

Sec One Camp briefing

16, 17, 18 August 2023



KEY PERSONNEL

- **Camp IC: Mr Lim Kok Sing**
- **Camp 2IC: Ms Susanna Wee**
- **Year Head: Mdm Quek Si Min**
- **Discipline Rep: Ms Low Xuan Yin**
- **Lead SEN Officer: Mr Andrew Tang**
- **Safety Officer: Mr Seo Hong Choon**
- **Camp Vendor: Mr Fikri and Ms Ain**



(MOE) Developing Rugged and Resilient Youths Through Outdoor Education

- OE experiences, which cannot be replicated in classrooms, help to develop our students holistically by:
 - Building their confidence and resilience;
 - Enabling them to appreciate diversity in the team;
 - Forging camaraderie with others through common experiences;
 - Cultivating responsible citizenry and affinity for Singapore; and
 - Laying a foundation for active and healthy living.



(MOE) Developing Rugged and Resilient Youths Through Outdoor Education

- These experiences imbue in our students' resilience, ruggedness, tenacity and ability to work well in teams, so that they will be confident to seize future opportunities and tackle challenges together



- Outdoor Adventure Camps are organised by all schools for both Sec One and Sec Three cohorts every year
- Planning takes into consideration concurrent school programmes (school calendar) as well as camp venue and instructors' availability





THE SINGAPORE SCOUT ASSOCIATION

Hua Yi Secondary School

Outdoor Adventure Camp
Parents Briefing 2023



Camp Details

Who are we?

The Singapore Scout Association
(Sands Leadership Development Centre)
“SLDC”

Camp Details

Dates of the programme:

Wednesday, 16 Aug – Friday, 18 Aug 2023
(Back in school by 1200h)

Camp Details

Where :

Sarimbun Scout Camp, 70 Jalan Bahtera 719921



Camp Details

Why:

- 01 To provide opportunities for participants to develop resilience through adventure and team building activities, intentionally reinforced during debrief.
- 02 To challenge participants to emerge from their comfort zones.
- 03 To allow participants to acquire and demonstrate team building and life skills.
- 04 To provide opportunities for class bonding.



Camp Details - Activities

LOW ELEMENTS



Camp Details - Activities

Orienteering Race & Raft Building



Camp Details - Activities

Abseiling & Rock Climbing

- Climbing and abseiling facilities at Sarimbun Scout Camp are accredited by the Singapore Sport Climbing and Mountaineering Federation (SSCMF).
- All instructors conducting the various outdoor adventure facilities activities are MOE-registered and have the relevant certifications from the Association for Challenge Course Technology (ACCT).




Camp Details - Activities

Outdoor Cooking & Campfire Night



CampProgramme

	SANDS LEADERSHIP DEVELOPMENT CENTRE An initiative of The Singapore Scout Association				LEGEND	Troop B Class 4 - 5	Wet Attire
	Hua Yi Secondary School Secondary 1 Adventure Camp				Troop A Class 1 - 3	Troop C Class 6 - 7	Long Pants
Day 1 - Wednesday, 16 August 2023							
Time / Class	1	2	3	4	5	6	7
0800h	Travel to Campsite						
0900h	Welcome Address / Setting the Tone / Ice Breakers						
0930h	Breakfast						
1030h	Tent Pitching / Checking in Accommodation						
1200h	Lunch						
1330h	Low Elements 1	High Elements: Rockwall	Water Rafting	Outdoor Cooking	Low Elements 2	High Elements: Abseil	Orienteering Race
1500h	Orienteering Race	Low Elements 1	High Elements: Rockwall	Water Rafting	Outdoor Cooking	Low Elements 2	High Elements: Abseil
1630h	High Elements: Abseil	Orienteering Race	Low Elements 1	High Elements: Rockwall	Water Rafting	Outdoor Cooking	Low Elements 2
1800h	Dinner						
1900h	Night Activity: Blindmans Trail						
2030h	Shower			Debrief		Supper	
2100h	Supper			Shower		Debrief	
2130h	Debrief			Supper		Shower	
2200h	Lights Out						

CampProgramme

	Day 2 - Thursday, 17 August 2023						
Time / Class	1	2	3	4	5	6	7
0700h	Rise & Shine						
0730h	Breakfast						
0830h	Swap of Accommodation						
0900h	Low Elements 2	High Elements: Abseil	Orienteering Race	Low Elements 1	High Elements: Rockwall	Water Rafting	Outdoor Cooking
1030h	Outdoor Cooking	Low Elements 2	High Elements: Abseil	Orienteering Race	Low Elements 1	High Elements: Rockwall	Water Rafting
1200h	Lunch						
1300h	Water Rafting	Outdoor Cooking	Low Elements 2	High Elements: Abseil	Orienteering Race	Low Elements 1	High Elements: Rockwall
1430h	High Elements: Rockwall	Water Rafting	Outdoor Cooking	Low Elements 2	High Elements: Abseil	Orienteering Race	Low Elements 1
1600h	Campfire Preparation						
1730h	Dinner						
1830h	Song Session						
1900h	Campfire Night!						
2100h	Debrief			Shower		Supper	
2200h	Supper			Debrief		Shower	
2230h	Shower			Shower		Debrief	
2300h	Lights Out						

CampProgramme

Day 3 - Friday, 18 August 2023							
Time / Class	1	2	3	4	5	6	7
0730h	Rise & Shine						
0800h	Breakfast						
0900h	Checking out of Accommodation / Tent Striking / Area Cleaning						
1030h	Feedback Forms / Prize Presentation / Camp Closing						
1100h	Travel to School						
1200h	Dismissal						

Accommodations

Tent Pitching & Huts



Accommodations

Dormitory Block

(Only for wet weather arrangement)



Challenge By Choice

Challenge by choice does not give the participants the choice to continually opt out of activities because they have chosen not to play.

