

P5 Camp

Dairy Farm OALC

24-26 April

Mr Muhammad A'srie
HOD PE & CCA



Agenda

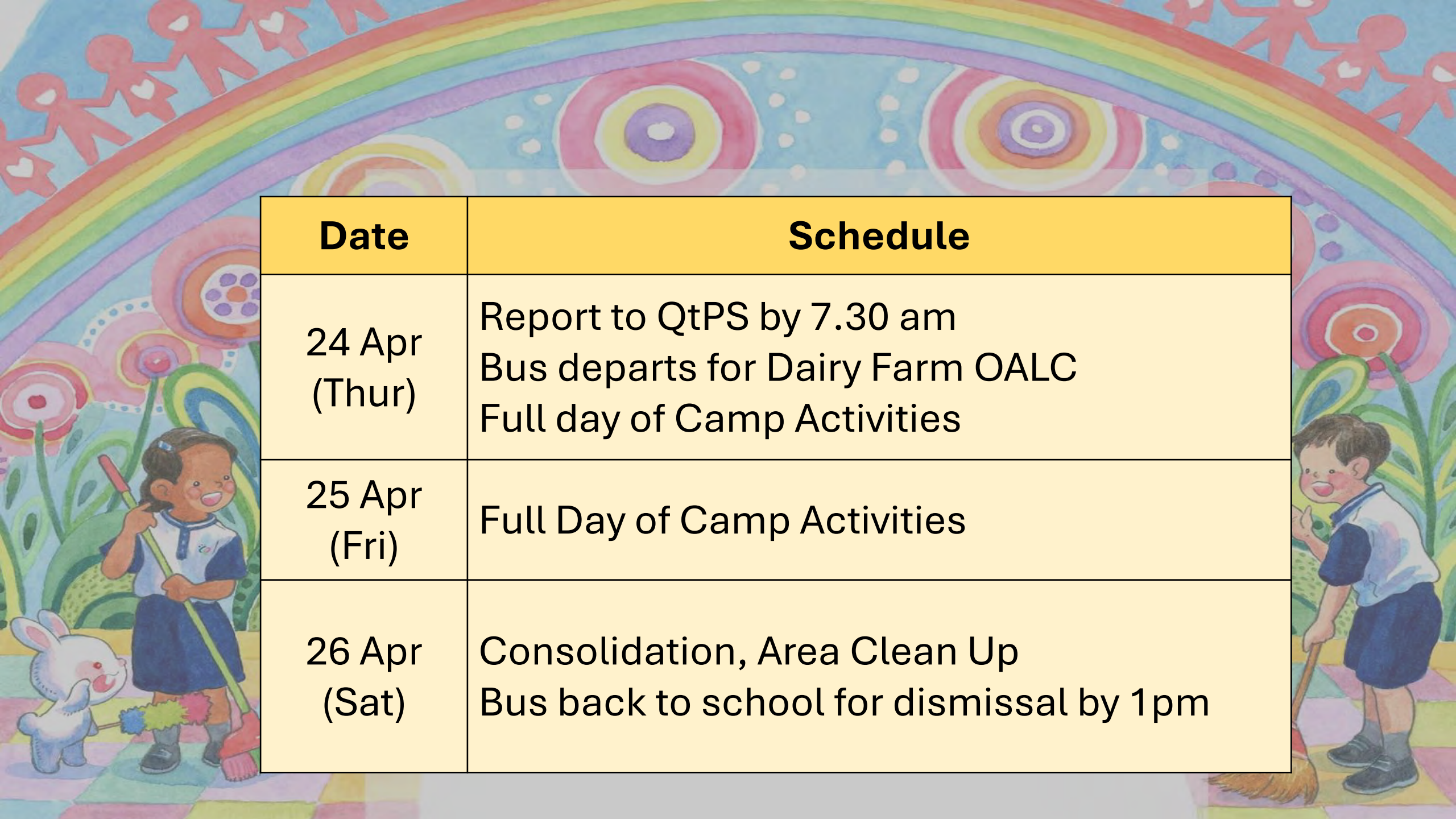
1. What will my child learn?
2. What are the Activities and Safety Measures?
3. How can I contact my child if there is an urgent need?
4. What can I do to support my child?





