

AY2026 Secondary One Outdoor Adventure Learning Camp

Parents' Briefing

T1W6 Monday



CAMP INFORMATION

What to expect?

Camp Details

Dates	Term 1 Week 10, Monday – Thursday 9 March 2026 – 12 March 2026
Nature	4 Days 3 Nights residential camp
Location	MOE Changi Coast Outdoor Adventure Learning Centre Address: 9 Changi Coast Walk, Singapore 499741

- Online consent form (with packing list attached) has been sent to you through Parents Gateway.
- Kindly assist to fill in the FormSG link embedded if you have not done so.



Camp Objectives

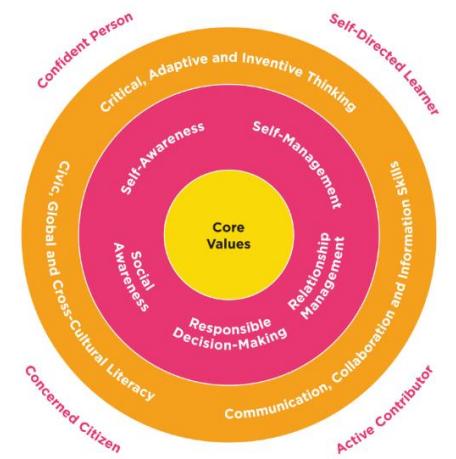
Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Outdoor Education in Physical Education Curriculum Outdoor skills Outdoor safety Sense of Place			
Programme for Active Learning (PAL)	3D2N Cohort Camp	4D3N Cohort Camp	5D4N Multi-school Cohort Camp in OBS
Cohort Camp aims <ul style="list-style-type: none">• Build confidence and resilience• Value diversity through close-knit interaction opportunities• Forge camaraderie through common challenging experiences• Develop a sense of place• Lay the foundation for active and healthy living			

Camp Objectives



Character & Personal Growth	<ul style="list-style-type: none">Demonstrate resilience by trying the activities.Practise personal responsibility by managing their own equipment and camp routines.Show adaptability when responding to unfamiliar tasks and environment.
Teamwork & Communication	<ul style="list-style-type: none">Contribute actively and constructively to team challenges.Use clear and respectful communication during group tasks.Demonstrate cooperative behaviour in team-based problem-solving activities.
Outdoor Skills and Awareness	<ul style="list-style-type: none">Demonstrate outdoor skills taught during camp activities.Show awareness of environmental responsibility practices.Exhibit greater awareness of the risks inherent in outdoor settings.

