

HOUGANG PRIMARY SCHOOL
2008 P5 CAMP @ PULAU UBIN FAQs

CAMP DETAILS

Q: When will the camp be held?

A: The camp will be held from 26th March (Wed) to 28th March (Fri) 2008.

Q: Is this the first time the School is organising the P5 Camp?

A: No, P5 Camp is an annual event in the school calendar as the school strongly believes that a child will benefit a lot from the Outdoor Adventure Education Programme and the camping experience. It is also a practice for all primary schools to conduct level camps for the P4 or P5 pupils.

Q: Where is the Campsite located?

A: The campsite is located at Marina Country Club (MCC) Ubin Resort which is previously known as Ubin Lagoon Resort. It is located in the western part of Pulau Ubin, adjacent to Pulau Ketam (refer to attached map on page 2). It has facilities aimed at team-building and corporate retreats. The MCC Ubin Resort is also equipped with abseiling, flying fox and rock climbing facilities.

Q: Why was Pulau Ubin chosen and not any campsite on the mainland?

A: Pulau Ubin is chosen for its rustic façade and the natural back to basics it offers. In essence, it is the last 'kampung' (village) in Singapore. A stroll through Ubin takes you back to Singapore in the 1960's with the simpler pleasures of life. The slow lane starts as soon as you join the queue for the bumboat at Changi Point or Punggol Marina. As you arrive, all cares are left behind. Ubin is a great day trip spent walking or pedalling through rustic roads under swaying coconut palms, exploring shady trails in overgrown rubber plantations, checking out secluded beaches and flourishing mangroves. On Ubin, the air is fresher and sights and sounds so soothing to the soul.

The environment provides great opportunities for educational purposes, some of which are as follows:

- 1) The back to the 1960's Singapore's setting will help pupils be aware of the how far Singapore has progressed, evolved and achieved.
- 2) The outdoor setting is a good environment for the consolidation of the 10 weeks of Outdoor Adventure Education offered to all P3 to P6 pupils. Pupils will be given the opportunities to apply the skills learnt, consolidate and transfer them into a different environment and to other aspects of their life. As Singapore's only natural resource is its people and with the continued population growth, in years to come, jobs will become very competitive in Singapore and there will be better job opportunities outside the country (eg. China and India). The qualities of resilience and willingness to venture to new frontiers but remain rooted to Singapore, cultivated by the school through the OAE programmes will give our pupils an edge over their peers and they will be in better demand in years to come.
- 3) The resources available in P.Ubin enable the School to apply the "teach less and learn more" principle. There are numerous opportunities for the integration of programmes. As such, the school is able to combine and collapse programmes e.g the P5 Reforestation and Community Involvement Programmes (CIP) into the camp. This will save time, manpower and costs and will benefit the pupils and the school.
- 4) Pupils will also be able to apply the "Minimal Impact" principle and to better understand the need to be proactive in environmental conservation for the betterment of the world.
- 5) Opposite the Resort is a patch of land which has been replanted with endangered native trees, a good location to expose pupils to the protection of endangered plant species and increasing the number of plants by replanting to prevent extinction.

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Q: Does the location of the campsite, which is on an offshore island make it unsafe for security reasons?

A: No, though the campsite is on an offshore island, it is naturally and artificially well protected (refer to the Map on page 2). The southern part of the island is naturally protected and well sheltered by mainland Singapore and the northern part is naturally protected and well sheltered by Malaysia. Due to this attribute, you can find shipping channels and ports along the stretch of waterway along the Johore Straits and Serangoon Harbour. There are fishing farms and a high level of fishing activities in these areas. To prevent illegal entry/exit into/out of Pulau Ubin, fences are erected in the northern part of the island along the coastline adjacent to Malaysia. The Security along the coastlines are well protected. Along the Serangoon Harbour, there is a Police Coast Guard Security Post at the end of Punggol Point and a Police Coast Guard Base at Loyang, where assistance can be rendered within minutes. Since the waterway is the entry into Sembawang Port and Pasir Gudang Port, the area is also well patrolled by the Police Coast Guard boats and the Maritime Port Authority (MPA) boats. On the island, there is a Police Post and the National Parks Board Headquarters. The policemen and park rangers patrols the island regularly. The island is also active with hiking, cycling, camping, fishing, bird watching and nature watch activities as it is a famous escapade from the hustle and bustle of the Singapore city life. Its natural and rustic charm draws about 300,000 visitors each year. To the north of the island is the National Police Cadet Corps (NPCC) Campsite covering an area of 26 hectare and to the west of the island, covering about one-third of the island (257 hectare) is Outward Bound Singapore (OBS).

