



**SECONDARY ONE 4D/3N  
OUTDOOR ADVENTURE LEARNING CAMP (2025)  
(CHANGI COAST OUTDOOR ADVENTURE LEARNING CENTRE)  
15 – 18 JULY (TUESDAY – FRIDAY)**

# REPORTING / DISMISSAL TIME

## Reporting (In school)

**Date:** 15 July 2025 (Tuesday)

**Time:** 7.30am

**Attire:** PE Attire with covered shoes

*Camping Items in Haversacks or Duffel Bag*

## Dismissal (From school)

**Date:** 18 July 2025 (Friday)

**Time:** 12.30pm

The camp will be run by the team from MOE–Changi Coast Outdoor Adventure Learning Centre.

Camp Commandant :	Mr Vincent Yew (PE Teacher)
Camp 2 I/Cs :	Mrs Karen Tan (AYH)
Outdoor Activities Learning Adult Leader & Chief Safety Officer	Mr Amir HMS (HOD/PE & CCA)
Sec One Home Teachers :	x 16 Home Teachers / Subject Teachers
PE Teachers	Mr Ow, Mr Law, Mr Halim, Mr Iskandar
MOE Outdoor Program Manager	Mr Muhammad Noor Firdaus Bin Md Hamim
MOE Outdoor Adventure Educators	14 x OAEs and CCOALC Support Team

# Role of OAEs and Accompanying Teachers



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## Outdoor Adventure Educator

- Plan and facilitate learning experiences for the group and help students distil their learning from the activities
- Ensure safety of students by carrying out safety procedures and adhering to SOP
- Ensure mental and psychological well-being of students
- Keep students motivated and engaged
- Observe students' behaviour, responses and actions for use in facilitation and consolidation

## Accompanying Teacher (AT)

- Provide a supporting role to ensure that individuals are well adjusted and coping with the demands of the camp
- Observe students' actions and contribute to the group during reflection and consolidation sessions
- Partner with the OAE to ensure the safety of the students
- Supervise students during mealtime
- Manage disruptive behavior of students where necessary
- Provide support for special needs students where necessary
- Accompany and actively supervise the group at all times
- Be physically present when students consume prescribed medication (AT should not administer)



# Background

Under the **National Outdoor Adventure Education (NOAE) Master Plan**, each student is expected to go through the following 3 mandatory OAL cohort camps from Primary to Secondary level:

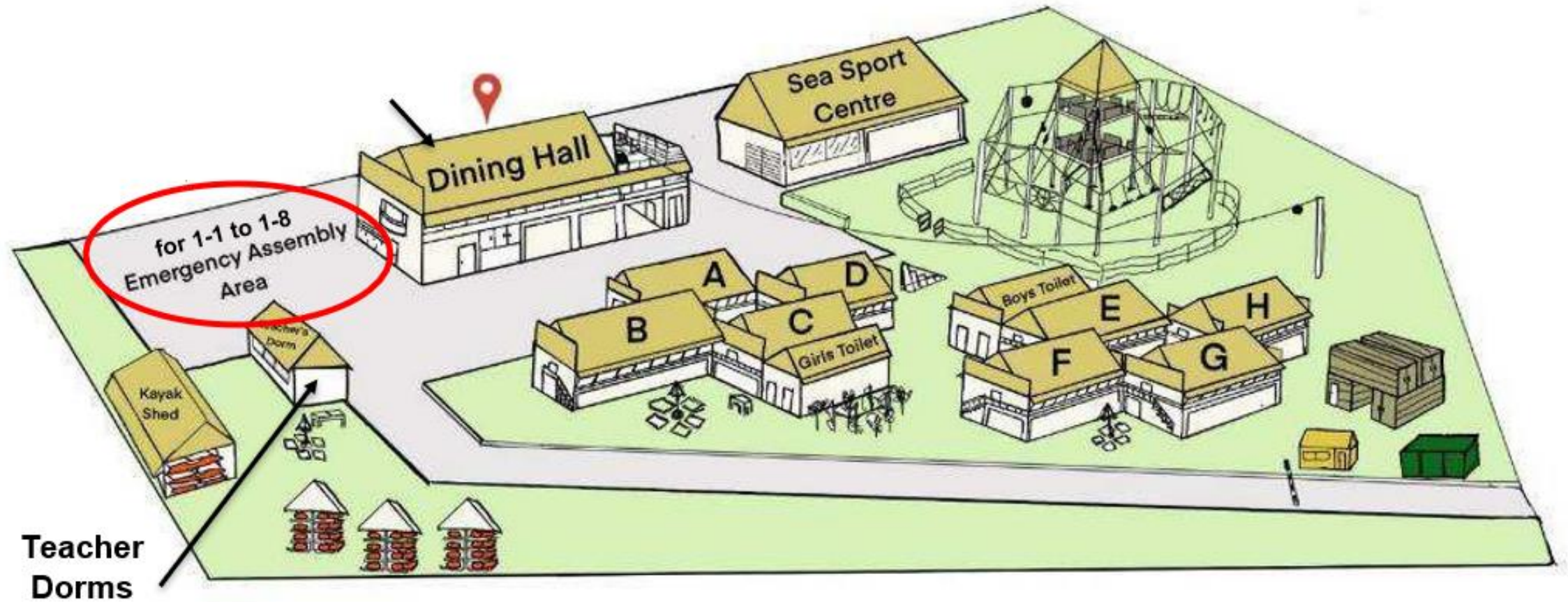
- 3D2N OAL cohort camp at Primary 5;
- 4D3N OAL cohort camp at Secondary 1;
- 5D4N Secondary 3 MOE-OBS Challenge Programme when capacity can support the whole cohort.



