

P5 Camp (19-21 Feb)

Mr Muhammad A'srie
HOD PE & CCA



Agenda

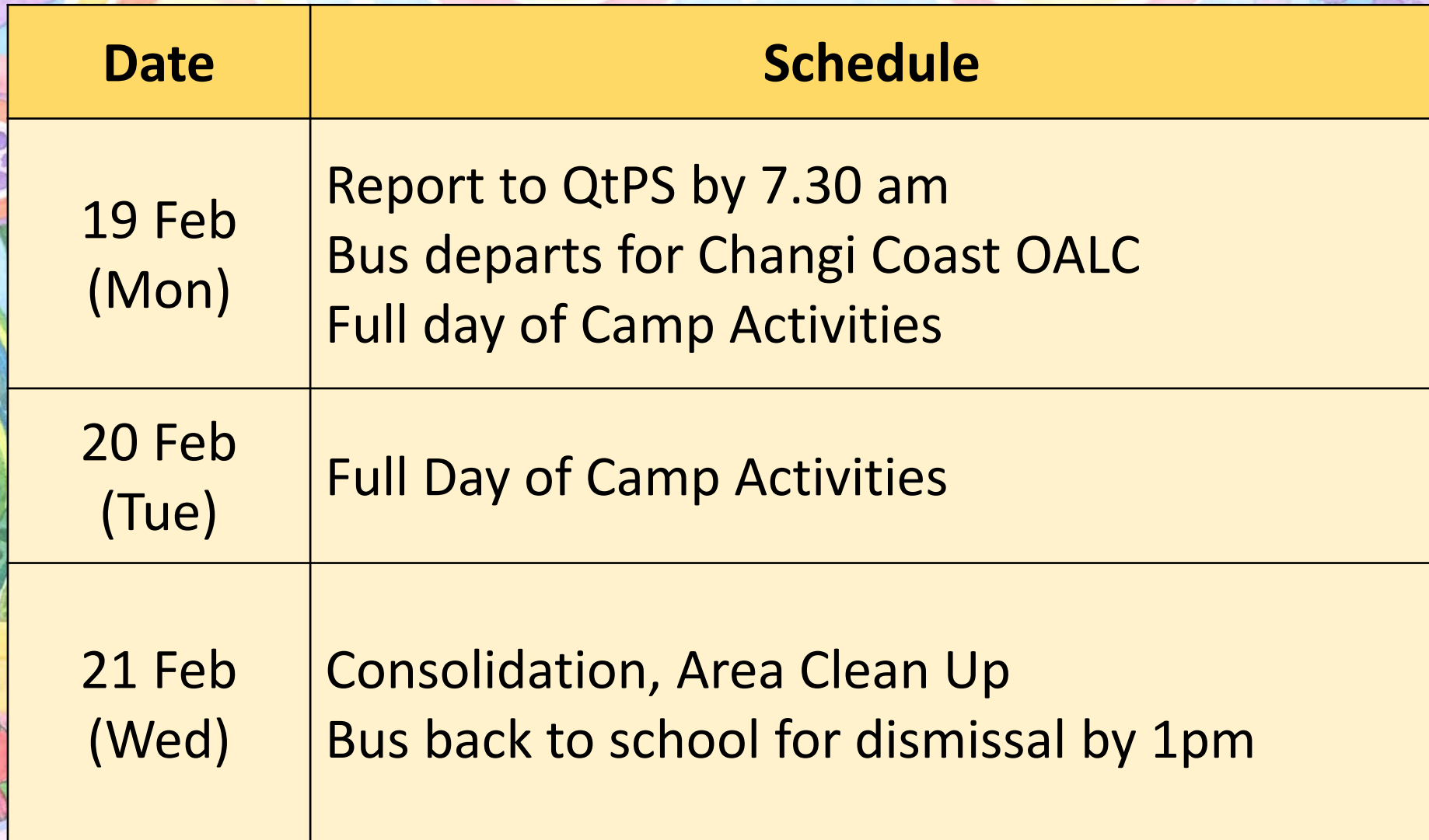
1. What will my child learn?
2. What are the Activities and Safety Measures?
3. How can I contact my child if there is an urgent need?
4. What can I do to support my child?





