

QUEENSTOWN SECONDARY SCHOOL COHORT CAMP AT

**DAIRY FARM
OUTDOOR
ADVENTURE
LEARNING CENTER**

6 to 9 May 2024

Introduction of DFOALC

Who and where we are

MOE Outdoor Adventure Educators (OAEs)



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- Full-time Outdoor Teachers
- Stringent selection criteria and training
- Go through Practicum, Lesson Planning
- Equipped with:

Facilitation skills



Environmental skills



Safety skills



Technical skills



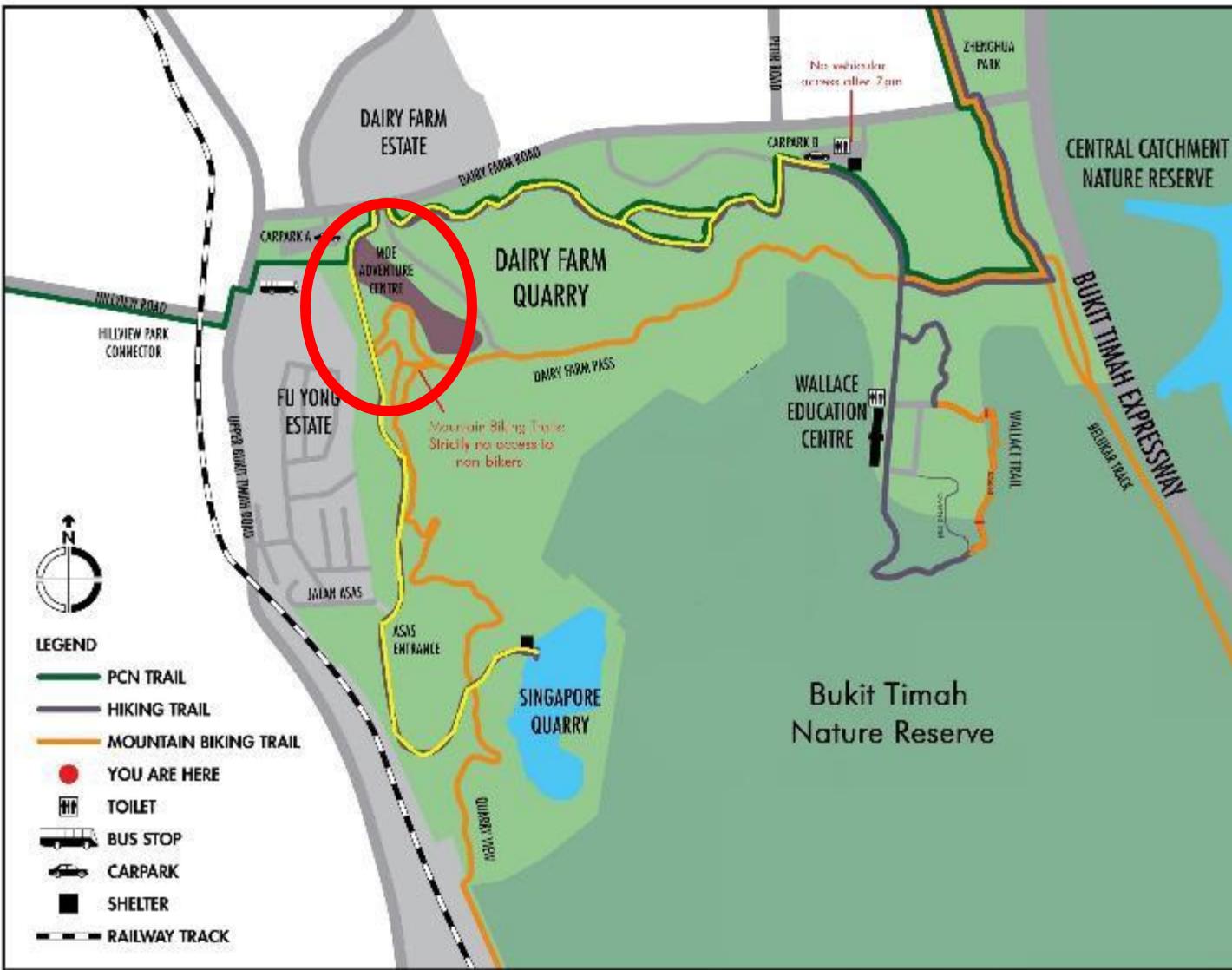
Organisational skills



Instructional skills



Dairy Farm Nature Park



30 Dairy
Farm Road
S679058

FACILITIES



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Adventure Facilities

- High Elements
 - 2-tiered Challenge Ropes Course (High and Low Tiers)
 - Zip-line (1 station @ end of High Tire Course)
 - Dry Vertical Abseil (2 lanes)
 - Wet Slope Abseil (2 Lanes)
 - Outdoor Rock Climbing Wall (2 Lanes)
- Low Elements
 - (Nitro Crossing, Rebirth, Spiderweb, Low/High Wall, Mohawk)

General Facilities

- 2 levels teachers' Dorm (Total of 5 rooms)
(can accommodate up to 22 pax)
- 10 students' accommodation dorms
- Includes 2 dorm designed with wheelchair access
(Dorm 5A & 5B)
- 10 sets of boy/girl toilets
- 1 sick bay (2 beds)
- 1 dining hall
- 5 outdoor cooking pits
- 1 fridge to store Outdoor cooking ingredients

OE Masterplan

Providing Holistic Education

Tiered Experience

Providing Holistic Education

- MOE aims to have every child experience a holistic education so as to **develop well-rounded individuals**.
