



# Primary 5 3-Day Outdoor Residential Camp 2024

Parents' Briefing  
(5A, 5B, 5C, 5D, 5E, 5F)

25 January 2024

# Agenda

1. Camp Objectives
2. Date & Venue
3. Camp Programme and Activities
4. Meals
5. Transport Arrangements
6. Hygiene Best Practices
7. Reporting for Day Camp
8. Dismissal Arrangements
9. Packing List
10. Contacting Students for Emergencies



# Camp Objectives

## CAMP OBJECTIVES:

1. To help students understand and develop independence and inter-dependence.
2. To enable them to develop resilience and ruggedness.
3. To reinforce their understanding of the Five Practices of Exemplary Leadership\* through practice in authentic settings.
4. To provide students opportunities to relate science concepts learnt in school to real life examples in the natural world and invoke their curiosity and appreciation.
5. To foster bonding and camaraderie amongst students as a class.





# Camp Dates & Venues

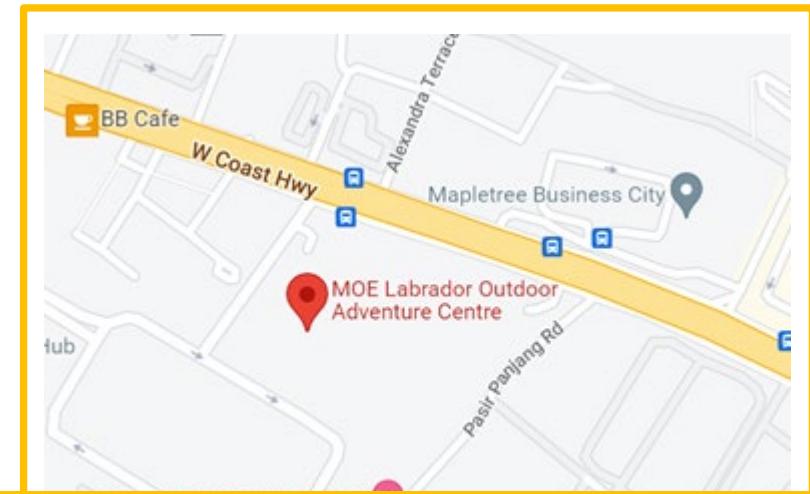
## Group 2: 5A, 5B, 5C, 5D, 5E, 5F

Date	Time	Activities	Venue
29 Feb 2024 (Thu) [T1W9]	0715 – 2230	<ul style="list-style-type: none"> <li>▪ Low Element</li> <li>▪ High Element</li> <li>▪ Rock Climbing</li> <li>▪ Tent Pitching</li> <li>▪ Outdoor Cooking</li> <li>▪ Scavenger Hunt</li> <li>▪ Nature Walk</li> <li>▪ Reflections</li> <li>▪ Camp Fire</li> </ul>	▪ Labrador Outdoor Adventure Learning Centre (MOE LOALC)
1 Mar 2024 (Fri)	0715 – 2230		▪ Singapore Botanic Gardens
2 Mar 2024 (Sat)	0715 – 1230		

# Labrador Outdoor Adventure Learning Centre (MOE LOALC)



Owned and maintained by MOE



45 Pasir Panjang Road, S(118505)





# Camp Programme

# Camp Programme – Day 1 @ MOE LOALC (5A – 5F)

Day 1						
Time	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6
0730 – 0800	School Administration					
0800 – 0900	Bus Transfer to MOE Labrador Campsite					
0900 – 1000	Camp Administration / Morning Tea Break / Dormitory Check in					
1000 – 1100	Goal Setting / Flag Making					
1100 – 1200	Teambuilding Activities					
1200 – 1300	Lunch					
1300 – 1330	PPE Briefing / Activity Briefing / Bus Transfer to Botanic Garden					
1330 – 1530	Hike @ Botanic Garden	High Challenge Course (upper & lower tier)	Rockwall / Abseil	Tent Pitching	Outdoor Cooking	
1530 – 1545	Afternoon Tea Break					
1545 – 1745	Hike @ Botanic Garden	Rockwall / Abseil	High Challenge Course (upper & lower tier)	Outdoor Cooking	Tent Pitching	
1815 – 1915	Dinner					
1915 – 2030	Campfire Preparations					
2100 – 2145	Supper / Debrief		Shower			
2145 – 2230	Shower		Supper / Debrief			
2230	Lights Out					