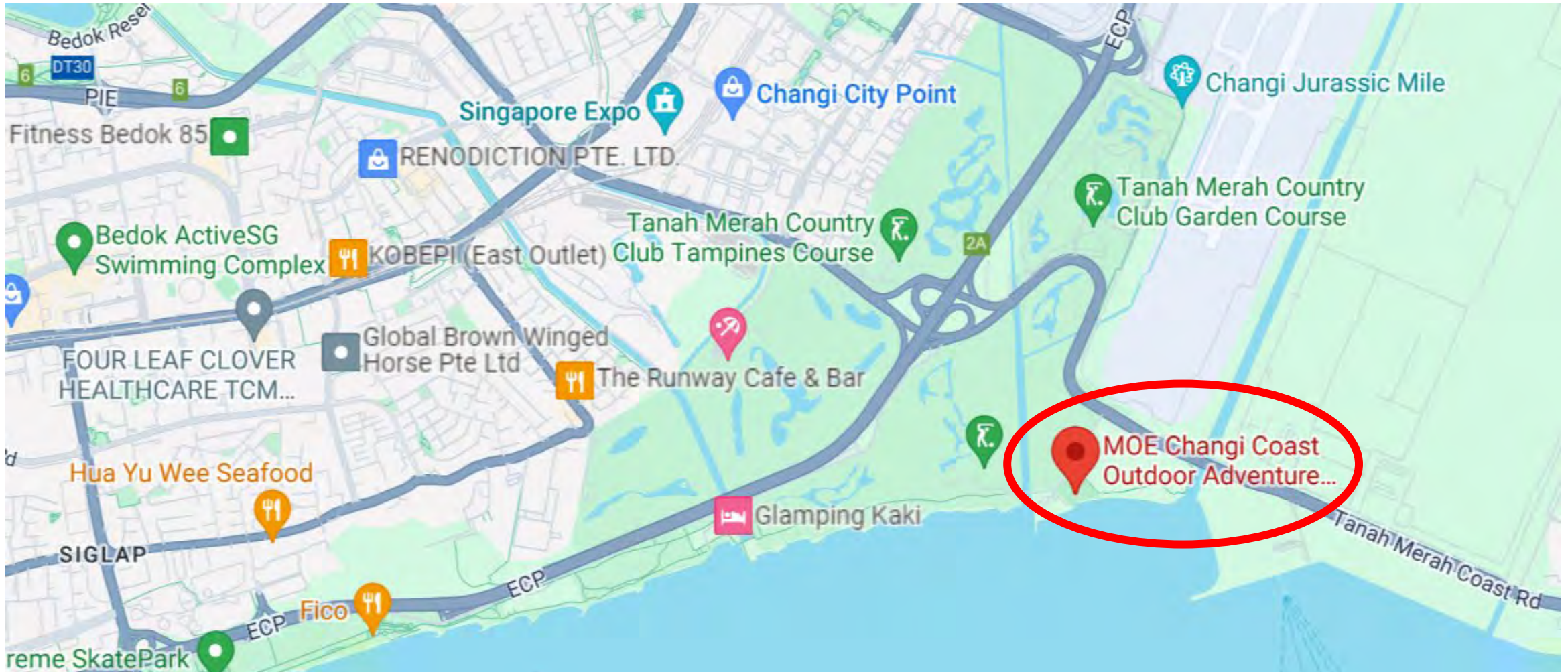
How will your child benefit from the camp?

1. Show resilience and grow from challenges
2. Appreciate and embrace diversity amongst peers to achieve group goals



Date	Schedule
19 Feb (Mon)	Report to QtPS by 7.30 am Bus departs for Changi Coast OALC Full day of Camp Activities
20 Feb (Tue)	Full Day of Camp Activities
21 Feb (Wed)	Consolidation, Area Clean Up Bus back to school for dismissal by 1pm

Changi Coast Outdoor Adventure Learning Centre (CCOALC)





Camp Activities

Place-based activities

- Have a better sense of place
- Explore and observe the habitats and environment at Changi
- Appreciate the relationship between self and environment
- Affordance of flora and fauna in Changi Coast OALC