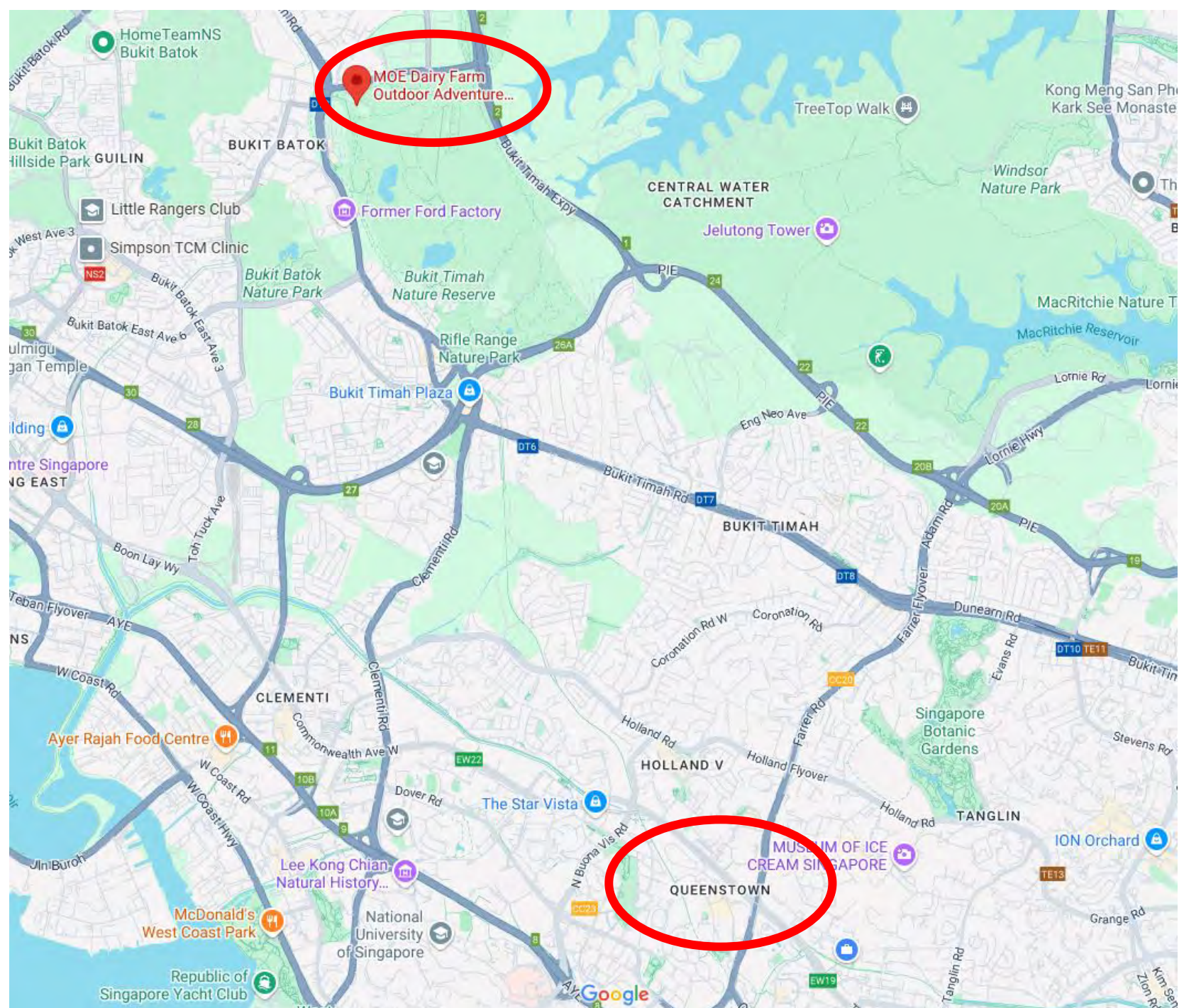
How will your child benefit from the camp?