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom that can help our students develop **resilience and ruggedness**.
- Authentic learning experiences help our students **develop 21st century competencies** as well as competencies for **sustainable active and healthy living**.



Outdoor Adventure Learning Experiences for ALL



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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 Goals <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			



Our Cohort Camp Model

Pre-camp

During camp

Post-camp

Pre-camp Lessons

Equip & Empower



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Pre-camp preparation
during FT Time



CCE Lessons



Equipping students with
outdoor skills in PE Lessons



School briefing to students

During Camp

Explore & Experience



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INITIATE

BUILD

CHALLENGE

CONSOLIDATE
& CELEBRATE

Post-camp Lessons

Enrich & Extend



Presentation during school assembly



CCE Lessons / FT Time



Leadership development in CCA



IP Lessons e.g. Journaling in EL



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The aims of post-camp review are:

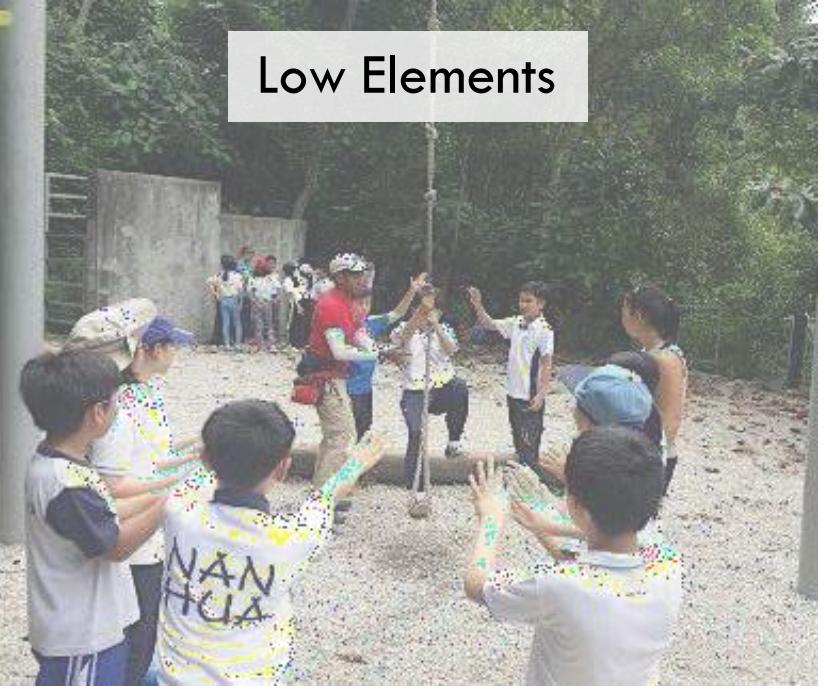
- to get students to make sense of their experiences from camp and what they have learned about themselves
- to strengthen students' commitment to personal changes and reflect on their progress thus far FTGP, CCE lessons and termly reviews are natural platforms for students to share personal stories from camp, and reflect on their own growth and development, both personally and socially.