# Camp Programme – Day 2 @ MOE LOALC (5A – 5F)

Day 2								
Time	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6		
0630 – 0700	Rise & Shine							
0700 – 0730	Attendance Taking & Warm Up for the Day!							
0730 – 0830	Breakfast							
0830 – 0900	PPE Briefing / Activity Briefing / Bus Transfer to Botanic Garden							
0900 – 1045	Tent Pitching	Outdoor Cooking	Hike @ Botanic Garden		High Challenge Course (upper & lower tier)	Rockwall / Abseil		
1045 – 1245	Outdoor Cooking	Tent Pitching			Rockwall / Abseil	High Challenge Course (upper & lower tier)		
1245 – 1330	Lunch							
1330 – 1400	PPE Briefing / Activity Briefing / Bus Transfer to Botanic Garden							
1400 – 1600	High Challenge Course (upper & lower tier)	Rockwall / Abseil	Tent Pitching	Outdoor Cooking	Hike @ Botanic Garden			
1600 – 1800	Rockwall / Abseil	High Challenge Course (upper & lower tier)	Outdoor Cooking	Tent Pitching				
1800 – 1900	Dinner							
1900 – 2030	Campfire							
2030 – 2130	Supper / Debrief			Shower				
2130 – 2230	Shower			Supper / Debrief				
2230	Lights Out							

# Camp Programme – Day 3 @ MOE LOALC (5A – 5F)

Day 3	
Time	All Classes
<b>0630 – 0700</b>	Rise & Shine
<b>0700 – 0730</b>	Attendance Taking & Warm Up for the Day!
<b>0730 – 0830</b>	Breakfast
<b>0830 – 0930</b>	Area Cleaning + Dormitory Check Out
<b>0930 – 1030</b>	Final Debrief & Reflections
<b>1030 – 1100</b>	Programme Evaluation
<b>1100 – 1130</b>	Prize Presentation + Photo Taking
<b>1130 – 1200</b>	Bus Transfer back to School
<b>1200</b>	End of Camp



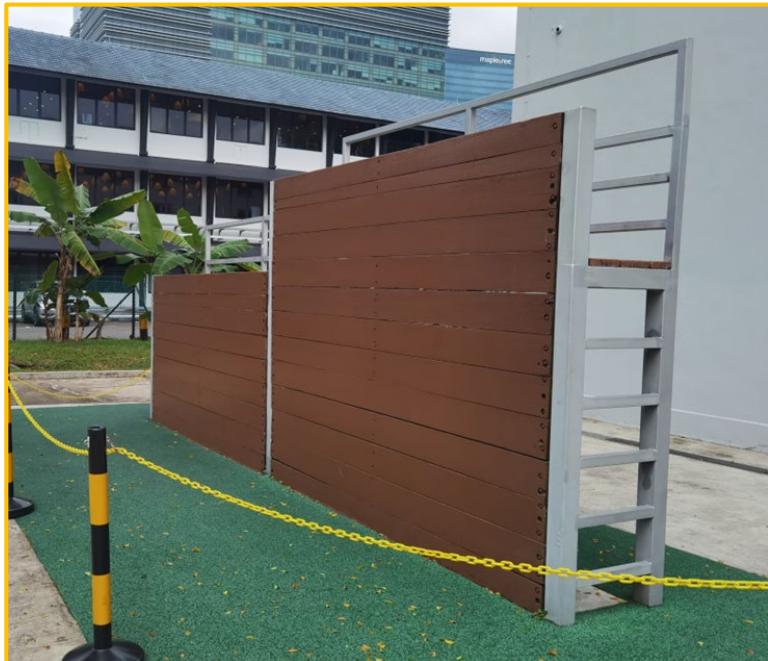
# Camp Activities

## Camp Activities

- Team Building Activities
- Low Elements
- High Challenge Course
- Abseiling
- Low Wall
- Rock Climbing
- Scavenger Hunt
- Outdoor Cooking
- Nature Walk
- Camp Fire