1. Learn the importance of **Growth Mindset**
2. Develop **collaborative skills**
3. Understand the importance of **caring for the environment**



Date	Schedule
24 Apr (Thur)	Report to QtPS by 7.30 am Bus departs for Dairy Farm OALC Full day of Camp Activities
25 Apr (Fri)	Full Day of Camp Activities
26 Apr (Sat)	Consolidation, Area Clean Up Bus back to school for dismissal by 1pm

Dairy Farm Outdoor Adventure Learning Centre (DFOALC)



Activities

- Team Building activities
- Stream Exploration
- Low Elements
- High Elements (Challenge Rope Course, Abseiling, Rock Wall)
- Journey
- Night Walk

FACILITIES

Student's Dorms



Total of 10 Dorm Blocks
Max 30 pax per block



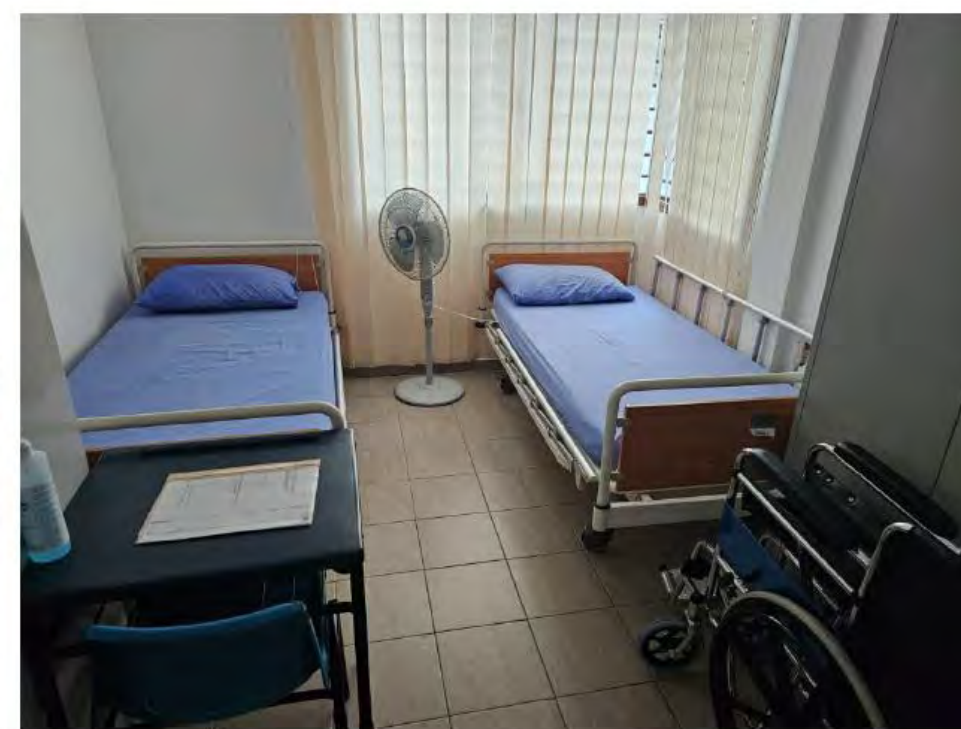
Ministry of Education
SINGAPORE

FACILITIES

Ops Room & Sick Bay



Ministry of Education
SINGAPORE



FACILITIES

High Elements



Ministry of Education
SINGAPORE



Climbing Wall



Abseil Wall



Abseil Slope

FACILITIES

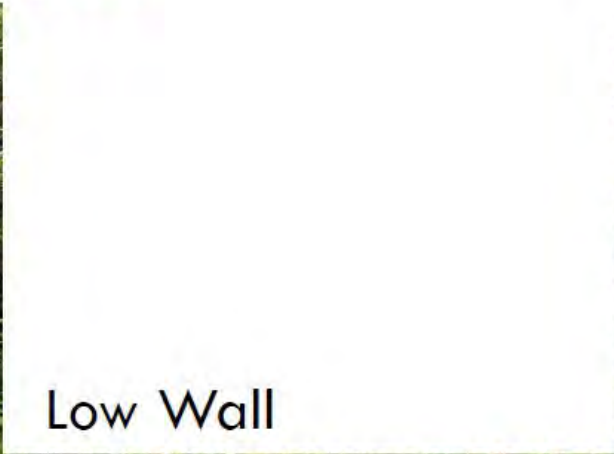
Low Elements



Ministry of Education
SINGAPORE



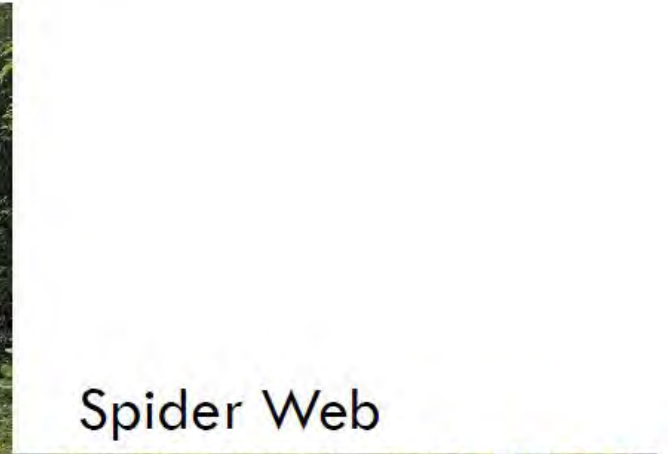
Nitro Crossing



Low Wall



Rebirth



Spider Web



FACILITIES

Dining Hall



Ministry of Education
SINGAPORE



Why participate in height-based outdoor adventure learning (OAL)?

Height-based OAL activities contribute towards **instilling confidence, ruggedness and teamwork** in students.

