

Swift Base

Venturing Summer Camp – 2014

Program Supplement



Sea Scouts vs. Pirates

June 23-29, 2014

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Program, Its All About the Adventure You Choose

Every camper at Swift has way more program opportunities than you are able to do. Some activities are scheduled by your unit, some are individual sign up. The activities for the theme of the week may overlap with your unit's assigned program slots. Or you may choose to do an activity such as Discover SCUBA or go on a day trip with your unit to one of the local state parks. Swift is all about the adventure you choose for yourself and your crew. If you can't do everything, that's just more reason to come back next year!

Program Planning Starts Before You Get to Camp

There are so many options for what you can do at Swift. Check out this manual with your unit and see what people want to do before getting to camp. Some activities will conflict and you may need to choose between activities.

Program Scheduling

One of the first things you do upon arrival at camp will be fill out a program preference sheet, letting the Swift Staff know how many of your unit wants to do the four major out programs: Rock Climbing, Rappelling, High Challenge Course, and Low Challenge Course. In addition, your unit will be asked what you would like to do for an overnight (if any). A schedule for these activities will be provided to your unit Sunday evening. Your unit will be assigned to these programs together.

Other programs are individual/small group signup based. These include Mountain Bikes, Horseback Rides, Water Skiing, Tubing, Knee Boarding, and depending on demand Stand up Paddle Boards and some of the Sail Boats. Signups for these will be at the Lodge on Monday and Wednesday mornings.

Customize Your Program

Many of your program choices are assigned, but your unit can always go 'off the map' and plan your own program. Some units go check out Elephant Rocks, borrow boats and canoe around the lake, go hiking around S~F, or just take a night off and head to town to get some pizza and a movie. Feel free to plan these types of activities into your week at Swift. When it comes to program, your unit is truly in charge of what you can do. Available on the council website (<http://swift.stlbsa.org>) and at the camp office is a booklet of day trips on and near S~F.

Open (Walk-up) Programs

Some programs are available for you to do without signing up. These include shooting sports and aquatics activities. So come on down and try your hand at these activities whenever you can, and however often you want.

Shooting Sports

The Swift Range will be open throughout the week for open shooting and archery. Listen at announcements or at the Advisor/President meeting for specifics. Available for shooting are .22 rifles, archery, and .22 pistols.

Shotgun shooting will be available for sign ups during one or two program slots over the week. Listen at announcements at meals or at the Advisor/President meeting on Sunday for more details. There is an additional cost of \$5 to cover 10 shells and clays. Shooting will be at a dedicated shotgun range in the Camporee Field. Units will need to provide transportation to this range.

Aquatics

The aquatics activities are available pretty much every morning and afternoon. Activities include swimming, stand up paddle boards, sailing, canoeing, pedal boats, rowboats, and kayaks. Swift has the largest boating area at S~F, so there's plenty to explore. Some of the highlights include:

- Sailing: With four Aquafin sailboats, two catamarans, and more, you'll be sailing all week if you like. Before taking out the catamarans you'll need to qualify on one of the smaller boats with the aquatics staff.
- Stand Up Paddle Boards: Looks like a surfboard but you stand up and paddle it like a canoe. It takes a bit of balance to get good at these, but once you've got it down, it's a whole new way to explore the lake.
- Swimming: Get a buddy or two and come on down to the aquatics area. Jump off the dock, dive off the floating dock, or just have a great time in the water. And if water isn't your idea of fun, grab some sun on the beach.

Unit Out Programs – Morning/Afternoon

There's plenty of adventure for your unit to do together. During check in at Swift your unit will select what activities they want to do. Depending on your unit's preferences, you'll be assigned time slots, usually one for your unit to do each of these activities.

These programs generally require you to drive at least part of the way to the program site. Your unit should plan to drive to get there. Also, everyone should bring at least two quarts of water, more if it's hot that day. Each of these programs lasts roughly for about half a day.

You'll meet at the Swift Pavilion at either 8:45 or 1:45 before heading out as a group. Adult leaders are also required to attend. Long pants and sleeves, though not required are suggested, especially for the Low Challenge Course, Climbing and Rappelling. Closed toe shoes are *required* for all activities.

Challenge Course (Low)

You may know it as a team-building course, but whatever you know it as, your unit will work as a team to overcome the challenges. The Swift staff will lead you through the challenges, hopefully building a better team in your unit in the process.

Challenge Course (High)

The S~F High Course has quite a challenge for you ahead. Individually each member of your unit will climb the ladder and go through four obstacles, all while 30 feet off the ground. At the end of the course you'll rappel back down via an Angel (face-first) rappel.

Challenge Course – Day Long Ropes

There is an option to do both parts of the challenge course together, day long ropes. This will give you more time on the course, and you'll eat on the course also, not returning until dinner time. This will give you the best challenge course experience including the most activities and time on the course.

Climbing

S~F Scout Ranch has some great natural climbing cliffs. You'll hike out to the climbing cliffs and the Swift staff will teach you some climbing basics and belay you as you climb. See if you have what it takes to get any of the three cliffs, Collar Bone, Baby Snake, and Chimney.

Rappelling

Not only can you climb up the cliffs, but you can also rappel back down them. The 40 foot cliffs of Ranger Falls, Shady Lady, Freedom, and Oh Boy offer plenty of challenge as you rappel down the face to the bottom, belayed by the Swift Staff. You'll be able to do a normal seat rappel or Angel (face-first) rappel .

Individual Out Programs – Morning/Afternoon

Besides your unit signing up for activities, there are some activities that you can sign up individually for. You'll join up with other campers from the week to go on these activities. Some adults are needed to sign up also for youth protection reasons.

Signups for these activities will be done following the distribution of your group signup schedule, on Monday morning at breakfast. During this time, youth may sign up once for each activity. A second batch of signups will be held on Wednesday at breakfast.

Water Skiing/ Tubing/ Knee Boarding

Jump aboard the Swift ski boats with a couple other campers. The Swift staff will teach you how to ski or knee board or bounce you around on a tube as you drive up and down the 270 acre Nims lake. Boats will meet at the Swift aquatics area at 8:45AM, 9:45 AM, 11:45 AM, 1:45 PM, 2:45 PM, 3:45 PM. Be a bit early so you don't miss the boat. Bring some water along for the boat.

Horseback Riding

Every morning and afternoon (weather permitting) you can come on down to the corral for a trail ride. You'll get your horse saddled, or maybe clean him up after a ride, and then follow the Swift wrangler on a ride around the S~F Scout Ranch. Blue jeans and heavy, closed toe shoes are required (boots preferred). Meet at the corral.

Mountain Bike Rides

Rides will be offered throughout the week, generally for half days. Listen to the announcements and check the sign up sheets. Some of the rides will be more strenuous than others, please sign up accordingly.