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COMMON PLANTS FOUND NEAR CCOALC



Pong Pong Tree



Lantanas



African Mahogany
Tree



Neem Tree



Sea Grape Tree



Cannonball Tree



Sea Poison
Tree



COMMON ANIMALS FOUND NEAR CCOALC



Smooth-coated
otters



Weaver Ant



Hermit crab



Collared
kingfisher



Needlefish



Brahminy
kite



Malayan monitor
lizard

Night Activities



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Journey



- Preparation before embarking on journey
- Activities along the journey
- Enjoy the place and build relationship

Adventure Facilities



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- High Elements
 - 2-tiered Challenge Ropes Course
(Currently, only upper tier is available)
 - Zip-line (1 station)
 - Abseil (2 lanes)
 - Outdoor Rock Climbing Wall (Auto-Belay)
 - Indoor Rock Climbing Wall (Man Belay)
- Low Elements
 - Artificial Caving
 - Kayaking (open-decked)

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 Ropes Course



Safety Measures

- Facilities, equipment and Personal Protective Equipment (PPE) are of Association for Challenge Course Technology (ACCT) standards
- Conduct pre-use checks of PPE
- Check on students' well-being at the end of activity

Safety Briefing



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

Safety Measures:

- Personal Protective Equipment
- 1 instructor supervises max 3 climbing lanes



Abseiling



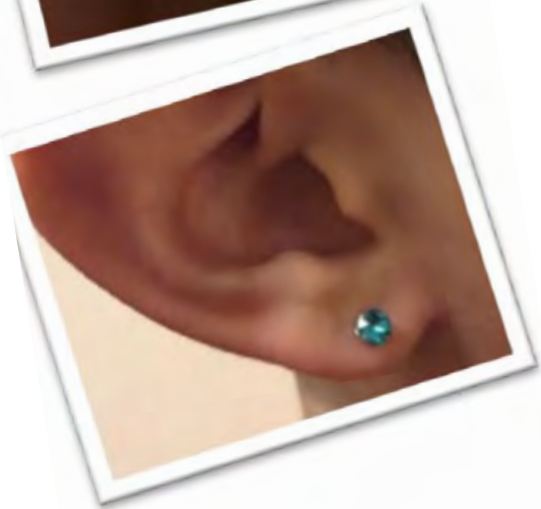
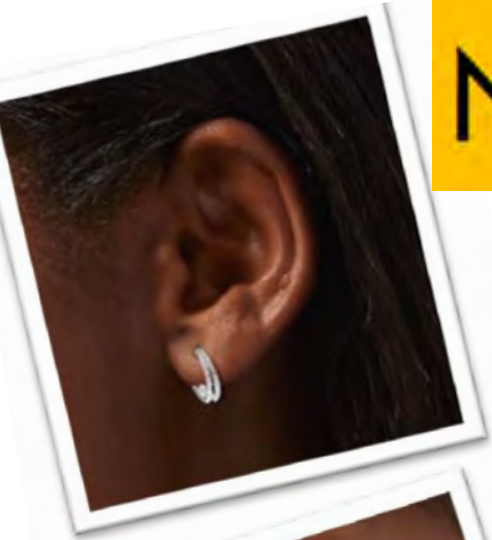
Abseiling is a memorable experience that helps students to develop confidence.

Different levels of challenge.

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

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.



“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.



Kayaking



Experience the fun and develop interest in kayaking.

Build self-confidence, appreciate the importance of collaboration to achieve common goals.



Kayaking

**Personal
Floatation
Device**



**Open
decked
kayak**



**Water
Confidence
Test**

Safety Measures for Kayaking

- Pre-use checks of equipment - PFD, kayak, paddle
- 1 instructor : 10 students
- Safety motorboat & 1 Beach Master
- Identify non-swimmers and monitor them closely
- Check tidal prediction to plan the flow of the activity
- Check weather forecast before launching students off
- Upon lightning alert, immediately bring students back to campsite