# CAMP LEARNING OUTCOMES

- 1. SEL & Leadership** - Students develop better self-awareness and personal leadership skills.
- 2. Perseverance & Resilience** - Students develop perseverance to complete a task despite challenges.
- 3. Teamwork** - Students develop the spirit of teamwork, co-operation, trust, and care for self & others and contribute effectively to group goals.
- 4. OE Skills** - Students develop the ability to apply Outdoor Education skills in authentic environment to lead a safe, rugged, active, and healthy lifestyle.
- 5. Nature Appreciation** - Students develop an interest in outdoor adventure and appreciation for nature.
- 6. Embrace PRSS's PRIZE values** (Pride, Responsibility, Integrity, Zeal and Empathy)

# Centre Layout







**Dormitories**









ACTIVITIES: KAYAKING





A large indoor climbing wall with a colorful mural of an underwater scene featuring various fish and coral. Two people are climbing the wall. In the foreground, a group of people wearing blue helmets and green shirts are sitting at red tables, watching the activity.

# ACTIVITIES: CHALLENGE ROPE COURSE







## ACTIVITIES: ARTIFICIAL CAVING

Participant will go through a gap test to determine whether they could proceed with the activity.





# ACTIVITIES: OUTDOOR COOKING







# ACTIVITIES:

## NAVIGATION CHALLENGE & FOREST TRAIL





### Sense of Place

- 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



ACTIVITIES: EXPEDITION/JOURNEY

(8 – 10 KM TREKKING ALONG EAST COAST PARK)





ACTIVITIES: NIGHT WALK





**ACTIVITIES: OUTDOOR LIVING  
BUILDING SHELTER / TENT PITCHING**







ACTIVITIES: REFLECTIONS & MINI-CAMPFIRE





AFFIRMATION: BEST CAMPER





MEALS - FULLY CATERED



# CAMP PROGRAMME DAY 1

Group Name	1. Todak	2. Tempua	3. Memerang	4. Tupai	5. Pipit	6. Penyu	7. Bayan	8. Pekaka	9. Biawak	10. Tuwu	11. Ketam	12. Helang	13. Murai	14. Tukang
OAE														
Teacher														
	DAY 1													
0845	Students' Briefing / Teachers and OAEs Meet and Greet													
0930	Initiation / Ice Breakers / Goal Setting / Campsite Familiarisation													
1000														
1100														
1200	Lunch (teachers-in-charge to take over)													
1300	High Elements (Abseil + CRC)	High Elements (Zipline + Rockwall)	High Elements (CRC + Zipline)	High Elements (Rockwall + Abseil)	Dry Paddle and Kayak Wave 1	Dry Paddle and Kayak Wave 2	Dry Paddle and Kayak Wave 3	Caving	Outdoor Cooking	Teambuilding	Expedition + Mobile Dinner	Expedition + Mobile Dinner	Expedition + Mobile Dinner	Expedition + Mobile Dinner
1400								Outdoor Cooking	Caving	Caving				
1500														
1600														
1700								Outdoor Cooking	Caving	Teambuilding				
1730	Dinner (teachers-in-charge to take over)													
1830	Residential Tent	Residential Tent	Residential Tent	Residential Tent	Residential Tent	Forest Trail	Caving	Dry Paddle	Forest Trail	Outdoor Cooking				
2000	Supper (teachers-in-charge to take over)							Shower (teachers-in-charge to take over)						
2030	Shower (teachers-in-charge to take over)							Supper (teachers-in-charge to take over)						
2115														
2200	Lights Off													