Become an Expert

Think you've got what it takes to take it to the next level? Well this summer you can. You'll team up with the Swift staff to learn more than you ever thought possible in one of three areas. Come find out more about these opportunities and sign up at the program preview. Sessions will be offered throughout the week.

If you want to earn the Ranger elective in these areas, these are the best way to work towards these electives.

- Shooting Sports: Want to dig deep into shooting sports and get really good at one or more shooting sports disciplines? Maybe you want to learn to how to care for the equipment, or take the time to make that great shot. This week you can. (Ranger: Shooting Sports Elective)
- Challenge Course: You may have done a challenge course a dozen times, but have you ever helped lead one. Hang out with the Swift Challenge Course directors this week and you will. (Ranger: Project COPE Elective)
- Equestrian: Join the Swift wrangler throughout the week in helping to care for the horses, and learning how to ride like a pro. You'll head up to the Ranch riding ring and get riding like never before. (Ranger: Equestrian Elective)

These opportunities will take a significant amount of time and you may not be able to participate in all other programs with your unit.

Discover SCUBA – Wednesday 1:30-3:30, \$25

Have you ever wanted to try out SCUBA? While not an actual SCUBA certification, during Discover SCUBA you'll learn how to use SCUBA equipment in shallow water and get a quick introduction to what it takes to explore the underwater world. We'll head into the Farmington Civic Center Pool on Wednesday.

Discover SCUBA costs an additional \$25 to cover the extra supplies (air, mask, fins, etc). A questionnaire for Discover SCUBA is required for each participant (at the end of this packet), and if there are any medical concerns a doctor's certification must also be filled out (also at the end of the packet). This paperwork is due 10 days before your dive.

Some unit leaders will be needed to provide transportation to and from Farmington. Class size is limited and youth will have first priority. There is also a minimum class size of 10 participants. The Farmington water park is open at that time and you may want to stay. If you are planning on participating in other out programs that day you may have to leave early from the morning activity, and/or arrive late for the afternoon one, depending on the final schedule arranged with the pool.

Discover SCUBA will be offered Wednesday 1:30-3:30. You will not be able to participate in much, if any afternoon program during that time slot. You will be called first for lunch, or if possible be able to eat early to accommodate making the SCUBA slot in Farmington.

Meals

This year we're trying something a little fun at certain meals. Come dressed up for the meal, or just enjoy as the staff has a great time at the meals.

Sunday Dinner – Welcome home(style): Just sit right back and enjoy this meal served up home-style. Its gonna be a great welcome to camp.

Monday Dinner – Luau Night: Get ready for the evening party on the beach (Rock the Dock) and come dressed for the beach (party).

Tuesday Lunch – Taco Tuesday: One of the staff's (and many camper's) favorite meals, its Taco Tuesday! Its south of the border, so come prepared to fiesta!

Wednesday Lunch – Western Wednesday: Join in the festivities, western style! Boots, jeans, and bandanas are certainly in style.

Thursday Dinner – Thankful Thursday: Tonight we will celebrate all the heroes of our country. It's a patriotic celebration of those that make our country great.

Friday Dinner -- Formal Friday: Its our last dinner together, and let's celebrate the week of fun! Come dressed up for the occasion.

Evening Programs

Each evening has a different evening program. They all start at roughly 7:15. Pay attention at flags for the actual starting time.

Sunday – Program Preview and Campfire

Come on down to the Program Preview (7:15) and check out the programs available throughout

Monday – Rock The Dock

Join us at the Swift Aquatics area for an evening beach party. Music, contests, and more. It's a good ole' fashioned beach party.

Tuesday – Are You Tougher Than a Scout?

Part race, part shooting challenge, part climbing challenge, all fun. Come on down with a team of 2-3 to compete in this amazing challenge. We're also going to have a Dutch oven dessert contest, so bring supplies for your favorite dessert and enter the Swift cookoff. We'll have biking, shooting, prussic climbing, puzzles, and an obstacle course.

Wednesday – Chill on the Hill

Come to dinner in your swimsuits, because right after dinner it's Huck's Cove until sunset. We'll have boat tours of the lake, as well as the fun of Huck's. Then after the sun starts going down, the fun is just getting started with an evening of activities at the tree houses including yoga, a campfire, and stargazing. Bring your stories, s'mores, and goofy skit to show off at the campfire.

Thursday – Giant Game night

It's one night of big games. Giant Jenga, Milk Crate Climb/Stack, Giant Card Games, even a game of human foosball. There will also be slack lining, bareback riding, and more. It's going to be a night of great big fun!

Friday – Campfire and Dance

What do you do at the end of a week of Scout Camp, that's right it's time for closing campfire (8:15) including awards for the week. And after the campfire it's time for a dance with all your new friends from the week at Swift!

Overnights and Day Hikes

During check-in you will be asked if you want to go on an overnight for the week. There are multiple options available depending on what you might want to do. These programs will be finalized by the staff in the months leading up to camp, but have included programs such as a canoe overnight, night at castle rock, canoe overnight. While out there you might have a campfire, make a cobbler, or just sit and look at the stars. What you do is up to you!

Whatever choice you make, and depending on the capacity of the overnights, your PC will join you on your overnight adventure. Pack accordingly; this summer overnights will be something you won't want to miss!

Your unit may also want to go on a hike around the 5,200 acre S bar F Scout Ranch. Great nearby hikes include a short trip to Castle Rock or Ship Rock. Consult with the program director before taking a hike. Proper adult leadership is required with any hike.

Sea Scouts vs. Pirates Week

Take some sailing, combine it with some classic competition from the age old nemesis of sailors: pirates, and you've got a great week ahead of you.

This entire week you've got opportunities galore for sailing. Besides the Aquafin sailboats, and the Catamarans, we will be bringing down a few other boats for you to try out. If you don't know how to sail, that's no problem. If you're an expert, then maybe you'll enter the races each day. You will even have the chance to crew a larger boat.

After you're done sailing, let's see if you can stand for the honor of your team, either Sea Scouts or Pirates. Every day has a new challenge for your team to participate in.

Sailing Instruction – Morning

Every morning there will be youth and adult instructors available to teach you how to sail. If you've never seen a sailboat, don't know your jib from your halyard, or just are intimidated by how a sailboat works, no problem. This team of sailing experts is confident they can teach anyone. And if you just want to hone your skills, this team will help you take your skills to the next level. Topics will include basics, all the way up to learning how to 'crew' the largest boat on the lake, the Hunter.

Sailing Races – Afternoon

Once you've gotten your sea legs, join in a sailing race each afternoon. There will be courses you need to run, and then just straight line races. There will be one championship race towards the end of the week—the Swift Cup.

Sailing Advancement- Various Times

Are you interested in completing sailing related advancement? Opportunities to work on the Sea Scout Bronze award and other aquatics advancement are available upon request. If this is something you would like to work on, talk to the Aquatics Director and/or Sailing Instructors during the Sunday night program preview.