CAMP ADMINISTRATION

Q: When is the last date for submission of P5 Camp Registration Form, Edusave Form and payment?

A: We would appreciate it if the submission of documents and payment be made earliest possible to the form teachers. If you have any difficulties or concerns, do inform the form teacher. They would be glad to assist you.

Q: Can I submit the form if I do not know my blood group?

A: Yes, you can.

Q: What is the cost of the camp and will the school subsidise the cost?

A: The cost of the camp is \$123.05 per pupil. The school will provide subsidy based on the following matrix:

| Situation | Subsidy from school | Pupil's Edusave |
|--|--|------------------------|
| 1. Pupils with parents having combined income of less than \$4000. | \$98 (Please attach pay slips with Edusave Form) | \$25.05 |
| 2. Pupils with parents having combined income of more than \$4000. | \$60 | \$63.05 |

Pupils who do not have sufficient account or are not eligible for the Edusave, will be required to pay \$25.05(Situation 1) or \$63.05(Situation 2) by cash or cheque, addressed to Hougang Primary School. However, a nominal fee of \$123.05 will be charged if your child / ward is absent from the camp without a valid reason.

Pupils with parents having a combined income of less than \$4000 will be given a subsidy of close to 80% of the actual cost. In order to receive the subsidy, pupils must present to their teachers the documents requested in the earlier letter to parents.

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SAFETY & RISK ASSESSMENTS

Q: What are the safety precautions the school takes into consideration?

A: The safety and welfare of our pupils are our topmost priority. Prior to the conduct of the camp, our trained Outdoor Adventure Education (OAE) Specialists conduct a feasibility study into details of the activities based on the MOE Risk Assessment Management System (RAMS) as we strive for a zero accident of serious nature. The OAE Specialists cover all the aspects required in the recommended MOE 'W' Checklist, which includes weather inclement and contingencies. Appropriate land and sea reconnaissance were conducted. The activities are carefully planned, tested and assessed accordingly. Prior to the camp, pupils would have undergone some Outdoor Adventure Education modules during their PE lessons in P4s and some in P5s. Some of the pupils would also have taken part in overseas expeditions to Mount Brinchang or Scotch College Exchange Programmes in Perth, Australia. Through these activities, pupils were taught outdoor skills, safety procedures and how to manage risks in the outdoor environment. Equipped with these skills, they would be able to participate in the camp in a safe, enjoyable and constructive manner.

Q: Is the vendor conducting the camp reliable?

A: Yes, the school has engaged an established company, Camelot Singapore to run the camp. The company is one of the appointed Operator for the MOE Adventure Centre, as such, their operating procedures meet the rigorous standard and scrutiny of the MOE Outdoor Specialists. The company has been running camps for many years involving many Corporate organisations, JCs, Secondary and Primary schools. Their expertise also includes organising overseas programmes to Malaysia, Riau Islands of Indonesia, Thailand and China. The professionals in the company looked into the risk assessments & safety precautions of the activities. Our school teachers will also supervise the running of the activities to ensure that safety is not compromised.

WATER ACTIVITIES

Q: Are there any water-based activities? If so, are they safe?

A: Yes, there are water-based activities consisting of kayaking and rafting. All participants will don a buoyancy vest. Life buoys/rings and safety throw lines are also made available. Activity Instructors will be on kayaks to ensure that participants' safety are well taken care of. There will also be Safety/Rescue Boats on patrol to assist participants should the need arises.

Q: Is this the first time the School is organising a water-based activity?