# CAMP PROGRAMME DAY 2

Group Name	1. Todak	2. Tempua	3. Memerang	4. Tupai	5. Pipit	6. Penyu	7. Bayan	8. Pekaka	9. Biawak	10. Tuwu	11. Ketam	12. Helang	13. Murai	14. Tukang
OAE														
Teacher														
2000	DAY 2													
0630	Lights On													
0745	Morning Check-in By OAEs													
0800	Breakfast (Teachers-in-charge to take over discipline of students)													
0900	Caving	Outdoor Cooking	Wayfinder	Outdoor Cooking	Expedition + Mobile Lunch	Expedition + Mobile Lunch	Expedition + Mobile Lunch	Kayak Wave 1	Dry Paddle and Kayak Wave 2	Dry Paddle and Kayak Wave 3	High Elements (Abseil + CRC)	High Elements (Zipline + Rockwall)	High Elements (CRC + Zipline)	High Elements (Rockwall + Abseil)
1000														
1100														
1200	Outdoor Cooking	Caving	Outdoor Cooking	Wayfinder				Lunch (teachers-in-charge to take over)	Lunch (teachers-in-charge to take over)					
1300														
1400														
1500	Expedition + Mobile Dinner	Expedition + Mobile Dinner	Expedition + Mobile Dinner + UTS	Expedition + Mobile Dinner + UTS	Forest Trail	Residential Tent	Residential Tent	Residential Tent	Residential Tent	Residential Tent	Caving	Forest Trail	Dry Paddle	Twilight @ Rooftop
1600														
1700														
1800														
1900														
1930	Dinner (teachers-in-charge to take over)													
2000	Shower (teachers-in-charge to take over)													
2030	Supper (teachers-in-charge to take over)													
2115	Shower (teachers-in-charge to take over)													
2200	Lights Off													

# CAMP PROGRAMME DAYS 3 & 4

Class																	
Group Name	1. Todak	2. Tempua	3. Memerang	4. Tupai	5. Pipit	6. Penyu	7. Bayan	8. Pekaka	9. Biawak	10. Tuwu	11. Ketam	12. Helang	13. Murai	14. Tukang			
OAE																	
Teacher																	
	DAY 3																
0630	Lights On																
0745	Morning Check-in By OAEs																
0800	Breakfast (Teachers-in-charge to take over discipline of students)																
0900	Can Or Knot	Can Or Knot	Dry Paddle and Kayak Wave 3	UTS (Retrieval)	Caving	Outdoor Cooking	Outdoor Cooking	Expedition + Mobile Lunch	Expedition + Mobile Lunch	Expedition + Mobile Lunch	Wayfinder	Outdoor Cooking	Kayak Wave 1	Dry Paddle and Kayak Wave 2			
1000	Dry Paddle	Wayfinder		Can Or Knot	Outdoor Cooking	Caving	Wayfinder				Outdoor Cooking	Wayfinder					
1100	Lunch (teachers-in-charge to take over)										Lunch (teachers-in-charge to take over)						
1200	Kayak Wave 1	Dry Paddle and Kayak Wave 2	Caving	Dry Paddle and Kayak Wave 3	High Elements (Abseil + CRC)	High Elements (Zipline + Rockwall)	High Elements (CRC + Zipline)				Can Or Knot	Caving	Can Or Knot	Wayfinder			
1300			Can Or Knot														
1400			Residential Tent					Residential Tent	Residential Tent	Residential Tent							
1500	Dinner (teachers-in-charge to take over)																
1600	Night lights																
1700	CRC	Assembly Area	Bus Drop Off	Abseil Wall	Kayak Shed	SSC	All Aboard	TP Shuffle	Flag Pole	OC Pit East	ACS	OC Pit West	Bamboo Grove	Zipline Trolley			
1800	Supper (teachers-in-charge to take over)							Shower (teachers-in-charge to take over)									
1900	Shower (teachers-in-charge to take over)							Supper (teachers-in-charge to take over)									
1930	Lights Off																
2000	DAY 4																
2030	Lights On																
2115	Morning Check-in By OAEs																
2200	Breakfast (Teachers-in-charge to take over discipline of students)																
	Dorm A	Washing Area	Dorm E	Dorm D	West Wing Toilet	Dorm B	OC Store	Dorm F	Kayak Shed	Dorm H	Dorm C	East Wing Toilet	Dorm G	Dining Hall			
0630	Consolidation																
0745	Boarding of Buses + Depart CCOALC																
0800																	
0900																	
1000																	
1100																	
1130																	