Knot School – Various Times

If you want to know how to be a sailor, you're going to need to know some knots, and know all there is to know about your boats. On shore, we'll go over rigging, knots and any other skills you'll need to know to earn your keep as a sailor.

Sea Scouts vs. Pirates

It's the age old showdown for the honor of the high seas. Each day will bring new competitions between the Pirates and the Sea Scouts. You'll have the opportunity to declare your allegiance at the beginning of the week, and from then on out, you'll fight to bring home honor to your team.

Cardboard canoe race – Thursday 5 PM @ Aquatics

Build a boat at home and bring it with you, or craft one at camp, the Cardboard canoe race will be a whole lot of fun. Please bring large cardboard to camp if you can to participate. For those of you building at home, the allowed materials are cardboard, duct tape, glue, paper, and any nonfunctional decorations you want. All materials will need to be removed from the lake.

Cannonball boat sinking – At Rock the Dock on Monday Night

In this challenge you and the others on your team will have the opportunity to sink the boats of the other team using, what else? Cannon Balls! If you have a three person sling shot, or other method to launch the canons, bring it to camp. Our cannon balls are roughly 2 1/2 " in diameter.

Canoe Tug of War – At Rock the Dock on Monday Night

Multiple canoes, loaded with members from each team, tied together at the bow. First team to pull the other team across the marker using only their hands will win this challenge.

Best Dressed Pirate/Sailor – Tuesday after Evening Program @ the Lodge

Think you can pull off the dress whites of a sailor, or the look of the handsome/beautiful pirate, well get your best costume on and stand up for your team!

Aquatic Triathlon – Friday 2 PM @ the Aquatics Area

Do you think you've got what it takes for your team to win the Triathlon? Can you Canoe, Row, and Swim faster than the others in camp?

Swift Cup – Friday Afternoon

It's time for the race to the finish. Which team will win Pirates vs. Sea Scouts? It may come down to this sailing race. So get on out there and show off your sailing prowess. Details for the race will be announced at camp.

Meetings

Advisor and President Meeting

Crew Presidents and Advisors meet at 5:00 p.m on Sunday at the Swift Pavilion to discuss program and scheduling information. This is an important meeting to get your unit off to a good start for your week at camp.

Program Preview – Sunday 7:15PM

Want to find out what's going on this week? Stop by the program preview and check out all the opportunities you'll have. We'll have more information about all the sailing and aquatics programs throughout the week, and you'll be able to sign up for some of them. The Swift staff will be there with information on all the day and evening programs for the week. So make sure to stop on by and check out what you can do this week.

Everyone Should Plan to Attend the Program Preview

Trainings

Safe Swim Defense and Safety Afloat – Wednesday 10:30 AM, Aquatics Area

These two trainings cover basic concepts of taking your unit swimming or boating and are required to take your unit on these trips. These trainings will be offered in one session and will last two hours. Trainings are valid for two years, and is also available online.

BSA Aquatics Supervision Trainings – Times vary, Aquatics Area

A recent course addition by the BSA, *Aquatics Supervision: Paddle Craft Safety and Aquatics Supervision: Swimming & Water Rescue* pickup on the concepts introduced in Safe Swim Defense and Safety Afloat. These trainings, which each take roughly eight hours to complete, add skill practice to concepts. Depending on demand and schedules of those in camp, BSA Paddle Craft Safety Instructor and BSA Swimming & Water Rescue Instructor may be offered. These trainings are good for three years.

If you are interested in doing these, they will be a multiple session, small group training and will take approximately 8 hours. These are enhanced trainings that help prepare adults and youth (aged 16 and over) to take units on aquatic activities, and are recommended to meet the Safety Afloat and Safe Swim Defense Qualified Supervision.

Venturing Youth Protection Training – Monday, 9:30 AM, Lodge Porch

This basic course covering youth safety in the Venturing Program is a requirement for all registered Venturing Leaders including Advisors, Associate Advisors, Crew Committee Chairmen, and Committee Members. Youth Protection training is approximately an hour long course, required every two years, and is also available online.

Introduction to Leadership Skills Course – Throughout week/Times Vary

This is the basic leadership training for Youth that is required as part of Venturing Advancement. This fun course looks at different parts of leadership from a youth perspective though a combination of teaching and interactive fun games. This will be taught by youth leaders in camp as well as the Swift staff. This 4 hour course will be broken up into modules and offered throughout the week during break times such as after lunch or before dinner.

Venturing Changes Briefing – Friday 5:15 PM, Pavilion

Have you heard about the changes to the Venturing Program? Come to this training and learn about the changes to the program and how the changes enhance and improve the program, awards, and direction of the Venturing program for your unit and beyond.

Additional Trainings

If you have a request for an additional training, or cannot make one of the above scheduled times, please talk to the Camp Director as early in the week as possible.

Facilities

Swift Base will be your home for the week at camp. Here are a few important facilities and where to find them at Swift.

Swift Lodge

The Lodge is where you will eat your meals during the week. It's also home to the Trading Post, Camp Office, Indoor Restrooms and Adult Leader Showers. When its not a meal time, feel free to hang out, play games, or relax.

- The trading post is stocked with all sorts of snacks and souvenirs from your week at camp (and yes, they accept credit cards). You can also check out board games, cards, and sports equipment at the trading post. Ice is also available for purchase.
- The camp office is where you will check in or out of camp. It's also the place to go if you have questions during the week, or pay any camp fees.
- Indoor Restrooms are available for all (youth and adults) to use. Female youth are welcome to use the indoor restrooms at all times. Male youth may use the indoor restrooms in the back of the lodge from 8:00- AM – 9 PM. During other times male youth may still use the unisex restroom in the main part of the lodge. The showers in these restrooms are for adults 21 and up at all times.

Pavilion

The pavilion is located in the center of camp and is home to many programs throughout the week. It's where you'll meet to go on many out programs, as well as for many of the meetings throughout the week. Its also where the dance is held Friday night. It's a great place to play games or listen to music. **New in 2014:** There will be more activities at the pavilion available for your use.

Your Campsite

Swift has five campsites: Beckman, Thompson, Simmons, Wright and Keith. You'll likely share the campsite with another unit or two for the week. Each campsite has a latrine, running water, an outdoor shower, and permanent platform tents. You'll also find a campfire ring and two dining flies setup for the campsite to share.

Youth Showers

The youth shower building is located across from the pavilion. This building, with heated showers, is available from 6 a.m. to Midnight, for youth (under age 21). The showers are lighted in the evening.

Provisional Attendance

One of the primary purposes of camp is to strengthen the unit, as such it is preferred that youth attend camp with their unit. However this is not always possible, whether it be for a scheduling conflict with the week your unit is attending camp, or perhaps joining after a high adventure signup deadline. Some youth may also want to attend a specific specialty week, or even a second week of camp.