For many of the students, the experiences of facing the perceived risks of height and overcoming the various physical challenges feature prominently in their recollections and reflections. These activities are usually the highlight of their camp experiences.



Challenge Course

Students build resilience when faced with challenges and develop social-emotional competencies such as emotion regulation and self-motivation.



Rock Climbing

Students set their own goals on how high they want to climb on the wall and challenge themselves to achieve the goals they set for themselves



Abseiling



Abseiling is a memorable experience that helps students to develop confidence.

Different levels of challenge.

Instructors and teachers will check with the students that they are physically and mentally ready.

“Challenge by Choice”

Students participating in a height-based activity are allowed to determine **how they wish to participate** in the activity based on their own readiness.

“Challenge by Choice” is a concept in OAL that **involves students deciding on their own**, without teacher or peer pressure, to take on a challenge.



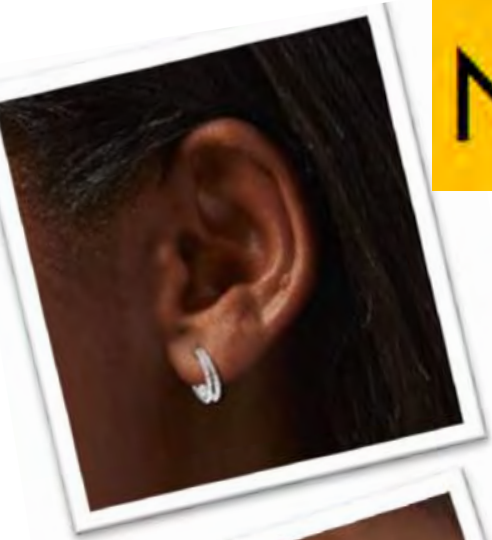
Safety in High Elements Activities

1. Quality of instructors
 - OBS Level 2 Challenge Course certification
2. Skills verification sessions for all instructors
3. Facilities and equipment are accredited to Association for Challenge Course Technology (ACCT) standards
4. Briefings, demonstrate correct technique, command calls, equipment checks
5. Appropriate attire – NO Hard objects including religious items