# SUGGESTED PACKING LIST

A. COMPULSORY ITEMS		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.	Raincoat / poncho / waterproof jacket with hood/ umbrella	1
6.	Cap / hat for sun protection	1
7.	Spectacles (spare) and spectacle band/hook (for use during water activities)	1
8.	Writing Materials (e.g., pen for reflection in the camp booklet if applicable)	
9.	Torchlight and spare batteries	
10.	Wet wipes/ toilet paper for personal use	
B. IMPORTANT ITEMS		
11.	School T-shirt (not including the set worn on the first day)	3
12.	Shorts (not including the set worn on the first day)	3
13.	Dark colored top + shorts / long pants for Kayaking	1 set
14.	Long pants (for caving, kayaking and low elements; strictly no jeans, running tights and baggy pants) Note: The school will be giving all students 1 x Track pants.	at least 1
15.	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
16.	Socks (not including the set worn on the first day)	3
17.	Undergarments (not including the set worn on the first day)	Sufficient for personal use
18.	Towel (washing of face & bathing)	1
19.	Personal medication (including inhalers and spare canisters)	
20.	Toiletries (i.e., soap, toothbrush, toothpaste, body powder, sanitary napkins (for ladies))	
21.	Sleeping bag / mat	1
22.	Ear plugs (for sleeping)	1 pair
C. ITEMS THAT ARE GOOD TO HAVE		
23.	Slippers (to be worn during bathing time)	1
24.	Sweater / jacket (for night)	1
25.	Resealable bags for waterproofing items in backpack	
26.	Plastic bags for dirty clothes	
27.	Sun protection e.g., long sleeved T-shirt, sunblock, lip balm, sunglasses	
28.	Insect repellent / plasters and ointment for insect bites	



# SOP for HIGH ELEMENTS: MUST wear a tubular headgear



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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 .

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



# Camp peripherals provided by the school



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1 Buff



1 Pair of Track Pants





# Meals



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1. Halal-Certified Caterer
2. All food – No Beef, No Seafood (Shellfish), No Nuts
3. Snacks may be provided if required
4. Breakfast not provided on 15 July (day 1)

\*To highlight to Home Teachers if child have prescribed Epi- Pen and have been diagnosed with known food allergy

# Emergency



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1. In Case of any Family Emergency:  
To contact the School's General Office: [6501 0800](tel:65010800)  
After office hour (after 5.30pm) contact no:  
Mr Amir (HOD PE&CCA): [6501 0857 \(WhatsApp call only\)](tel:65010857)  
Mr Vincent Yew (PE Teacher): [6501 9168 \(WhatsApp call only\)](tel:65019168)
2. In Case of Injury/Emergency at the Camp: Teachers will contact parents/guardians directly.
2. First Aid and assessment will be done on-site to determine severity of the injury before evacuating to nearest clinic or Hospital (KK Hospital).
2. Camp activities Approach – “Challenge By Choice” based on student's readiness level.
2. In outdoor adventure camp setting – “No news is good news”



# Q&A



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## 1. Contact With Child

- Recommends that **they do not bring their phone**
- Enhanced social interaction

We hope that our students can engage directly with each other, fostering face-to-face communication, teamwork, and building stronger relationships.

- Promote a Tech-free environment

Many of our students are spending a large amount of time on their phones. The camp will provide a break from screens, promoting outdoor activities, creativity, and physical exercise.

- Being more present and mindful, appreciating their surroundings and the experiences they are having.

# Q&A



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## 2. Safety Concerns

- For all activities, RAMS have been done to ensure safety of the child. HQ has also reviewed all processes regarding height activities before allowing the resumption of height base activities

## 3. Will there be water heaters at the shower area?

- There is no provision of water heater at the campsite. We would like to provide the students with an authentic outdoor experience.