For these reasons, a provisional option is available to ensure that youth are able to participate in summer camp. During a provisional week at camp, youth will be assigned to a host unit. To sign up as a provisional youth, youth must use the provisional signup form found in this packet. This form must be turned into the council office at the time of registration, no later than one month before attending camp. At most three youth from any unit may attend provisionally. Beyond three, a unit must provide leadership for the youth. Your unit may also consider partnering with another unit to provide adequate leadership.

Swift Superstar Award

Any youth or adult in camp can earn the Swift Superstar Award. This award shows that you have lived life to the fullest at Swift, and tried out all that Swift has to offer. You can request a progress card at the trading post, and as you participate during the week you get the staff or your advisor to sign-off on the card. Recipients are recognized at Friday night's Closing Campfire, and you can then buy the coveted Swift Superstar Award Patch at the trading post.

Here's the Requirements:

- Participate in four evening programs (Sunday – Friday)
 - Rock the Dock
 - Are You Tougher Than a Boy Scout?
 - Chill on the Hill
 - Giant Game Night
 - Dance and Campfire
- Participate in a Service project to benefit Swift
- Participate in seven activities from this list:
 - Rappelling
 - Rock Climbing
 - Low Challenge Course
 - High Challenge Course
 - Horseback riding
 - Shoot a score of 25 at the Rifle Range
 - Shoot a score of 20 at the Archery Range
 - Water Ski
 - Knee Board
 - Sail
 - Attend Huck's Cove
 - Complete a craft project from the trading post
 - Kayak, Canoe, or Row
 - Mountain Bike
 - Discover SCUBA
- Participate in three of the theme week events or sessions.
 - Knot School
 - Sailing Instruction
 - Swift Cup
 - Sailor/Pirate Costume Contest
 - Cannonball Boat Sinking/Canoe Tug of War
 - Aquatic Triathlon
 - Cardboard Canoe Race
 - Attend one of the Trainings

Week Schedule at a Glance -- Swift Base --Sea Scouts vs. Pirates

June 23-29

	Sun	Monday	Tuesday	Wednesday	Thursday	Friday		
7:55		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8:45		9:30 Venturing Youth Protection	Sailing Instru.	Sailing Instru.	Sailing Instru.	Discover SCUBA @ Farmington Pool 12-2 leave by 11:15	Sailing Instru.	Sailing Instru.
12:25		Lunch	Lunch	Lunch	Lunch	Lunch		
~1:00	Check -in Starts at 1:30 on campsite and then swim checks and more							
1:45		Sailing Races	Sailing Races	Sailing Races	Sailing Races	Swift Cup and Aquatics Triathlon		
5:00	Advisor and President's Meeting @ Pavillion					5:15--Changes to Venturing Update		
6:25	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
~7:15	Program Open House	Rock the Dock: Cannonball Sinking Canoe Tug of War	Are You Tougher Than a Scout	Chill on the Hill (Huck's Cove)	Giant Game Night	VOA and Fall Fun Rally preview		
~9:00	Campfire (8:15) @ Flagpoles		Best Dressed Sailor/Pirate Contest			Campfire (8:15) @ Flagpoles Then DANCE!		
12	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew		

GPS and Orienteering: Available at the Trading Post during Trading Post Hours

**All program times are current at time of printing, please listen at announcements for any last minute adjustments.

Please print this and hang it at your campsite. Feel free to add your unit's program slots on the schedule.

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SWIFT PROVISIONAL/INDIVIDUAL SIGN UP

JUNE 15-JUNE 21

JUNE 22-28

JULY 6-12



This summer, the Greater St. Louis Area Council is offering an opportunity to attend Swift with or without a unit. Each of these weeks, a unit will be accepting individual youth to attend camp. This is great for:

- Venturers who joined their crew too late to go on the summer high Adventure.
- Boy Scouts of Venturing age who want to attend.
- Venturers who couldn't go when their crew did, or even those that want to go back another week!

Unit leadership will be provided up by unit leaders from host crews. You may contact the camping department at 314-361-0600 with any questions you have regarding this opportunity who will put you in touch with these unit leaders. All Scouts or Venturers

must be registered in their units, and eligible to be a youth in the Venturing Program (graduated the 8th grade and at least 13 years old, or 14 years old). All other camp regulations apply, including the need for health forms, and all other camp rules.

Units may send up to three youth in a week for provisional. Beyond that amount a unit is required to provide leadership, or partner the youth with another unit. If you need assistance finding another unit the week you would like to attend, please contact the Camping Department.

And don't miss out on the theme weeks running on top of all the standard Swift program these weeks.

- June 15– Past, Present, Future
- ~~June 22—Sea Scouts vs. Pirates~~
- July 6 – Are you Tough Enough?

These weeks will include all the great Swift fun, Rock Climbing, Rappelling, Challenge Course, Water Skiing, Tubing, Mountain Biking, Horseback riding, etc. Reserving your spot to participate now costs \$25, with the full week costing only \$245 if paid in full by March 1 (\$260 if after March 1). Don't wait, the deadline to register will be two weeks prior to each session. Sign up now!

Detach and mail to:

Swift Base Provisional Weeks
Greater St. Louis Area Council
4568 W. Pine
Saint Louis, MO 63108

Fees:

\$25 due to register immediately
Additional \$220 if paid by March 1
or Additional \$235 if paid after March 1
(total fees will be \$245 before March 1, \$260 after)
Must register two weeks prior to the session.

Name: _____

Phone: _____

Address: _____

Crew/Troop: _____

Email: _____

Age (at start of camp): _____

Parent's Name: _____

Amount included \$ _____

Parent Signature: _____

Week (circle): June 15 or July 6

Income Code: 6701-403.21

Office: Please forward all forms to W. Pine
And email scan to mrjeffabernathy@gmail.com

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Dear Discover Scuba Participant, Parent and/or Guardian,

Have you ever wondered what it's like to breathe underwater? While not an actual scuba certification, during a Discover Scuba Diving experience you'll learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. You'll use all the basic scuba gear including a mask, snorkel and fins, a buoyancy compensating jacket that also carries your scuba tank, a scuba regulator to breathe from and instrumentation to monitor depth and air supply. You might also wear a scuba wetsuit. Min. age is 10 years old.

To attend a Discover Scuba experience, we need some paperwork completed ahead of time. Attached, you will find a **Liability Release and Assumption of Risk Agreement**. Please read and print your name in the blanks as appropriate, sign and date. Please be sure to have the participant sign and, if under the age of 18, a parent or guardian must also sign. Complete the **Emergency Contact Information** at the bottom of the form.