Framework for 21st Century Competencies and Student Outcomes

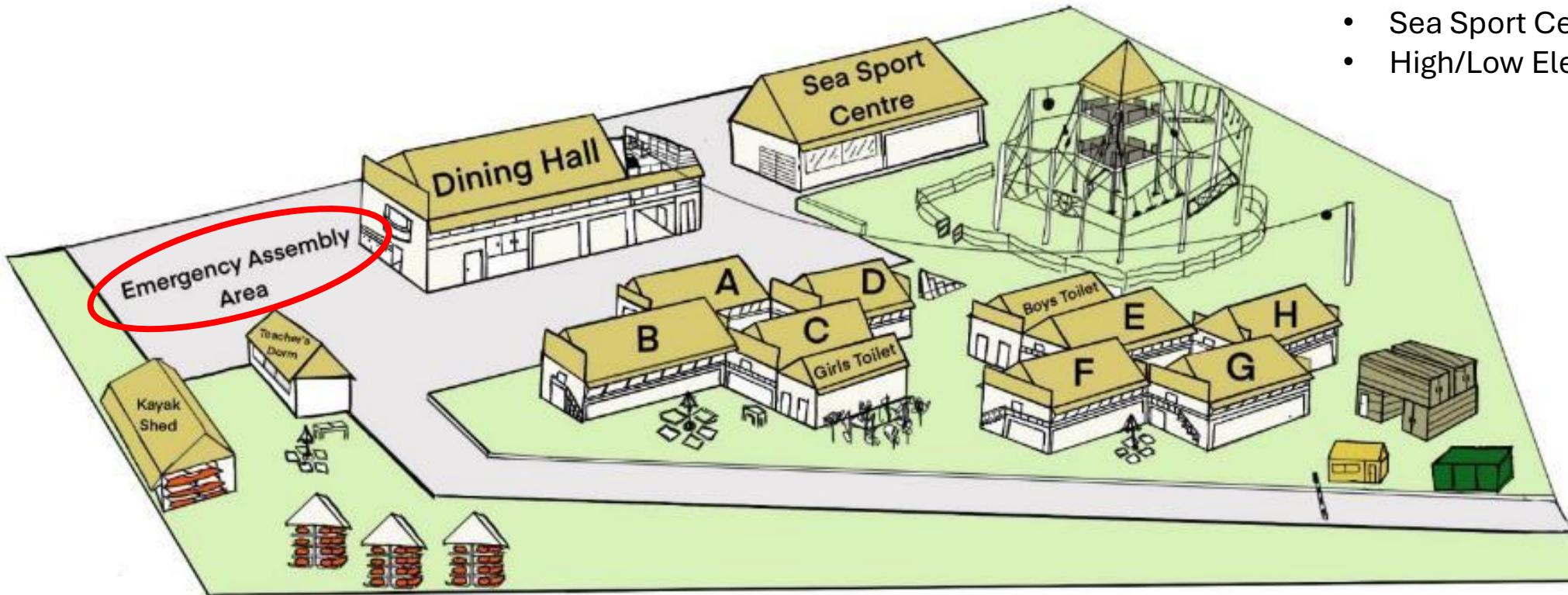


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Introduction of Campsite



Introduction of Campsite

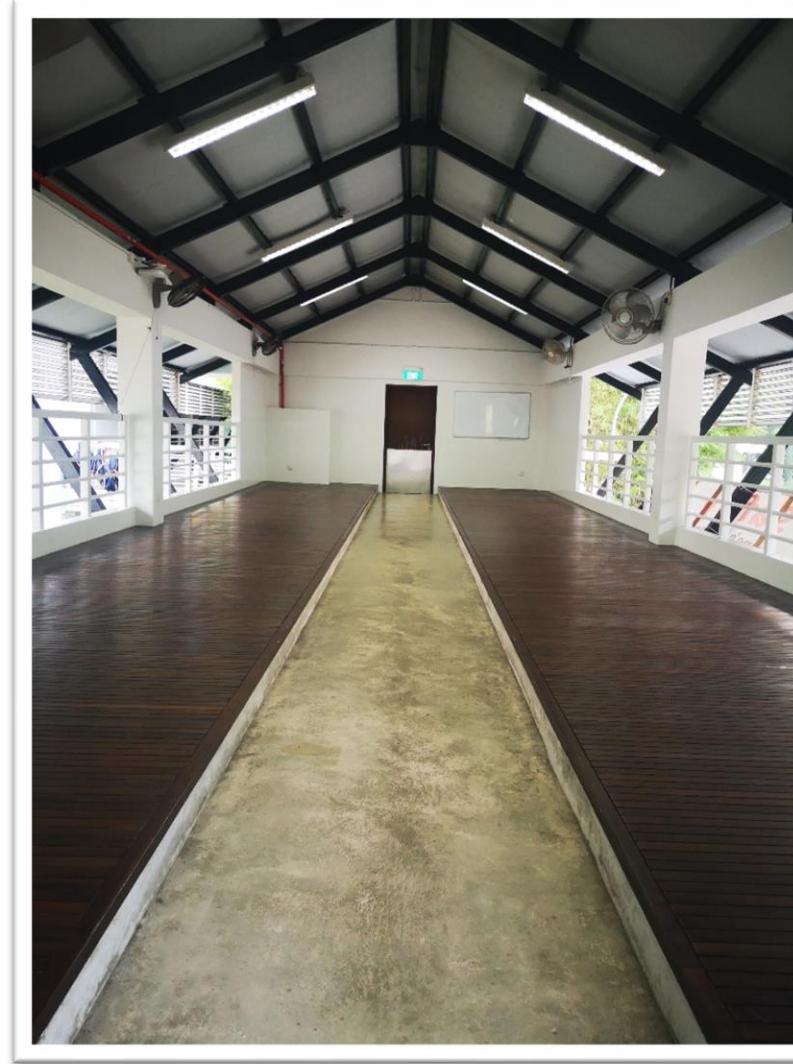


- Dining Hall
- 8 students' dorms
- 2 teachers' dorms
- Sea Sport Centre
- High/Low Elements

Introduction to Campsite



Dormitories are on the 2nd level



Inside the dormitories –
Bring sleeping bags for
comfort and warmth

Camp Instructors – MOE Outdoor Adventure Educators

- Full-time MOE Outdoor Teachers
- Outdoor Adventure Educators (OAEs) are **proficient in outdoor skills and trained in Wilderness First Aid.**
- They are also equipped with facilitation and instructional skills.