Programmes

Activities

Initiation Activities

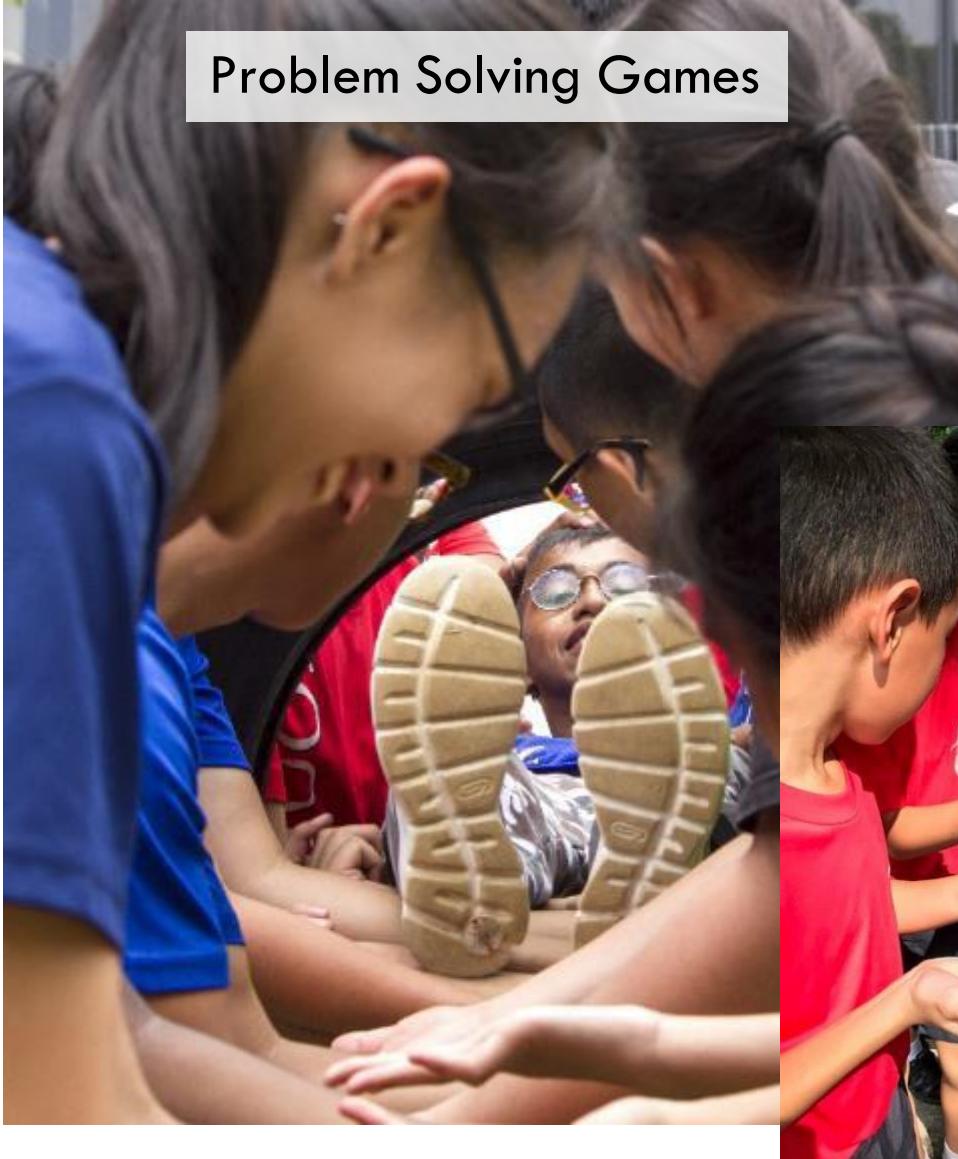




Low Elements



Inter-group Challenges



Problem Solving Games

Team Building Activities

Journey



Nature hike (For Sec 1)

- Hindhede Quarry
- Bukit Batok Quarry
- Bukit Timah Hill Summit
- Chestnut Nature Park



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Urban hike
(For Sec 1)

Water activities



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Dragon Boating/Kayaking*



Usually paired with Urban Hike

* Instructors & Rental cost of equipment to be borne
by the school

Dragon Boat

- half day programme, including traveling time).
- Conducted by certified Dragonboat instructors with safety powerboat (launched and manned).