**Students will only
be doing selected
activities**

Adventure Facilities

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Dormitories

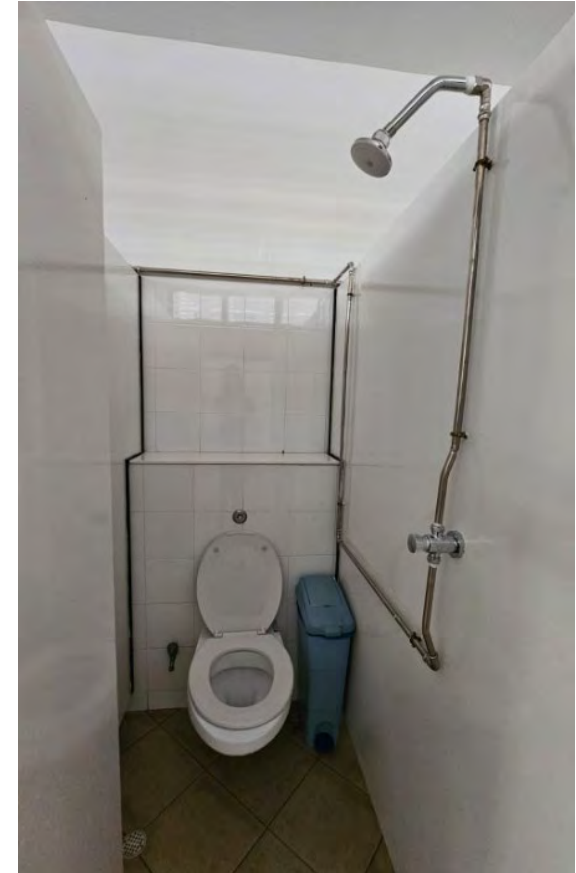
Facilities in Changi Coast Outdoor Adventure Learning(OAL) Centre



Canteen



Toilet & Shower



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 (given via PG)
- Call the General Office at 6474 1044



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





Develop Self-Awareness
and Self-Management



Resilience and
Positivity



Build close
relationships



SwimSafer Programme



About SwimSafer

It is a National Water Safety Programme in Singapore designed to teach participants how to stay safe around aquatic environments.

The programme aims to teach swimming proficiency and water survival skills in a fun manner.



There are 6 progressive levels

Level
1

Introduction to
Water Skills

Level
2

Fundamental
Water Skills

Level
3

Personal &
Stroke
Development
Skills

Level
4

Bronze
Personal Survival
& Stroke
Improvement Skills

Level
5

Silver
Intermediate
Personal Survival
& Stroke
Refinement Skills

Level
6

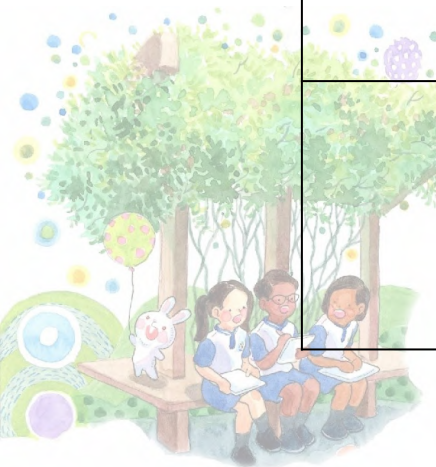
Gold
Advance Personal
Survival &
Swimming Skill
Proficiency

**Parents will need to submit their child's
current swimming certification.**



The SwimSafer Programme will take place in **Term 3** at MOE (Evans Rd) Swimming Pool

Class	Day & Time	PE Teacher
5 Care 5 Courage 5 Peace	Tuesdays 10.30 am – 1.00 pm	Ms Tan Wei Xin Ms Charine Chong
5 Creativity 5 Diligence	Thursdays 10.30 am – 1.00 pm	Ms Tan Wei Xin Mr Gordon Magherra
5 Honesty 5 Joy	Fridays 10.30 am – 1.00 pm	Mr Jevon See Mr Noor



We are looking for Parent Volunteers!

- Meet in sch → Bus to pool → swimming lesson → Bus to sch
- Assist PE teachers in ensuring students' safety and wellbeing
- Sign up through the Parents Gateway Message in Term 2
- Briefing for Parent Volunteers before the start of programme





Thank you