Camp Format and Activities



INITIATE

BUILD

CHALLENGE

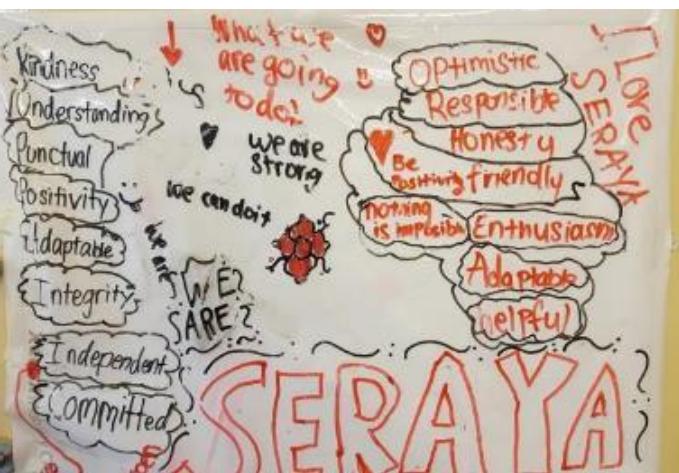
CONSOLIDATE &
CELEBRATE

Camp Format and Activities: Initiation Activities

Ice-breakers &
Energisers



Full Value Contract



Goal Setting

Camp Format and Activities: Low/High Elements

Low Elements



Challenge Rope Circuit (CRC)

Abseiling



Zip-line



Camp Format and Activities: Kayaking



Compulsory to put on
Personal Floatation Device

Camp Format and Activities: Outdoor Living Skills



Shelter Building
(non-residential)



Outdoor Cooking

Camp Format and Activities: Journey



Land Expedition with Mobile Lunch

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

Camp Format and Activities: Night Reflections



Night Consolidation / Night Lights

Daily Structure and Routines

Typical day schedule looks like this -

- Lights on
- 0745: Morning Check-in by OAEs
- 0800-0900: Breakfast
- 0900-1300: Activities
- 1300-1400: Lunch
- 1400-1900: Activities
- 1900-2000: Dinner
- 2000-2030: Group Reflection
- 2030-2230: Shower and supper
- 2230: Lights out

Daily Structure and Routines

Typical day schedule looks like this -

- Lights on
- 0745: Morning Check-in by OAEs
- 0800-0900: Breakfast
- 0900-1300: Activities
- 1300-1400: Lunch
- 1400-1900: Activities
- 1900-2000: Dinner
- 2000-2030: Group Reflection
- 2030-2230: Shower and supper
- 2230: Lights out

For students who are fasting:

- 0430: Wake up
- 0500: Pre-dawn meal
- 0545: Head back to dorms to rest

During the day: Given snack pack **in case** there is a need to break fast. Otherwise, students can consume it after breaking fast.

1300: Rest in the dorms during lunch time

~1920: Break fast and consume dinner in the dining hall with the cohort.