A: No, as a building block, the school introduced a compulsory 'Learn to Swim' Programme for all its P4 pupils. Beginning 2005, the compulsory 'Learn to Swim' Programme was introduced at P2, as the school strongly believes that the pupils will benefit better from early exposure to swimming. The school also introduced snorkelling lessons to its P3 pupils beginning 2006, as a follow up to their 'Learn to Swim' Programme. The school is also the pioneer for primary schools to embark on the Singapore Canoe Federation National Junior Kayaking Programme, which started in year 2004. P5 pupils undergo Kayaking Orientation Programme and P6 pupils embark on Self-Contained Kayaking Expeditions. Our pupils are also exposed to dragon boating, whitewater rafting and scuba diving activities.

Q: Are the P5 pupils ready for the kayaking activities?

A: Yes, as a building block to water activities, almost all pupils would have undergone the Basic Swimming modules during their PE lessons. Some of the pupils would have also been involved in the school's snorkelling, scuba diving, dragon boating and kayaking activities.

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Q: Why is kayaking included in the programme?

A: The Kayaking Orientation Programme (KOP) is a building block for the P6 Kayaking Expedition. After the PSLE, all P6 pupils are required to undergo a **Self-Contained Overnight Kayaking Expedition** in open water to apply all the skills they have learnt in their OAE modules in a different situation and environment (the expedition). During the duration of the expedition, they are required to be self-contained and pupils camp in the open using tents and do their own outdoor cooking.

Q: Must my child/ward be proficient in swimming to participate in kayaking?

A: The ability to swim will be an asset in the kayaking but pupils need not be proficient in swimming. In kayaking, pupils will be in their kayaks 99% of the time. The only time pupils are out of the kayaks is when they launch or recover the kayaks or when a capsizes occurs. In an event of a capsizes, pupils will be required to stay with their kayaks and wait for help to arrive. The buoyancy vest will help them stay afloat without much effort.

Q: Where could I go to look for more information about kayaking?

A: You could go to the following websites:

- PA Sea Sports Club – www.seasports.org.sg/
- Singapore Canoe Federation – www.scf.org.sg/

Q: Why is rafting included in the programme?

A: Rafting is a good problem solving and team work activity and pupils can put to use the knotting skills they have learnt during their P4 Outdoor Adventure Education Modules held during the PE lessons. The environment will also challenge the pupils further.

Q: Are proper equipment available for the water-based activity?

A: Yes, pupils will use equipment based on the approved standards of the National Governing Bodies.

Q: Are the equipment of approved standards and are checked for usability?

A: Yes, the equipment are of approved standards. The Staff of Camelot and trainers checked the equipment for usability. Pupils will also be taught how to perform self-check and buddy-check to ensure that the equipment they are using are of acceptable safety standard and in good working order.

Q: Will the pupils be paddling very far away from the shore?

A: No, for kayaking, they will be paddling close to the shore and for rafting, they will be paddling along the coastline.

Q: Have tide-tables been checked for the appropriate time for the conduct of the water-based activities?

A: Yes, the school OAE Specialists together with the Camelot person in-charge have consulted the 2008 Singapore Tide Tables pertaining to the area of operations. They have factored in the tidal conditions, strength and direction of the currents and will maximise the use to the advantage of the group.

Q: Have provisions been made for safety/rescue boats to cover the group during the kayaking/rafting activities?

A: Yes, during the conduct of these activities, safety/rescue boats will cover safety and to provide any form of logistical support needed.

Q: Are there any first-aid trained personnel during the conduct of the water-based

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activities?

A: Yes, all kayaking trainers are first-aid and Cardio Pulmonary Resuscitation (CPR) certified. There will also be some Life Guard (Bronze Medallion) trained personnel available.

WEATHER

Q: Has the weather forecast been checked?

A: Camelot person in-charge (Camp Chief) will monitor the weather forecast for the respective days and will make the necessary planning to maximise the efficiency in the execution of the camp.

Q: Are procedures in place to manage the group in inclement weather?