SOP for HIGH ELEMENTS: NO HARD OBJECT ON BODY

Hard objects include watches and body jewellery such as rings, ear studs, earrings, chain, necklace, bangle and bracelet. Religious items need to be removed from the body during High Elements.



Safety of our Students is of the Highest Priority

- Inherently, there are risks involved in the conduct of camp activities.
- **MOE has conducted risk assessment and put in place appropriate measures to manage these risks to a suitable level for our students.**
- All necessary precautions to ensure the safety of our students will be taken.
- Where applicable, students will have the **autonomy to participate at the level of challenge that they are comfortable with.**
- Outdoor Adventure Educators (OAEs) are **proficient in outdoor skills and trained in Wilderness First Aid.**
- We will contact you in the event that your child is unwell.

How can I contact my child if there is an urgent need?

- ClassDojo the form teacher
- Call the school mobile phone (will be given via PG)
- Call the General Office at 6474 1044



Packing List

Compulsory Items		Quantity	Checklist
1	Backpack (no luggage or trolley bag)	1	
2	Small backpack / Day pack (for outdoor activities)	1	
3	Water bottle (minimum 1 litre capacity, non-disposable)	1	
4	T-shirt (1 per day, dark coloured recommended)	3	
5	Shorts (1 per day, dark coloured recommended)	3	
6	Long pants / Sports pants (for outdoor activities)	1	
7	Underwear / Undergarment (1 per day)	3	
8	Socks (1 pair per day, dark coloured recommended)	3 pairs	
9	Covered shoes / School shoes	1 pair	
10	Raincoat / Waterproof jacket (non-disposable)	1	
11	Towel	1	
12	Shampoo	1	
13	Shower foam	1	
14	Toothbrush and toothpaste	1	
15	Thermometer (ensure working condition)	1	
16	Pen (for camp booklet activities)	1	
17	Torchlight (ensure working condition)	1	
18	Toilet paper / Wet wipes	1 roll / 1 pack	
19	Sleeping bag	1	
20	Ziploc / Plastic bags for dirty clothes	3	

Recommended Items		Quantity	Checklist
21	Slippers (for shower)	1 pair	
22	Jacket / Sweater	1	
23	Sunblock	1	
24	Cap / Hat	1	
25	Insect repellent spray / ointment (Mosquito patches not recommended as they are ineffective)	1	
26	Prescribed medication (if needed, including inhaler)	-	
27	Spare spectacles / Spectacle band or hook (if needed)	1	
28	Mask (1 per day)	3	

Food

Animals
& Insects

Cold
Shower

Away from
Family

High
Elements

Sleeping
conditions

What can you do to support your child?

- **Guide** your child on **how to manage** his / her **belongings independently**
- Talk to your child; **acknowledge** his/her **concerns**
- Reiterate to your child the **importance of building resilience** for his / her own growth
- **Assure** your child that their **teachers and friends** will be present to **care** and help them





Growth Mindset



Collaborate and team player



Care for the Environment



When in the Natural Environment...

	
<ul style="list-style-type: none"> Stay calm when you encounter animals Keep volume down Keep a safe distance from the animals Stay on designated paths and keep to one side of the path 	<p>Do NOT</p> <ul style="list-style-type: none"> Provoke the animals Feed any animals Touch or ingest wild plants

 Snake
 Wild Boar
 Monitor Lizard
 Dumbcane
 Long tailed Macaques



Thank you