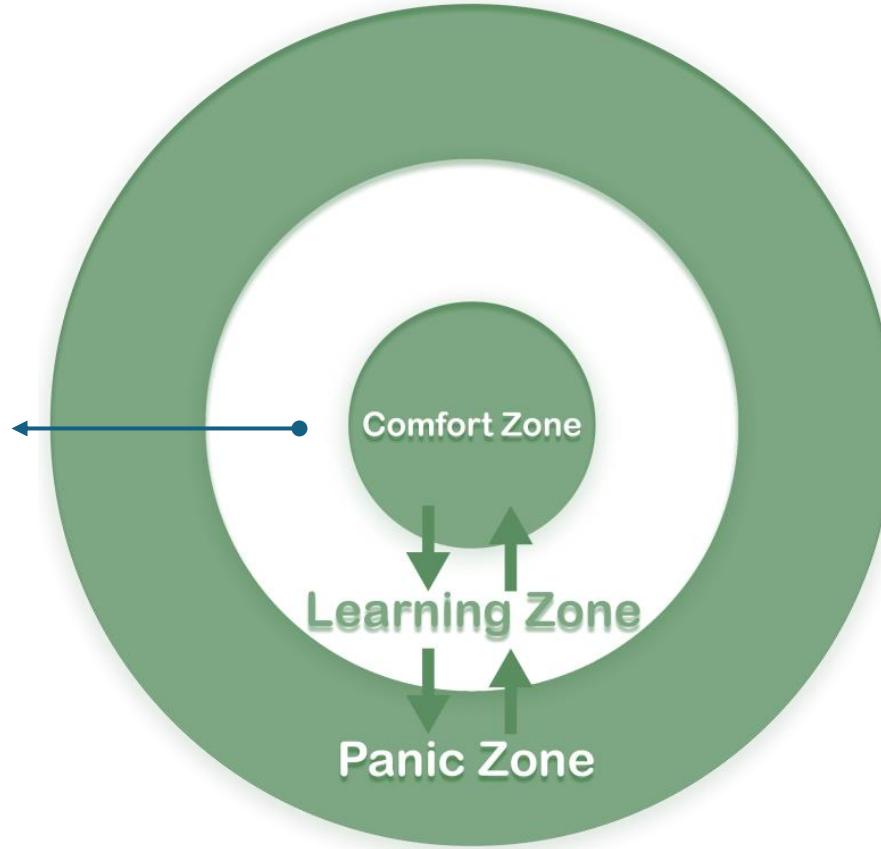
SAFETY AND WELL-BEING

Safety and risk-management measures

Challenge by Choice

The Learning Zone

- Your existing skills and abilities are being stretched, allowing you to learn and develop new ones.
- You might feel a little pressure or stress, but they can push you to succeed without making you struggle or panic.
- As you spend more time in the Learning Zone, you master new skills and experiences.



Source: <https://www.eatonvale.co.uk/challenge-by-choice/>

The Comfort Zone

- Routine tasks that you carry out with confidence.
- You know what you need to do, the outcomes you want to achieve.
- Not necessarily a bad place, as this is where you gain confidence, rest, recharge, and reflect.

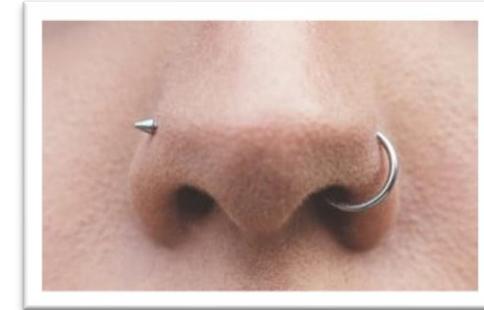
The Panic Zone

- You move beyond what you are familiar with.
- The pressure and stress experienced are too high, and you are too uncomfortable to learn anything.
- This can be damaging and demotivating.

SOP for HIGH ELEMENTS: NO HARD OBJECT ON BODY



Hard object includes watches and body jewellery such as rings, ear studs, earrings , nose stud, nose ring, tongue stud, chain, necklace, bangle, bracelet . Religious items need to be removed from the body during High Elements



SOP for HIGH ELEMENTS: MUST wear a tubular headgear

During Height-based activities, students and school staff entering the HIGH ELEMENTS Zone **MUST wear a Helmet.**

For hygiene purpose, a tubular Headwear commonly known as BUFF, must be worn beneath the helmet (**this is provided by the school**).

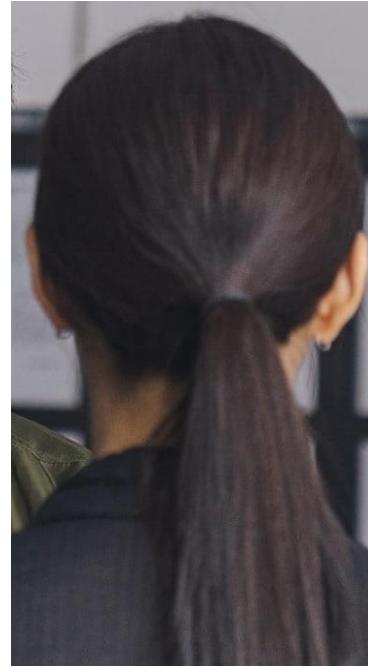
Swim cap, shower cap, towel, bandana are NOT SUITABLE for use in HIGH Elements.



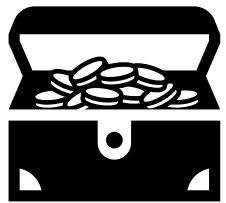
HIGH ELEMENTS & LONG HAIR

Students with hair longer than shoulder length

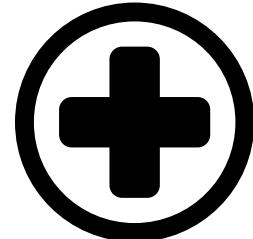
- a) **MUST tie** their hair up in a pony-tail or plait their hair.
- b) Tuck their ponytail / plaited hair into the hollow space of the BUFF
- c) Secure their exposed hair into their t-shirt at the back should their ponytail/plaited hair extend below the length of BUFF behind the head



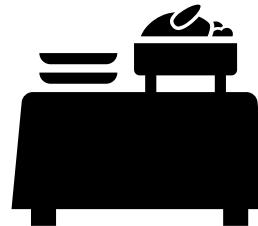
**Collection for safety and
safekeeping**



Declaration



Latest medical
condition information



Food Allergies
and Vegetarians



FormSG link

Safety – Activity and Participants

- Camping activities include high and low elements, journey and outdoor cooking.
- Inherently, there are risks involved in the conduct of these activities. MOE has conducted risk assessment for these activities and put in place appropriate measures to manage these risks to a suitable level for our students.
- We would like to assure you that the safety of our students is of the highest priority. 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.