A: Yes, the Activity Instructors are trained and well versed to deal with and manage the group in inclement weather.

Q: Has a “Wet Weather Programme” been planned for?

A: Yes, there is a “Wet Weather Programme” in place.

Q: Have precautions been planned for the possibilities of lightning and storm?

A: Yes, in case of lightning and storm, Activity Instructors will make the judgment call based on the situations / scenarios and the location of the group and take shelter at the appropriate alternative shelters.

EMERGENCY

Q: Who do I call in case of an emergency situation, when I need to reach my child soonest possible?

A: You could call Syaiful at 9012 6947 or call Hougang Primary School General Office at 6489 7445. Please identify yourself, your child’s name and class. Then inform the staff the state of emergency. The staff will then call the Camp Commandant who will contact you soonest possible.

It would be appreciated if you do not call the above emergency numbers just to check on how your child is doing as the lines are for emergency situations only. Do take note that your child is in the good hands of the trained instructors and caring teachers.

Q: Is there any medical team on standby throughout the 3 days?

A: Yes, there will be medic on 24hrs standby throughout the 3 days duration. There will also be 24hrs Standby Vehicles and Safety Boats for emergency evacuation purposes.

Q: Have emergency evacuation plans been developed?

A: Yes, the school has made the necessary discussions with the vendor, Camelot pertaining to the various possible emergency evacuation scenarios on land and on the water. We will be adopting the company’s Standard Operating Procedures pertaining to any emergency evacuations.

MEALS

Q: Will meals be provided?

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A: Yes, MOE certified licensed Caterer, approved by the Ministry of Environment will be preparing all the meals (Breakfast, lunch, dinner and supper). Main meals comprise of 1 meat dish, 1 side dish, 1 vegetables dish, rice, fruits and syrup drinks. Care has been taken to ensure that pupils are provided with a **balanced diet**.

Q: Are the food suitable for Muslim, Buddhist and Hindu consumption?

A: **No Beef, Pork or lard** will be served during the duration of the camp. Muslims will be served with **Halal** food.

Q: Will there be vegetarian food?

A: Yes, but pupils who require special diets are to inform their form teachers pertaining to their needs and parents/guardians are to indicate them in the P5 Camp Registration Form. The school will then inform the Camp Organisers to prepare the food as required by the specific pupils.

TEACHERS/TRAINERS

Q: Are there teachers accompanying the pupils throughout the 3 days?

A: Yes, there are at least 12 teachers accompanying the pupils and apart from these teachers, there will be at least another 20 qualified activity instructors running the daily activities.

Q: Will the Teachers be involved in all the activities together with the pupils?

A: It is not compulsory for teachers to take part in the activities but we have made provisions with the Adventure Operator to allow them if they are interested in the activities. The primary roles of the teachers will be supervisory in nature.

Q: Are the instructors trained and certified?

A: The instructors are all professionally trained and certified to conduct the activities. The activity instructors are certified by the necessary National Sports Associations (NSAs) or by MOE CCA Branch Outdoor Education Specialists. They are trained to react to special circumstances. In addition, activities instructors carry along with them **walkie-talkies** for better communication.

Q: Can the Camp Staff be easily identified?

A: Yes, all camp staff can be easily identified by their uniform.

Q: What is the ratio of instructor to participant?

A: The instructor to participant **ratio is at least 1 to 20**.

Q: Will the instructors force the pupils to perform tasks which they are afraid of?

A: No, the school believe in the philosophy of, "Challenge By Choice". The school has given specific instructions to the Camp Operator regarding this issue. The instructors will only encourage pupils to perform the specified task but will not force them into performing the task if the child is not comfortable doing them.

ACCOMMODATION

Q: Where will the pupils be sleeping?

A: All pupils will be sleeping in 4-men tents.

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Q: Will pupils of the opposite sex be sleeping together?

A: No, all members of the opposite sex are not allowed to enter the opposite gender's accommodations at all times.

PARTICIPANTS / PARENTS / GUARDIANS

Q: Will there be a briefing for all the pupils prior to the camp?

