



SCUBA PARTICIPANT GUIDE

NORTHWOODS HIGH ADVENTURE BASE

Scuba Trek is a PADI Open Water Diver course where participants experience the excitement and adventure of our underwater world. This adventure begins with classroom Scuba instruction and continues with several dives in Crystal Lake at Tesomas Scout Camp in Rhinelander, Wisconsin.

PROGRAM SCHEDULE:

- 7:00 am - Breakfast in the Dining Hall Group A
- 7:50 am - Flag Raising Ceremony
- 8:00 am - Breakfast in the Dining Hall Group B
- 9:00 am - Scuba classroom instruction
- 12:00 pm - Lunch in the Dining Hall
- 1:30 pm - Dives in Crystal Lake
- 4:30 pm - Open Area Time
- 5:30 pm - Dinner in the Dining Hall Group A
- 6:20 pm - Flag Retreat Ceremony
- 6:30 pm - Dinner in the Dining Hall Group B
- 7:45 pm - Evening programs at Camp Tesomas with the rest of your Troop or Crew.

MEDICAL FORMS & POLICIES

- Every participant must provide a copy of their annual health and medical form to be kept on file after they leave. Parts A, B & C are to be completed annually and signed by a licensed physician.
- In addition, a Scuba medical statement (available on our website) must be completed (page 1). If any questions are marked YES, you must consult with a physician and complete page 2.
- Medical Forms and statements should be mailed to camp two weeks prior to your arrival (5403 Spider Lake Rd, Rhinelander, WI 54501).
- State law requires all medication to be turned in at medical checks (during the check-in process) to the Health Officer in the original prescription labeled container.

COURSE MATERIALS & EQUIPMENT

- Prior to camp you will receive a PADI Open Water manual and DVD. These study materials must be reviewed prior to camp.
- Camp will supply a mask, snorkel, fins, wet-suit, regulators, tanks, and dive gauge.
- Participant should provide their own swimsuit, towel, and other camping gear. A list of what to bring is available online.

PREPARATION CHECKLIST

- All participants need to pass the BSA Swim Test as a "Swimmer". This can be done prior to camp with your Troop or Crew.
- Completely read the PADI Open Water manual, fill out the five chapter knowledge review pages, and watch the PADI Open Water DVD in its entirety prior to your week at camp.
- Complete the student record folder prior to the start of class. For those divers who are less than 18 years old, please make sure your parents also go over the record folder and sign on the three spots that they need to. Any place where it asks for the dive facility name, just fill it in with "Klein Scuba Inc." For the instructor spots listed on the folder, please fill it with "Phil Klein/Staff."
- Turn in your height, weight, waist, chest, and inseam sizes to your Scout leader. This will assist us in having the correct equipment at camp for your Scuba Trek.
- Scouts who want to earn the Scuba Merit Badge with this trek must have Swimming Merit Badge.

Questions may be directed to Scott Domino at 715-490-2241 or info@northwoodshighadventure.com. Unit leaders are encouraged to review the Tesomas Leader Guide prior to arrival.