The next page is the **PADI Medical Questionnaire**. Please answer each question with a **YES or a NO** (not a Y, N or N/A or a line down the column). If you need to answer "YES" or are unsure, please consult your physician and have him/her complete the Physician portion of the **Physician's Release** form (contact Y-kiki Divers for this form). Please note that if there is a "YES" on the medical questionnaire, we need a Physician's Release form completed and signed before we can proceed with any pool activities.

The next section is the **Non-Agency Disclosure and Acknowledgment Agreement** form. Simply read, sign and date. Last but not least is the **Discover Scuba Diving Registration Form**. Please complete with the participant's information.

Return completed forms to either Y-kiki Divers or your event coordinator. If you have ANY questions or concerns, please contact me directly at 314-469-8722. We are honored to share with you (or your child) the thrill of weightlessness and are very much looking forward to providing a safe and unique adventure – one we hope you and your family will continue for a lifetime.

Sincerely,

Valerie Elliott, Owner, Y-kiki Divers

Please complete and FAX to Creve Coeur: 314-469-8554 or South County: 314-543-3002

EVENT NAME: Discover SCUBA With Swift Base (circle date) June 18 June 25 July 9
IF APPLICABLE, please include the group you are with, e.g. Boy Scout/Girl Scout Troop, summer camp, etc.)

DSD Program Location (pool): Farmington Civic Center **DSD Program Date:** _____

Participant
First Name: _____ **Last Name:** _____ **Birth Date:** _____

Age: _____ **Height:** _____ **Weight:** _____ **Shoe Size:** _____

Revised March 2013

13001 Olive Blvd., St. Louis, Missouri 63141 / (314) 469-8722 / FAX: 314-469-8554
9936 Kennerly Road, St. Louis, Missouri 63128 / (314) 843-0354 / FAX: 314-543-3002
www.y-kiki.com Or e-mail us at: info@y-kiki.com

Liability Release and Assumption of Risk Agreement

I (participant name), _____, hereby affirm that I am aware that skin and scuba diving have inherent risks which may result in serious injury or death.

I understand that diving with compressed air involves certain inherent risks: decompression sickness, embolism or other hyperbaric injury can occur that require treatment in a recompression chamber. I further understand that this program may be conducted at a site that is remote, either by time or distance or both, from such a recompression chamber. I still choose to proceed with this program in spite of the absence of a recompression chamber in proximity to the dive site.

The information I have provided about my medical history on the Medical Questionnaire is accurate to the best of my knowledge. I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health conditions.

I understand and agree that neither the dive professionals conducting this program, **The Professional Staff of Y-kiki Divers** nor the facility through which this activity is conducted, **Elliott Enterprises LLC, dba Aloha Y-kiki Divers**, nor PADI Americas, Inc. nor its affiliate or subsidiary corporations, nor any of their respective employees, officers, agents or assigns (hereinafter referred to as "Released Parties") may be held liable or responsible in any way for any injury, death or other damages to me, my family, estate, heirs or assigns that may occur as a result of my participation in this program or as a result of the negligence of any party, including the Released Parties, whether passive or active.

In consideration of being allowed to participate in this program, I hereby personally assume all risks for any harm, injury or damage, whether foreseen or unforeseen, or that may befall me while participating in this program, including but not limited to the knowledge development, confined water and/or open water activities.

I further release and hold harmless the Discover Scuba Diving program and the Released Parties from any claim or lawsuit by me, my family, estate, heirs or assigns, arising out of my participation in this program.

I further understand that skin diving and scuba diving are physically strenuous activities and that I will be exerting myself during this program and that if I am injured as a result of heart attack, panic, hyperventilation, etc. that I expressly assume the risk of said injuries and that I will not hold the Released Parties responsible for the same.

I further state that I am of lawful age and legally competent to sign this Liability Release and Assumption of Risk Agreement, or that I have acquired the written consent of my parent or guardian.

I understand that the terms herein are contractual and not a mere recital and that I have signed the Agreement of my own free act and with the knowledge that I hereby agree to waive my legal rights. I further agree that if a provision of the Agreement is found to be unenforceable or invalid, that provisions shall be severed from this Agreement. The remainder of the Agreement will then be construed as though the unenforceable provision had never been contained herein.

I understand and agree that I am not only giving up my right to sue the Released Parties but also my rights of my heirs, assigns, or beneficiaries my have to sue the Released Parties resulting from my death. I further represent I have authority to do so and that my heirs, assigns, or beneficiaries will be stopped from claiming otherwise because of my representations to the Released Parties.

I (participant name), _____, BY THIS INSTRUMENT DO EXEMPT AND RELEASE THE DIVE PROFESSIONALS CONDUCTING THIS ACTIVITY, THE FACILITY THROUGH WHICH THIS ACTIVITY IS CONDUCTED AND PADI AMERICAS, INC., AND ALL RELATED ENTITIES AND RELEASED PARTIES AS DEFINED ABOVE, FROM ALL LIABILITY OR RESPONSIBILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH, HOWEVER CAUSED, INCLUDING BUT NOT LIMITED TO THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER PASSIVE OR ACTIVE.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK AGREEMENT BY READING IT BEFORE SIGNING IT ON BEHALF OF MYSELF AND MY HEIRS AND AFFIRM THE MEDICAL QUESTIONNAIRE IS ACCURATE.

Participant Signature _____ Date _____

Parent/Guardian Signature (where applicable) _____ Date _____

Emergency Contact Information

Name _____

Relationship _____ Phone _____

Flying After Diving Recommendations

1) For single dives within the no decompression limits, a minimum pre-flight surface interval of 12 hours is suggested. 2) For repetitive dives and/or multi-day dives within the no decompression limits, a minimum preflight surface interval of 18 hours is suggested. 3) For dives requiring decompression stops a minimum preflight surface interval great than 18 hours in suggested.

PADI MEDICAL QUESTIONNAIRE

Print Your Name: _____

Scuba diving is an exciting and demanding activity. 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 before participating in this program.

The purpose of this Medical Questionnaire is to find out if you should be examined by a physician before participating in recreational scuba diving. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of a physician.

Please answer the following questions on your past and present medical history with a **YES or NO** (not a Y, N or N/A; check marks or a line down the column). If you are not sure, answer YES. If any of these items apply to you, we must request that you consult with a physician prior to participating in scuba diving. Your PADI Professional (contact Y-kiki Divers) will supply you with a PADI Medical Statement and Guidelines for your Recreational Scuba Diver's Physical Examination to take to a physician.