## Low Walls



MOE LOALC, 2023

## Nitro Crossing



MOE JBOALC, 2022

## Rock Wall



## Abseiling



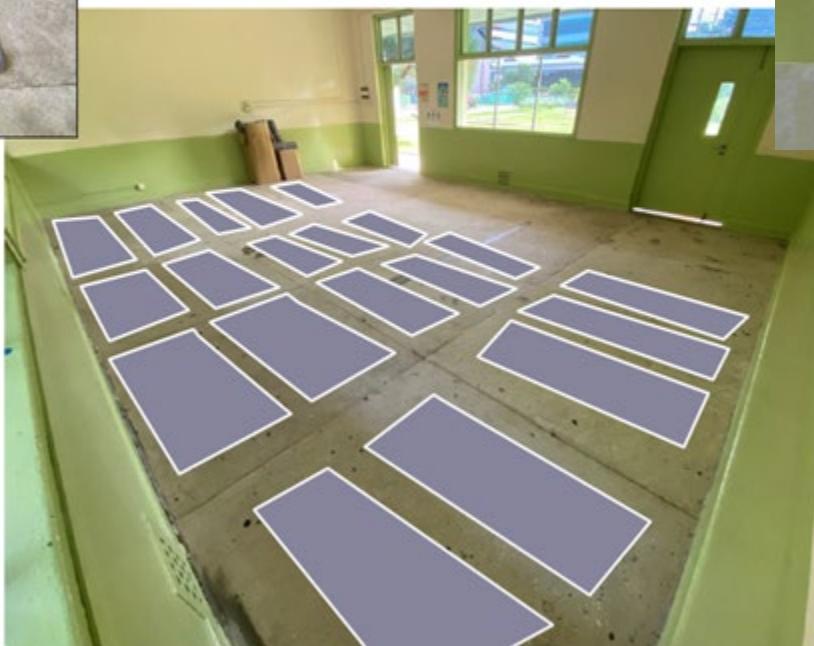
# High Challenge Course



# Student Dormitories



**Act as insulation**



- Well-ventilated.
- Students will be issued with foam mats to sleep.
- Recommended to pack a sleeping bag / liner for comfort and warmth.



# Meals

## Meals

- School will order:
  - Non-vegetarian or
  - Vegetarian meals
- Will serve in:
  - Buffet-style or
  - Bento-set formats.
- Snack breaks will be provided.
- Always stay hydrated.
- Water coolers are available for refilling of water.



\*Images are for illustration purposes only



# Transport Arrangements

## Transport Arrangements

Transport will be provided to take students to and from MOE LOALC and Singapore Botanic Gardens.





# Hygiene Best Practices

## Personal Hygiene

- Washing of hands with soap or sanitizing their hands before and after an activity.
- Covering of mouth and nose when coughing or sneezing.
- Students should avoid sharing personal belongings.

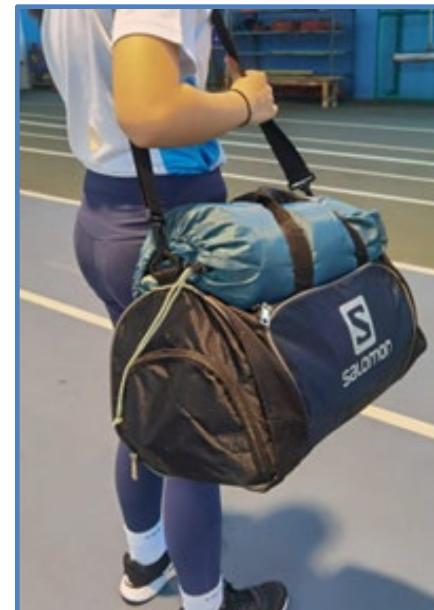
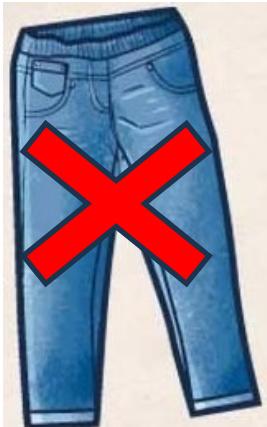




# Reporting for Camp

## Group 2: 5A – 5F

<b>Date</b>	29 Feb 2024 (Thu) - T1W9
<b>Time</b>	By 7.15 a.m.
<b>Venue</b>	Basketball Court
<b>Attire</b>	<ul style="list-style-type: none"><li>• PE T-shirt and long pants <b>(No jeans)</b></li><li>• School shoes/sports shoes</li></ul>