Outdoor Living Skills



Navigation



Shelter Building
(Team-Building)



Outdoor Cooking (Sec 1)



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Place-based Activities



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Stream Exploration



Concrete art



Sensory Exploration

Night Review Activities



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Night Review Activities



Night Consolidation



Mini Campfire



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Key Safety Pointers

Safety – Activity & Participants

- Camping activities include high and low elements, journey, outdoor cooking, as well as placed-based activities such as stream exploration.
- 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.

Safety – Activity & Participants

- 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.
- Our Outdoor Adventure Educators (OAEs) are proficient in outdoor skills and trained in Wilderness First Aid.

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 : NO HARD OBJECT ON BODY



Please get students to remove **before** they come for the camp!



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 Headgear commonly known as a **BUFF (provided)**, must be worn beneath the helmet .

School to make sure every student has a BUFF for camp. School is encouraged to provide BUFF for teachers too.

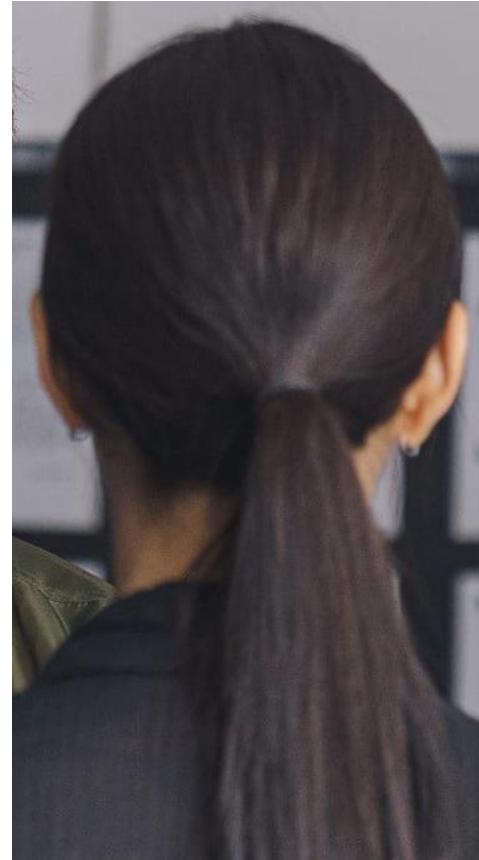
Swim cap, shower cap, towel, handkerchief, beanie, bandana are NOT SUITABLE for use in HIGH Elements.



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 pony tail / plaited hair into the hollow space of the BUFF
- c) secure their exposed hair into their t-shirt at the back should their pony tail/plaited hair extend below the length of BUFF behind the head



OTHER SAFETY CONSIDERATIONS FOR HIGH ELEMENTS

- **Sikh boys may put on the PATKA in place of a BUFF (knot to be positioned below the helmet)**



- **Participant must not be more than 100kg**

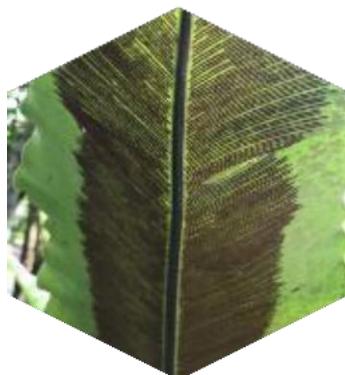
General info on Wildlife Encounters in DFOALC

Note: Outdoor Adventure Educators will be briefing students on RAMs regarding wildlife