Safety – High Elements

- All instructors have undergone skills verification test and are familiar with the local operating knowledge of CCOALC.
- A safety briefing will be conducted by the group instructor and each student is also required to check their own personal protection equipment. During the high element activities, a ground supervisor is deployed to oversee the safety of the whole high element operations. He/She will not commit to any of the activities and will be roaming around to observe safety and the participants.
- For students who are not confident in participating, different levels of choices are offered.

Safety – Mobile Phones

- All students who bring their mobile phones to the camp will have to surrender them on Day 1 for safekeeping.
- The phones will be returned to them at the end of the camp.

Rationale:

- To ensure **focus** – Supports safer participation and smoother supervision
- To encourage **meaningful interaction** – Help students be present, engage with peers and make connections
- To reinforce **responsible digital habits** – Reduce reliance on devices and develop independence in a supported environment
- To **protect students' personal belongings** – Reduce risk of phones being lost or damaged

Safety – Emergency

You will be informed when your child is unwell or injured.

Minor case

Student will rest at the sick bay. Staff will monitor and update parents. Student can rejoin the group if he/she recovers.

Major case

Staff will assess severity and inform parents. Student might need to leave camp if he/she requires further medical attention.

For urgent matters, parents may contact the camp committee @ **8225 6419**

If you are unable to reach us, you may contact the school @ **6786 2668** during office hours.

Please remain contactable during the camp period.



ADMIN MATTERS

What needs to be done?

What to Bring

CAMP GEAR AND EQUIPMENT	QUANTITY
1. Haversack / backpack (no trolley bag / sling bag)	1
2. Day pack (to carry items needed in the day)	1
3. Non-disposable water bottle (at least 1-litre)	1
4. Thermometer (in working condition)	1
5. Spectacles and spectacle band/hook (for use during water activities)	1
6. Torchlight and spare batteries	1
7. Sleeping bag / mat	1

What to Bring

CLOTHING AND FOOTWEAR		
8.	School PE shirt	1
9.	School polo tee/Dri-Fit shirts (NO inappropriate designs)	3
10.	PE shorts/sports shorts (NO inappropriate designs)	3
11.	Dark colored long-sleeved top/arm sleeve) + shorts / long pants (for kayaking)	1 set
12.	Long pants (for high/low elements and journey; strictly NO jeans, running tights and baggy pants)	at least 1
13.	Covered shoes (including 1 extra pair to be worn during kayaking/ wet weather) note: Covered shoes do not include sports sandals or Crocs type of covered shoes	2 pairs
14.	Socks (not including the set worn on the first day)	3
15.	Undergarments	Sufficient for personal use
16.	Raincoat / poncho / waterproof jacket with hood (strictly NO disposables)	1
17.	Cap / hat for sun protection	1
18.	Sweater / jacket (for night)	1
19.	Slippers (to be worn during bathing time)	1

What to Bring

TOILETRIES & PERSONAL CARE	
20.	Towel (washing of face & bathing)
21.	Toiletries (i.e., soap, toothbrush, toothpaste, body powder, sanitary napkins (for ladies))
22.	Wet wipes/ toilet paper for personal use
23.	Sun protection e.g. long-sleeved T-shirt, sunblock, lip balm, sunglasses
24.	Insect repellent (NO mosquito patches) / plasters and ointment for insect bites
25.	Personal medication (including inhalers and spare canisters)
MISCELLANEOUS ITEMS	
26.	Resealable bags for waterproofing items in backpack
27.	Plastic bags for dirty clothes
28.	Writing Materials
29.	Ear plugs (if required)

What NOT to Bring



Large amounts of cash



Expensive accessories



Power banks and
charging cables



Snacks

For Your Action

1. PG consent
2. Camp registration – to gather students' information





PARENTS' SUPPORT

How can you support your child?

Parents' Support

- Prepare your child **mentally** – talk positively about the camp being a learning and growing experience.
- Avoid **over-emphasising risks** or discomforts, which may heighten anxiety.
- Encourage **independence** – let your child pack their own bag and encourage them to speak up if they are unwell.
- **Affirm** their effort and progress



THANK YOU!