sought-after dive professionals around the world because they’ve completed the program that sets the standard for training dive professionals. You earn a PADI Instructor rating through hard work and commitment, but you’re rewarded with a job that lets you share incredible underwater adventures with others – transforming their lives for the better and enriching yours.

*What can PADI Instructors do*

- Work at local dive centers, on live-aboard dive boats, yachts and at exotic resort locations
- Teach PADI scuba courses from Open Water through Divemaster
- Independently conduct Discover Scuba Courses
- Teach Emergency First Response First Aid and CPR courses
- Earn Specialty Instructor ratings and teach those specialties
- Conduct BSA Scuba Diving Merit Badge (once registered with BSA)
- Make a profound difference in someone’s life
- Teach Project AWARE courses and be an advocate for our environment.

*What materials are provided by Florida Sea Base*

- PADI IDC Crew Pack (Includes)
- PADI Guide to Teaching
- PADI Specialty Course Instructor Manual
- Open Water Prescriptive Lesson Guides
- Diving Knowledge Workbook
- Open Water and Confined Water Lesson Planning Slate
- Student Skill Practice Slate
- Instructor Cue Cards
- Quizzes and Exams
- PADI EFR Instructor start up pack

*You will need all the prerequisite materials for previous courses you have taken.*

*What are the prerequisites for the course?*

- Open Water Diver
- Advanced Open Water Diver
- Rescue Diver
- Divemaster
- PADI Emergency First Responder /First Aid and CPR
- Medical clearance signed by a physician (both PADI and BSA forms)
60 logged dives to start (100 logged dives to receive certification)
18 years old by the start of the course
Complete the PADI IDC and Dive Theory eLearning

What will I learn?

The IDC teaches you to conduct all PADI core courses. You'll be able to organize and present information, conduct skill development sessions and control open water dives. Basically, you become a better public speaker and get really good at demonstrating skills while watching out for student diver safety. Key topics include:

- PADI Standards and Procedures for courses you can teach with in water workshops
- Learning, Instruction and the PADI System
- Risk Management and Diver Safety
- The Business of Diving and your role as an instructor
- Marketing Diving and Sales Counseling

What's an IE

Once you complete the IDC you will need to successfully complete the Instructor Examination. An Instructor Examination (IE) is a two-day evaluative program that tests an instructor candidate’s teaching ability, dive theory knowledge, skill level, understanding of the PADI System, attitude and professionalism. PADI IEs are standardized and conducted by specially trained PADI Instructor Examiners. The IE location, testing environment and examination sessions are organized to be as objective as possible to fairly and consistently evaluate a candidate’s abilities. Only those who meet the IE performance requirements earn the respected PADI Instructor certification.

What costs are associated with the program

Florida Sea Base covers the cost of the materials and course fee. The Instructor agrees to work for Florida Sea Base for at least one spring or summer season as payment for the course. If the Instructor cannot fulfill this requirement they will be responsible for reimbursing Florida Sea Base $1050 for the course fee and $375 for the materials.

Participants are responsible for the PADI IDC Application fee ($175*), Instructor Examination Fee ($690*), PADI IDC eLearning fee ($366*) and the PADI Dive Theory eLearning ($129*). You must use this link when registering for the PADI on-line classes.

Florida Sea Base provides housing, food and rental dive equipment during the program.
*PADI fees subject to change, Florida Sea Base has no control over PADI fees.

Course Dates
April 18 – 28, 2019
September 12 – 22, 2019

How do I apply for the course?

Complete the Florida Sea Base IDC Application
Complete the PADI IDC Application
After completing the application send it to joe.angelo@scouting.org