COMMON PLANTS FOUND NEAR DFOALC



Dumb cane



Bird Nest Fern



Breadfruit

Frog joy



Indian borage

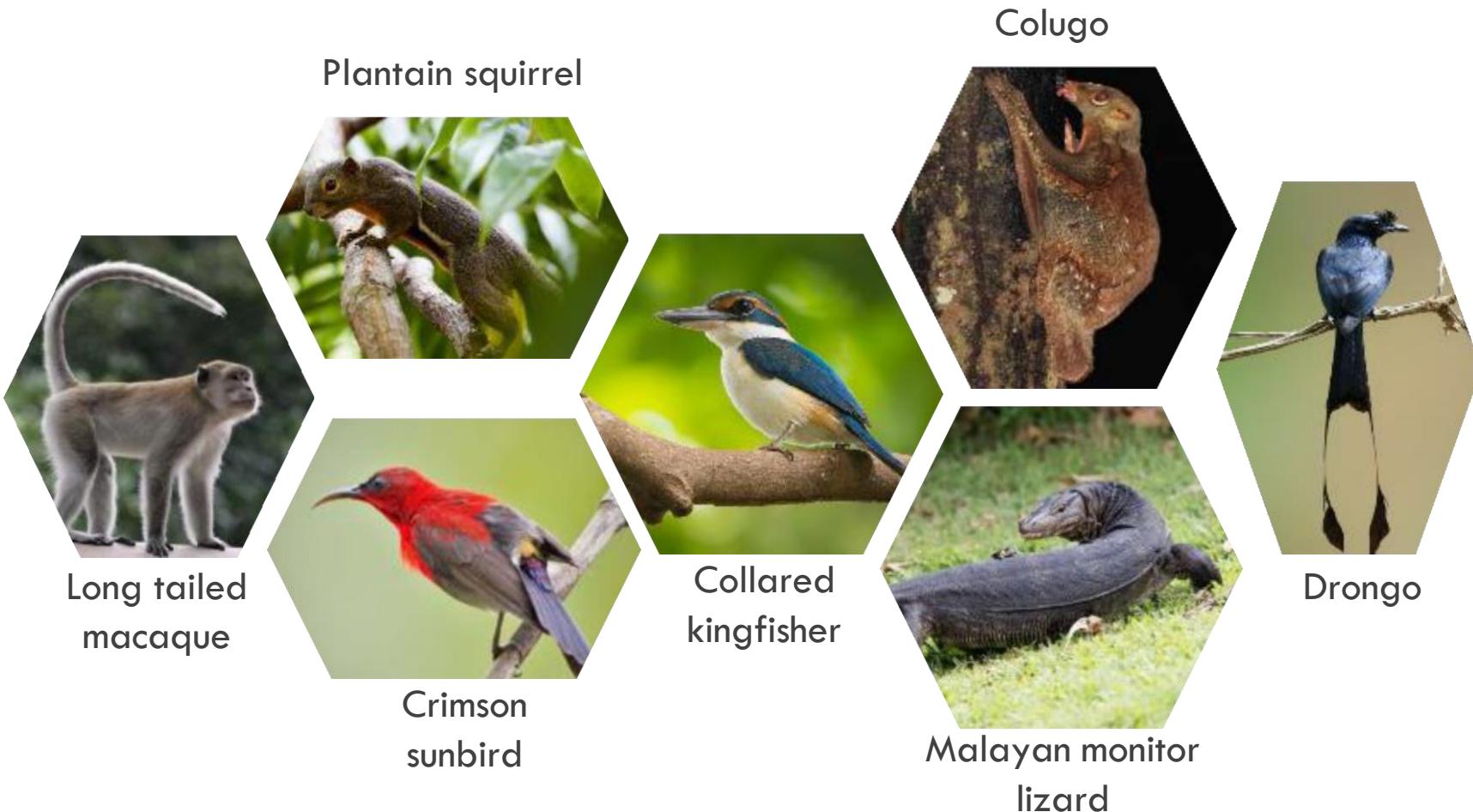


Swiss cheese plant

Yellow
stem fig
Tree



COMMON ANIMALS FOUND NEAR DFOALC





WILD BOARS



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Oriental Whip Snake



Wildlife Encounter – Dos & Don’ts

Updated as at 4 March 2022

Animal Encounters - Do's and Don'ts - Gardens, Parks & Nature - National Parks Board (NParks)
<https://safe.menlosecurity.com/https://www.nparks.gov.sg/gardens-parks-and-nature/dos-and-donts/animal-advisories>

Objectives

- Create awareness of and understanding of animal biodiversity in DFOALC

Macaques



Macaques

- Like other wildlife animals, motivated by food
- Unlike most animals in the area, they have the capacity to experience complex emotions
- Examples: When experiencing a new birth or recent death, all in the troop are alarmed. Mother will hang on to dead carcass for few days and is defensive to the carcass.