- _____ Do you currently have an ear infection?
- _____ Do you have a history of ear disease, hearing loss or problems with balance?
- _____ Do you have a history of ear or sinus surgery?
- _____ Are you currently suffering from a cold, congestion, sinusitis or bronchitis?
- _____ Do you have a history of respiratory problems, severe attacks of hayfever or allergies, or lung disease?
- _____ Have you had a collapsed lung (pneumothorax) or history of chest surgery?
- _____ Do you have active asthma or history of emphysema or tuberculosis?
- _____ Are you currently taking medication that carries a warning about any impairment of your physical or mental abilities?
- _____ Do you have behavioral health, mental or psychological problems or a nervous system disorder?
- _____ Are you or could you be pregnant?
- _____ Do you have a history of colostomy?
- _____ Do you have a history of heart disease or heart attack, heart surgery or blood vessel surgery?
- _____ Do you have a history of high blood pressure, angina, or take medication to control blood pressure?
- _____ Are you over 45 and have family history of heart attack or stroke?
- _____ Do you have a history of bleeding or other blood disorders?
- _____ Do you have a history of diabetes?
- _____ Do you have a history of seizures, blackouts, or fainting, convulsions or epilepsy or take medications to prevent them?
- _____ Do you have a history of back, arm or leg problems following an injury, fracture or surgery?
- _____ Do you have a history or fear of closed or open spaces or panic attacks (claustrophobia or agoraphobia)?



Non-Agency Disclosure and Acknowledgment Agreement

I understand and agree that PADI Members (“Members”), including **Elliott Enterprises LLC, dba Aloha Y-kiki Divers** and/or any individual PADI Instructors and Divemasters associated with the program in which I am participating, are licensed to use various PADI Trademarks and to conduct PADI training, but are not agents, employees or franchisees of PADI Americas, Inc, or its parent, subsidiary and affiliated corporations (“PADI”). I further understand that Member business activities are independent, and are neither owned nor operated by PADI, and that while PADI establishes the standards for PADI diver training programs, it is not responsible for, nor does it have the right to control, the operation of the Members’ business activities and the day-to-day conduct of PADI programs and supervision of divers by the Members or their associated staff. I further understand and agree on behalf of myself, my heirs and my estate that in the event of an injury or death during this activity, neither I nor my estate shall seek to hold PADI liable for the actions, inactions or negligence of **Elliott Enterprises LLC, dba Aloha Y-kiki Divers** and/or the instructors and divemasters associated with the activity.

I HAVE FULLY INFORMED MYSELF AND MY HEIRS OF THE CONTENTS OF THIS NON-AGENCY DISCLOSURE AND ACKNOWLEDGMENT AGREEMENT BY READING IT BEFORE I SIGNED IT ON BEHALF OF MYSELF AND MY HEIRS.

Participant Signature _____

Date (Day/Month/Year) _____

Signature of Parent or Guardian (where applicable) _____

Date (Day/Month/Year) _____

Discover Scuba Diving Registration Form

First Name: _____ Last Name: _____

Date of Birth: _____ DAY

<input type="radio"/> Jan.	<input type="radio"/> Apr	<input type="radio"/> Jul	<input type="radio"/> Oct
<input type="radio"/> Feb.	<input type="radio"/> May	<input type="radio"/> Aug	<input type="radio"/> Nov
<input type="radio"/> Mar	<input type="radio"/> June	<input type="radio"/> Sep	<input type="radio"/> Dec

_____ YEAR

Male / Female

Email (required): _____

Participant Mailing Address: _____

City _____ State _____ Zip _____

Phone _____

How did you hear about us? _____

Who should we thank for the referral? _____

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www.y-kiki.com Or e-mail us at: info@y-kiki.com

STUDENT

PADI Physician Waiver, Needed only if you checked anything on the PADI Medical Questionnaire

Please print legibly.

Name _____ Birth Date _____ Age _____
First Initial Last Day/Month/Year

Mailing Address _____

City _____ State/Province/Region _____

Country _____ Zip/Postal Code _____

Home Phone () _____ Business Phone () _____

Email _____ FAX _____

Name and address of your family physician

Physician _____ Clinic/Hospital _____

Address _____

Date of last physical examination _____

Name of examiner _____ Clinic/Hospital _____

Address _____

Phone () _____ Email _____

Were you ever required to have a physical for diving? Yes No If so, when? _____

PHYSICIAN

This person applying for training or is presently certified to engage in scuba (self-contained underwater breathing apparatus) diving. Your opinion of the applicant's medical fitness for scuba diving is requested. There are guidelines attached for your information and reference.

Physician's Impression

I find no medical conditions that I consider incompatible with diving.

I am unable to recommend this individual for diving.

Remarks _____

Physician's Signature or Legal Representative of Medical Practitioner Date _____
Day/Month/Year

Physician _____ Clinic/Hospital _____

Address _____

Phone () _____ Email _____

Guidelines for Recreational Scuba Diver's Physical Examination

Instructions to the Physician:

Recreational **SCUBA** (Self-Contained Underwater Breathing Apparatus) can provide recreational divers with an enjoyable sport safer than many other activities. The risk of diving is increased by certain physical conditions, which the relationship to diving may not be readily obvious. Thus, it is important to screen divers for such conditions.

The **RECREATIONAL SCUBA DIVER'S PHYSICAL EXAMINATION** focuses on conditions that may put a diver at increased risk for decompression sickness, pulmonary overinflation syndrome with subsequent arterial gas embolization and other conditions such as loss of consciousness, which could lead to drowning. Additionally, the diver must be able to withstand some degree of cold stress, the physiological effects of immersion and the optical effects of water and have sufficient physical and mental reserves to deal with possible emergencies.

The history, review of systems and physical examination should include as a minimum the points listed below. The list of conditions that might adversely affect the diver is not all-inclusive, but contains the most commonly encountered medical problems. The brief introductions should serve as an alert to the nature of the risk posed by each medical problem.

The potential diver and his or her physician must weigh the pleasures to be had by diving against an increased risk of death or injury due to the individual's medical condition. As with any recreational activity, there are no data for diving enabling the calculation of an accurate mathematical probability of injury. Experience and physiological principles only permit a qualitative assessment of relative risk.

For the purposes of this document, **Severe Risk** implies that an individual is believed to be at substantially elevated risk of decompression sickness, pulmonary or otic barotrauma or altered consciousness with subsequent drowning, compared with the general population. The consultants involved in drafting this document would generally discourage a student with such medical problems from diving. **Relative Risk** refers to a moderate increase in risk, which in some instances may be acceptable. To make a decision as to whether diving is contraindicated for this category of medical problems, physicians must base their judgement on an assessment of the individual patient. Some medical problems which may preclude diving are **temporary** in nature or responsive to treatment, allowing the student to dive safely after they have resolved.

Diagnostic studies and specialty consultations should be obtained as indicated to determine the diver's status. A list of references is included to aid in clarifying issues that arise. Physicians and other medical professionals of the Divers Alert Network (DAN) associated with Duke University Health System are available for consultation by phone +1 919 684 2948 during normal business hours. For emergency calls, 24 hours 7 days a week, call +1 919 684 8111 or +1 919 684 4DAN (collect). Related organizations exist in other parts of the world – DAN Europe in Italy +39 039 605 7858, DAN S.E.A.P. in Australia +61 3 9886 9166 and Divers Emergency Service (DES) in Australia +61 8 8212 9242, DAN Japan +81 33590 6501 and DAN Southern Africa +27 11 242 0380. There are also a number of informative websites offering similar advice.