# Dismissal Arrangements

## **Dismissal Arrangements for Group 2 (5A – 5F)**

<b>Date</b>	<b>Dismissal Timing</b>	<b>Dismissal School Gates</b>
2 Mar 2023 (Sat)	12.30 p.m.	<ul style="list-style-type: none"><li>• Gate 2 (Security Post)</li><li>• Gate 5 (Canteen)</li></ul>



# Packing List

## (MOE LOALC)

## Packing List

ITEMS	QUANTITY
PE T-shirts and long pants (no jeans)	2 - 3
Socks	2
Undergarments	3
Pyjamas / Home clothes (for sleeping)	1
Windbreaker or jacket	1
Sleeping bag	1
Slippers (for shower)	1
Insect repellent spray	1
Spectacles (spare) and spectacles band / hook	If applicable

## Packing List

ITEMS	QUANTITY
<b>Day Pack</b> (with proper shoulder support)	1
Water bottle (at least 1 litre)	1
Raincoat or poncho	1
Hat or cap	1
Sunblock Lotion	Optional
Writing Material (Pen)	1
Recycled plastic bags / Ziploc bags	2
Torchlight with batteries	1
Personal medication (e.g. Inhaler; must label & declare to FTs)	if applicable

## Packing List

ITEMS - TOILETRIES	QUANTITY
Toothbrush	1
Toothpaste	1
Shampoo	1
Shower Foam	1
Bath Towel	1
Face Towel	Optional
Comb	1
Tissues	2 - 3 packs



# Packing List

## Nature Walk

### Group 2 (5A – 5F)

## Packing List (Nature Walk)

ITEMS	QUANTITY
Small sling bag	1
Water bottle with drinking water	1
Poncho / Raincoat	1
Writing Material (Pen / Pen)	1
Cap / Hat	1
Insect repellent	Optional
Sunblock Lotion	Optional



# Contacting Students For Emergencies

In case of **EMERGENCY**, call  
the school handphone @  
**98302752.**

## **Important notes for your child/ward:**

- DO NOT bring valuables to the camp.**
- Pack your own bag. Parents can supervise.**
- Label ALL personal items.**
- Take note of:**
  - **Reporting Time**
  - **Venue**
  - **Attire**
  - **Packing List**



# FAQs

## FAQs

1. Will there be insurance coverage for the students participating in the P5 Outdoor camp?

Yes, it will be covered under MOE's Group Personal Accident (GPA) Insurance for Students. Details of the insurance may be retrieved from <https://www.income.com.sg/group-insurance-for-schools-and-centres-and-moe/group-personal-accident-for-students>

2. Is the P5 Camp compulsory?

Participation for the P5 cohort camp is compulsory unless supported by valid reasons.

3. What is the teacher-student ratio?

1 : 20

4. Is there a way to update the medical condition if the form had been submitted?

Parents can submit again using the same link.

## FAQs

5. What are the safety protocols/measures taken for high-element activity?
  - a. All Instructors conducting height-based activities must possess at least an Outward Bound Singapore (OBS) Challenge Course Instructor (CCI) Level 1 certification; Their skills are assessed annually in order for their certification and knowledge to be current and up-to-date. They are selected for the camp based on their years of experience and track record in conducting height-based activities. There will be one senior instructor with OBS CCI Level 2 who act as Chief Instructor during height-based activities;
  - b. All height-based stations and equipment are regularly checked and maintained as part of an annual accreditation of the MOE Outdoor Adventure Learning Centre by an external professional body.

## FAQs

- c. Safety briefings for students are conducted before the start of all height-based activities. As part of the safety briefing, students are taught how to put on their harnesses and helmets in the correct manner. Before the students are brought to the area for the activities, the instructors and facilitators will check each student to ensure that they are correctly worn the helmets and harnesses;
- d. A robust and comprehensive emergency response plan, known as an Emergency Action Plan (EAP), is developed and used for the camp to manage emergency scenarios or incidents that may occur. All personnel involved in the camp, including teachers, facilitators and instructors, are assigned to be part of response teams with clear roles within the EAP. In addition, instructors are kept current on the proper rescue and recovery techniques and processes as part of their annual training and certification.

## FAQs

6. If my child is not able to attend the camp (eg covid), does he have to go for a replacement camp?

There will not be a replacement camp.

7. Will any activities possibly involve being in water or mud?

No.

8. Any wet weather plans?

Yes, indoor-based activities will kick in during inclement weather.