Avoid

- Sudden loud noises
- Ignoring their cues of warning: barring of teeth, growl
- Carrying exposed food or bright objects
- Aggressive behaviour towards animal

When Encountering

- When addressing the kids, use the word “assertive”, not “aggressive”

Animal Encounter SOP - Macaques

- Keep group close together
- No eye contact and no smiling (showing of teeth)
- Move on (detour if way is blocked)
- Do not stay in the vicinity (find alternate activity site if needed)

If attacked,

- evacuate casualty/group to a safe place
- administer 1st aid as needed
- Report any injury sustained if attacked

Wild Boars



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Wild Boar

- In-heat males may charge out when they smell another in-heat female. Do not block.
- Mums will be defensive about their young and home and tend to use snort sound as warning

Avoid

- Approaching, especially the young
- Running zig-zag
- Being in their way

When Attacked

- When charged at, run behind a big tree and keep running
- Follow adults and disperse into different directions to distract and reduce causalities.

Animal Encounter SOP – wild boar

- Keep group close together
- Move immediately away from area
- Move back (if way is blocked)
- Do not stay in the vicinity (find alternate activity site if needed)
- Identify a safe meeting point in case of attack

If attacked,

DURING

1. Run and find a big obstacle in between
2. Keep running
3. Students - Follow adult and disperse
4. Assemble at a predetermined safe meeting point

If attacked,

AFTER

1. Evacuate casualty/group to a safe place
2. Administer 1st aid as needed
3. Report any injury sustained if attacked

Bees



Bees: Friends or Foe?



- Stingless bees do not possess stings and are harmless to people, makes for good teaching material: observe up-close pollen on bee
- Collects acacia honey
- Responsible for pollination of nearly three quarters of the plants that produce 90% of the world's food

- Only honeybees defend their nests aggressively in large swarms
- BUT honey bees constitute just four of the more than 130 species of bees that can be found in Singapore.
- 10m n above bee hives/layered bee hives considered dangerous
- Triggered by loud noise



All kinds of bees can be safely observed even in close proximity when they are visiting flowers, as they would be preoccupied in gathering pollen and nectar for their young.

Stingless Bees

- Very tiny (About 3 mm in length)
- Black head and body with a chestnut brown abdomen
- Tends to hover with its legs hanging in flight



Avoid

- Swatting
- Making loud noise
- Jumping into water to hide

When Encountering

- Observe and share with students
- Raise awareness, encourage appreciation
- Do not spread fear unnecessarily



Stingless Bees



Stingless Bee Hive



Asian Honey Bee Hive



Asian Honey Bee

Encourage Appreciation: Diligence, Care, Loyalty

- Foraging bees n bushes, don't disturb won't sting
- Once they sting they die
- Home before self
- Teamwork makes the dream/ hive work
- Harmonious community



Bees have been in existence since 130 million years ago, they are the oldest form of animal life

Bee venom has “botox-like effect”, it promotes the epidermal growth factor (EGF) which repairs the skin

What should you do if a bee or wasp lands on you?

Honey bees frequently land on people to drink their sweat.

- Refrain from **smacking** the insect! Injuring it may cause it to sting or release alarm pheromones that would attract more aggressive bees / wasps.
- **Calmly** move the part of your body that the insect is resting on. If it still does not move, gently brush it off – it will fly away peacefully.