NEUROLOGICAL

Neurological abnormalities affecting a diver's ability to perform exercise should be assessed according to the degree of compromise. Some diving physicians feel that conditions in which there can be a waxing and waning of neurological symptoms and signs, such as migraine or demyelinating disease, contraindicate diving because an exacerbation or attack of the preexisting disease (e.g.: a migraine with aura) may be difficult to distinguish

from neurological decompression sickness. A history of head injury resulting in unconsciousness should be evaluated for risk of seizure.

Relative Risk Conditions

- **Complicated Migraine Headaches whose symptoms or severity impair motor or cognitive function, neurologic manifestations**
- **History of Head Injury with sequelae other than seizure**
- **Herniated Nucleus Pulposus**
- **Intracranial Tumor or Aneurysm**
- **Peripheral Neuropathy**
- **Multiple Sclerosis**
- **Trigeminal Neuralgia**
- **History of spinal cord or brain injury**

Temporary Risk Condition

History of cerebral gas embolism without residual where pulmonary air trapping has been excluded and for which there is a satisfactory explanation and some reason to believe that the probability of recurrence is low.

Severe Risk Conditions

Any abnormalities where there is a significant probability of unconsciousness, hence putting the diver at increased risk of drowning. Divers with spinal cord or brain abnormalities where perfusion is impaired may be at increased risk of decompression sickness.

Some conditions are as follows:

- **History of seizures other than childhood febrile seizures**
- **History of Transient Ischemic Attack (TIA) or Cerebrovascular Accident (CVA)**
- **History of Serious (Central Nervous System, Cerebral or Inner Ear) Decompression Sickness with residual deficits**

CARDIOVASCULAR SYSTEMS

Relative Risk Conditions

The diagnoses listed below potentially render the diver unable to meet the exertional performance requirements likely to be encountered in recreational diving. These conditions may lead the diver to experience cardiac ischemia and its consequences. Formalized stress testing is encouraged if there is any doubt regarding physical performance capability. The suggested minimum criteria for stress testing in such cases is at least 13 METS.* Failure to meet the exercise criteria would be of significant concern. Conditioning and retesting may make later qualification possible. Immersion in water causes a redistribution of blood from the periphery into the central compartment, an effect that is greatest in cold water. The marked increase in cardiac preload during immersion can precipitate pulmonary edema in patients with impaired left ventricular function or significant valvular disease. The effects of immersion can mostly be gauged by an assessment of the diver's performance while swimming on the surface. A large proportion of scuba diving deaths in North America are due to coronary artery disease. Before being approved to scuba dive, individuals older than 40 years are recommended to undergo risk assessment for coronary artery disease. Formal exercise testing may be needed to assess the risk.

* METS is a term used to describe the metabolic cost. The MET at rest is one, two METS is two times the resting level, three METS is three times the resting level, and so on. The resting energy cost (net oxygen requirement) is thus standardized. (Exercise Physiology; Clark, Prentice Hall, 1975.)

Relative Risk Conditions

- History of Coronary Artery Bypass Grafting (CABG)
- Percutaneous Balloon Angioplasty (PCTA) or Coronary Artery Disease (CAD)
- History of Myocardial Infarction
- Congestive Heart Failure
- Hypertension
- History of dysrhythmias requiring medication for suppression
- Valvular Regurgitation

Pacemakers

The pathologic process that necessitated should be addressed regarding the diver's fitness to dive. In those instances where the problem necessitating pacing does not preclude diving, will the diver be able to meet the performance criteria?

* NOTE: Pacemakers must be certified by the manufacturer as able to withstand the pressure changes involved in recreational diving.

Severe Risks

Venous emboli, commonly produced during decompression, may cross major intracardiac right-to-left shunts and enter the cerebral or spinal cord circulations causing neurological decompression illness. Hypertrophic cardiomyopathy and valvular stenosis may lead to the sudden onset of unconsciousness during exercise.

PULMONARY

Any process or lesion that impedes airflow from the lungs places the diver at risk for pulmonary overinflation with alveolar rupture and the possibility of cerebral air embolization. Many interstitial diseases predispose to spontaneous pneumothorax: Asthma (reactive airway disease), Chronic Obstructive Pulmonary Disease (COPD), cystic or cavitating lung diseases may all cause air trapping. The 1996 Undersea and Hyperbaric Medical Society (UHMS) consensus on diving and asthma indicates that for the risk of pulmonary barotrauma and decompression illness to be acceptably low, the asthmatic diver should be asymptomatic and have normal spirometry before and after an exercise test. Inhalation challenge tests (e.g.: using histamine, hypertonic saline or methacholine) are not sufficiently standardized to be interpreted in the context of scuba diving.

A pneumothorax that occurs or reoccurs while diving may be catastrophic. As the diver ascends, air trapped in the cavity expands and could produce a tension pneumothorax.

In addition to the risk of pulmonary barotrauma, respiratory disease due to either structural disorders of the lung or chest wall or neuromuscular disease may impair exercise performance. Structural disorders of the chest or abdominal wall (e.g.: prune belly), or neuromuscular disorders, may impair cough, which could be life threatening if water is aspirated. Respiratory limitation due to disease is compounded by the combined effects of immersion (causing a restrictive deficit) and the increase in gas density, which increases in proportion to the ambient pressure (causing increased airway resistance). Formal exercise testing may be helpful.

Relative Risk Conditions

- History of Asthma or Reactive Airway Disease (RAD)*
- History of Exercise Induced Bronchospasm (EIB)*
- History of solid, cystic or cavitating lesion*
- Pneumothorax secondary to:
 - Thoracic Surgery
 - Trauma or Pleural Penetration*
 - Previous Overinflation Injury*

- Obesity
- History of Immersion Pulmonary Edema Restrictive Disease*
- Interstitial lung disease: May increase the risk of pneumothorax

* Spirometry should be normal before and after exercise

Active Reactive Airway Disease, Active Asthma, Exercise Induced Bronchospasm, Chronic Obstructive Pulmonary Disease or history of same with abnormal PFTs or a positive exercise challenge are concerns for diving.

Severe Risk Conditions

- History of spontaneous pneumothorax. Individuals who have experienced spontaneous pneumothorax should avoid diving, even after a surgical procedure designed to prevent recurrence (such as pleurodesis). Surgical procedures either do not correct the underlying lung abnormality (e.g.: pleurodesis, apical pleurectomy) or may not totally correct it (e.g.: resection of blebs or bullae).
- Impaired exercise performance due to respiratory disease.