Some find it easy to understand challenge by choice in the following way:

- Participants have the right to choose when to participate and in what way.
- Participants must add value to their experience at all times. Sitting out is rarely an appropriate option.
- Participants must respect and value the decisions of their peers



MEALS

Day 1: Breakfast, Lunch, Dinner & Supper

Day 2: Breakfast, Lunch, Dinner & Supper

Day 3: Breakfast

- Meals will be catered from licensed caterer.
- Vegetarians will be catered for.
- Students will be reminded to drink and refill water bottles.

P a c k i n g L i s t

Packing List for 2023 Sec 1 Outdoor Adventure Camp [16 Aug to 18 Aug]

No.	Items	Quantity	Remarks	Packed
1	School based T-Shirt	Minimum 5	1 Level T-shirt (yellow shirt) 2 House PE T-shirt 1 other school-based T-shirts (CCA/SL Tee/etc) 1 dark colored T-shirt (for water activity)	
2	Track/Long Pants	Minimum 2	Attire throughout camp	
3	Shorts	Minimum 2	1 for water activity	
4	Undergarments	Minimum 3 sets		
5	Socks	Minimum 2		
6	Shoes for activity	1	Only covered shoes	
7	Old shoes / booties for water activity	Minimum 1	Sandals will not be allowed for water activity	
8	Sandals / slippers	1	Only to be worn for showering purposes	
9	Towel	1		
10	Toiletries	1 Set	Bring female hygiene products if needed and 1 roll of toilet paper for own usage	

11	Zip lock / Plastic bag	As required	To keep your wet clothes and waterproofing your items in your bag	
12	Utensils	Compulsory	Cups, Plates, Fork & Spoon (For Meals)	
13	Water bottle	Compulsory	Minimum 1 litre	
14	Personal First Aid Kit / Medication	Compulsory	Bring your inhaler if you are asthmatic	
15	Poncho	Compulsory	To bring in case of wet weather	
16	Day Bag	Compulsory	Use throughout the camp.	
17	Sleeping bag	Compulsory	You will be sleeping overnight at campsite without mattress	
18	Hat / cap	1	Optional	
19	Insect Repellent	Recommended		
20	Sunblock lotion	Recommended		

21	Spare pair of spectacles / contact lens/ lotion	Recommended	For those who are short-sighted	
22	Spectacle hook or band	Recommended	For water activity	
23	Torchlight	1	Optional	
24	Pen and notepad	1 Set		

*Do not bring other valuable items or any food items for the camp.
Handphone and wallets will be safe kept by the form teachers till end of the camp.*

Attire:

Wed 16th Aug – Report in House PE T-shirt, Track pants & School shoes

Thurs 17th Aug – Wear any school-based T-shirt for morning/afternoon activities. Level T-shirt to be worn for campfire

Fri 18th Aug – Return to school in Level T-shirt, Track pants & School shoes

Camp Details

- 01 Mosquitoes
 - Fogging & Larvaciding (Weekly).
- 02 Wild Animals
 - Safety briefing will be conducted at the start of the camp.
- 03 Dedicated First Aider stationed at the First Aid Room.
- 04 Competent Facilitators
 - MOE ERIS Registered.



Camp Details

Evacuation Procedures

01 Non-Emergency

- Parents to pick students up.

Students who are unwell /show flu-like symptoms:

- To be observed and taken care of in isolation room
- Parents to pick up students



Camp Details

Evacuation Procedures

02

Emergency

1. Non-Critical (Non-life threatening)

- Sent to National University Hospital (NUH)
- Examples: High fever, Fractures, Dislocations, Sprains

2. Critical (Life threatening)

- Sent to Ng Teng Fong General Hospital
- Examples: Cardiac arrest, Asthma attack, Seizure, Fall from height

Final decision will be made by the paramedic(s) on scene.



Other camp information

Evacuation Procedures

01 Insurance coverage

- Public liability insurance coverage up to 3 million for outdoor activities. As well as coverage against permanent disability, death, and medical with an excess of \$50.00

02 Emergency contact

- During school hours (7am to 6pm) to call school General Office 6563 4568
- After school hours call 9113 4632





THANK YOU! CONNECT WITH US!

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#TEAMSARIMBUN
#SLDCFAM

For camp enquiries

- **Camp IC: Mr Lim Kok Sing**

Email: lim_kok_sing@schools.gov.sg

- **Camp 2IC: Ms Susanna Wee**

Email: wee_wan_ying_susanna@schools.gov.sg

- **Year Head: Mdm Quek Si Min**

Email: Quek_Si_Min@schools.gov.sg