Animal Encounter SOP – BEEs/Wasps

- Keep your distance and refrain from disturbing the hive
- Move immediately away from area
- Move back (if way is blocked)
- Do not stay in the vicinity (find alternate activity site if needed)
- Identify a safe meeting point in case of attack

If attacked,

DURING

1. Cover your head and move as far as possible from the hive
2. Run towards shelter (disorientate the insect)
3. Do not swat at the insects
4. Do not jump into water

If attacked,

AFTER

1. Evacuate casualty/group to a safe place
2. Administer 1st aid as needed
3. Report any injury sustained if attacked
4. Seek immediate medical attention if any allergic reaction

Snakes



King Cobra



Mangrove Snake



Reticulated Python



Banded Krait

Snakes

- From small to large
- Cold blooded, likes to bask in the sun
- Some are venomous, others are not
- They like dark and warm spaces



Avoid

- Handling
- Being close
- Assume not venomous

When Encountering

- Maintain distance
- Observe and share with students
- Raise awareness, encourage appreciation
- Do not spread fear unnecessarily

What do you do when you encounter a snake?

- Remain calm
- Snakes rather not encounter humans
- They'd like to save their venom (if any) to finding prey than attack you
- Do not handle snake yourself



Animal Encounter SOP – Snakes

- Keep your distance and refrain from disturbing the Snake**
- Move immediately away from area & make sure area is clear of people**
- Do not stay in the vicinity (find alternate activity site if needed)**
- Inform centre manager or OPM of the encounter**

If attacked,

- 1. Evacuate casualty/group to a safe place**
- 2. Administer 1st aid as needed**
- 3. If possible, identify snake with photo (possible anti-venom treatment)**
- 4. Seek immediate medical attention**

Purchase of Personal Equipment:

(1) Compulsory (*must have*)

(2) Important (*must have*) &

(3) Good To Have Items (*optional*)

Personal Equipment (Compulsory- must have)

A.	COMPULSORY ITEMS	QUANTITY
1.	Haversack / backpack/ sports bag (no trolley bag / sling bag) to keep personal belongings	1
2.	Small Day pack (to carry food , rain gear, water bottle)-preferably one with padded shoulder straps	1
3.	Non-disposable water bottle (at least 1-litre)	1
4.	Thermometer (working condition)	1
5.	Raincoat / poncho / umbrella	1
6.	Non-disposable utensils (i.e. fork, spoon, plastic plate & plastic mug)-label w name and put inside ziplock bag	1 set
7.	Writing pen for reflection in the camp booklet	1
8.	Ez-link card (with minimum \$5 stored value)	1
9.	Toilet paper (personal use)	Sufficient
10.	Small torchlight with batteries	1
11.	Sun-protection eg sunblock, hat/cap	1

Personal Equipment (Important – *must have*)

B.	IMPORTANT ITEMS	QUANTITY
12.	School/Camp T-shirt (not including the set worn on the first day)	4
13.	Shorts (not including the set worn on the first day)	4
14.	Long pants (for trekking and high/low elements; tights / jeans not recommended)	at least 1
15.	Covered shoes (including 1 extra pair to be worn during water activity if applicable)	2 pairs
16.	Socks (not including the set worn on the first day)	4
17.	Undergarments (100% cotton)	sufficient
18.	Towel (for drying face and shower use)	1
19.	Personal medication (including inhalers and spare canisters)	Inform teacher
20.	Toiletries (i.e. soap, tooth-brush, tooth-paste, body powder, shampoo, shower gel/soap , sanitary napkins (for females)	Personal, sufficient

Personal Equipment (Good to have - optional)

C. ITEMS THAT ARE GOOD TO HAVE		QUANTITY
21.	Sleeping bag / yoga mat / sarong	1
22.	Slippers (to be worn during shower time)	1
23.	Spectacles (spare) and spectacle band/hook	If applicable
24.	Sweater / jacket (for night)	1
25.	Ziploc bags for waterproofing items in backpack	sufficient
26.	Large plastic bags for dirty clothes	sufficient
27.	Sun protection e.g. long sleeved T-shirt, lip balm, sunglasses	
28.	Insect repellent / plasters and ointment for insect bites (mosquito patches not allowed)	
29.	Wet wipes / hand sanitiser	sufficient

Purchasing Personal Equipment

You can purchase the camping equipment from stores such as **Decathlon** (<https://www.decathlon.sg/>)

or **Adventure World** (<https://www.adventure-world.com.sg/>)

Our school have arranged with Adventure World to sell camp equipment in the school canteen on 21 Mar (9.45am to 3pm) & 22 Mar (9.10am to 1pm). Please get refer to the above link to check the price of the items.



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THANK YOU