GASTROINTESTINAL

Temporary Risks

As with other organ systems and disease states, a process which chronically debilitates the diver may impair exercise performance. Additionally, dive activities may take place in areas remote from medical care. The possibility of acute recurrences of disability or lethal symptoms must be considered.

Temporary Risk Conditions

- Peptic Ulcer Disease associated with pyloric obstruction or severe reflux
- Unrepaired hernias of the abdominal wall large enough to contain bowel within the hernia sac could incarcerate.

Relative Risk Conditions

- Inflammatory Bowel Disease
- Functional Bowel Disorders

Severe Risks

Altered anatomical relationships secondary to surgery or malformations that lead to gas trapping may cause serious problems. Gas trapped in a hollow viscous expands as the divers surfaces and can lead to rupture or, in the case of the upper GI tract, emesis. Emesis underwater may lead to drowning.

Severe Risk Conditions

- Gastric outlet obstruction of a degree sufficient to produce recurrent vomiting
- Chronic or recurrent small bowel obstruction
- Severe gastroesophageal reflux
- Achalasia
- Paraesophageal Hernia

ORTHOPAEDIC

Relative impairment of mobility, particularly in a boat or ashore with equipment weighing up to 18 kgs/40 pounds must be assessed. Orthopaedic conditions of a degree sufficient to impair exercise performance may increase the risk.

Relative Risk Conditions

- Amputation
- Scoliosis must also assess impact on respiratory function and exercise performance.
- Aseptic Necrosis possible risk of progression due to effects of decompression (evaluate the underlying medical

cause of decompression may accelerate/escalate the progression).

Temporary Risk Conditions

- Back pain

HEMATOLOGICAL

Abnormalities resulting in altered rheological properties may theoretically increase the risk of decompression sickness. Bleeding disorders could worsen the effects of otic or sinus barotrauma, and exacerbate the injury associated with inner ear or spinal cord decompression sickness. Spontaneous bleeding into the joints (e.g.: in hemophilia) may be difficult to distinguish from decompression illness.

Relative Risk Conditions

- Sickle Cell Disease
- Polycythemia Vera
- Leukemia
- Hemophilia/Impaired Coagulation

METABOLIC AND ENDOCRINOLOGICAL

With the exception of diabetes mellitus, states of altered hormonal or metabolic function should be assessed according to their impact on the individual's ability to tolerate the moderate exercise requirement and environmental stress of sport diving. Obesity may predispose the individual to decompression sickness, can impair exercise tolerance and is a risk factor for coronary artery disease.

Relative Risk Conditions

- Hormonal Excess or Deficiency
- Obesity
- Renal Insufficiency

Severe Risk Conditions

The potentially rapid change in level of consciousness associated with hypoglycemia in diabetics on insulin therapy or certain oral hypoglycemic medications can result in drowning. Diving is therefore generally contraindicated, unless associated with a specialized program that addresses these issues. [See "Guidelines for Recreational Diving with Diabetes" at www.wrsc.com and www.diversalertnetwork.org.]

Pregnancy: The effect of venous emboli formed during decompression on the fetus has not been thoroughly investigated. Diving is therefore not recommended during any stage of pregnancy or for women actively seeking to become pregnant.

BEHAVIORAL HEALTH

Behavioral: The diver's mental capacity and emotional make-up are important to safe diving. The student diver must have sufficient learning abilities to grasp information presented to him by his instructors, be able to safely plan and execute his own dives and react to changes around him in the underwater environment. The student's motivation to learn and his ability to deal with potentially dangerous situations are also crucial to safe scuba diving.

Relative Risk Conditions

- Developmental delay
- History of drug or alcohol abuse
- History of previous psychotic episodes
- Use of psychotropic medications

Severe Risk Conditions

- Inappropriate motivation to dive – solely to please spouse, partner or family member, to prove oneself in the face of

personal fears

- Claustrophobia and agoraphobia
- Active psychosis
- History of untreated panic disorder
- Drug or alcohol abuse

OTOLARYNGOLOGICAL

Equalisation of pressure must take place during ascent and descent between ambient water pressure and the external auditory canal, middle ear and paranasal sinuses. Failure of this to occur results at least in pain and in the worst case rupture of the occluded space with disabling and possible lethal consequences.

The inner ear is fluid filled and therefore noncompressible. The flexible interfaces between the middle and inner ear, the round and oval windows are, however, subject to pressure changes. Previously ruptured but healed round or oval window membranes are at increased risk of rupture due to failure to equalise pressure or due to marked overpressurisation during vigorous or explosive Valsalva manoeuvres.

The larynx and pharynx must be free of an obstruction to airflow. The laryngeal and epiglottic structure must function normally to prevent aspiration.

Mandibular and maxillary function must be capable of allowing the patient to hold a scuba mouthpiece. Individuals who have had mid-face fractures may be prone to barotrauma and rupture of the air filled cavities involved.

Relative Risk Conditions

- Recurrent otitis externa
- Significant obstruction of external auditory canal
- History of significant cold injury to pinna
- Eustachian tube dysfunction
- Recurrent otitis media or sinusitis
- History of TM perforation
- History of tympanoplasty
- History of mastoidectomy
- Significant conductive or sensorineural hearing impairment
- Facial nerve paralysis not associated with barotrauma
- Full prosthodontic devices
- History of mid-face fracture
- Unhealed oral surgery sites
- History of head and/or neck therapeutic radiation
- History of temporomandibular joint dysfunction
- History of round window rupture

Severe Risk Conditions

- Monomeric TM
- Open TM perforation
- Tube myringotomy
- History of stapedectomy
- History of ossicular chain surgery
- History of inner ear surgery
- Facial nerve paralysis secondary to barotrauma
- Inner ear disease other than presbycusis
- Uncorrected upper airway obstruction
- Laryngectomy or status post partial laryngectomy
- Tracheostomy
- Uncorrected laryngocele
- History of vestibular decompression sickness

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10. Undersea and Hyperbaric Medical Society (UHMS) www.UHMS.org
11. Divers Alert Network (DAN) United States, 6 West Colony Place, Durham, NC www.DiversAlertNetwork.org
12. Divers Alert Network Europe, P.O. Box 64026 Roseto, Italy, telephone non-emergency line: weekdays office hours +39-085-893-0333, emergency line 24 hours: +39-039-605-7858
13. Divers Alert Network S.E.A.P., P. O. Box 384, Ashburton, Australia, telephone 61-3-9886-9166
14. Divers Emergency Service, Australia, www.rah.sa.gov.au/hyperbaric, telephone 61-8-8212-9242
15. South Pacific Underwater Medicine Society (SPUMS), P.O. Box 190, Red Hill South, Victoria, Australia, www.spums.org.au
16. European Underwater and Baromedical Society, www.eubs.org

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