A: There will be a **Pre-Camp Briefing** to prepare pupils for the camp. It will be held on **Thursday, 20 March 2008, at 1.00pm – 2.00pm** in the **School Hall**. Pupils will be given more details pertaining to the camp. During the P5 Camp Briefing by the Camp Organiser, your child /ward would be given an opportunity to know more about the camp and to clarify any queries. They will also be given the **Camp Guide**. The contents will assist your child / ward to be better prepared for the camp. A list of **Things to Bring** and the **Camp Rules** will be given. They will be made aware of the expectations of their participation and performance. They will also be issued the packing list and will be advised on how to go about doing their packing. At the end of the briefing, there will be a Q & A session.

Q: Will pupils be required to do any medical screening prior to the camp?

A: They have to fill in the medical declarations in the P5 Camp Registration Form. They do not need to attend any medical screening unless they have medical history/conditions that will not allow them to participate in the camp/activities. If the medical history/conditions do not allow them to participate in the camp/activities, they will be required to get a doctor to certify them as **unfit** for the camp. Please get the doctor to list the reasons, sign and stamp the form for documentation purposes.

Q: Are the pupils insured?

A: Yes, all pupils are insured under the NTUC Income Student Protection Plan. Camelot will also provide Insurance Coverage and Public Liability of up to \$1,000,000.00.

Q: Will there be any place for the Muslim pupils to perform their prayers?

A: Yes, they will be informed of the location of the room and the direction of the 'Kiblat' at the campsite. Groundsheets will be provided. They will be required to bring the other items necessary for their prayers.

ELECTRONIC GADGETS, GAMES & CASH

Q: Are the pupils allowed to bring handphones?

A: Yes, but we would deter pupils from doing so to minimise theft. Pupils who bring their handphones will be required to hand over their handphones to their teachers on the first day of camp for safe keeping. Their handphones will be returned to them on the last day of the camp (before breaking camp).

Q: If pupils are not allowed to bring handphones, what will happen in emergency situations?

A: If an emergency situation arises and a child needs to call their family member, the child is to inform the activity instructor or teacher and explain the situation. The activity instructor or teacher will then assist accordingly.

Q: Do the pupils need to bring along extra cash?

A: All meals will be provided for and there is no gift/provision shop in the campsite, hence they will not require any cash during the camp period. Form teachers will also

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be collecting their wallets together with the handphones on the first day of camp. These valuables will be returned to them on the last day of the camp (before breaking camp).

Q: Are electronics games allowed?

A: No, this is to minimise theft. Pupils who bring electronic games will be required to hand them over to the teachers for safekeeping. The electronic games will be returned to the pupils at the end of the camp.

Q: Are other games allowed?

A: No, they will make logistical support difficult. Furthermore, pupils will be very occupied with the camp activities that they have little time to idle.

CAMPSITE VISITATION

Q: Are parents/guardians allowed to visit their child/ward?

A: Camping provides young people with the opportunity to participate in a series of experiences, which develop their personal, social and environmental awareness. The experience of living away from home for a short time is especially significant for them, and there is great potential for contribution to the development of the whole child. The away from home, school and parents/guardians experience offers a unique opportunity through full participation, to encounter the practical realities of living away from home and family, and away from immediate and familiar surroundings. Correctly handled, the camp is an extremely valuable experience. It also will cultivate in an individual willingness to venture into unknown territories/frontiers. Hence, we would advise parents/guardians not to visit their child/ward to facilitate the above learning experiences to take place. Immediately after the camp, their child/ward would show significant increase appreciation towards their family members.

Q: Can parents/guardians call to check on their child/ward?

A: To facilitate the learning experience as in the above, we would deter parents/guardians from making any calls to the child/ward. Pupils will be well taken care of by the instructors and teachers. If there is any slightest sign that a child is unwell, the instructors and teachers will speak to the child and monitor the child closely. If the child needs immediate medical attention, parents/guardians will be informed and the child will be sent immediately to the nearest clinic or Changi General Hospital.

PROGRAMME

Q: What is the Camp Programme like?

A: The Camp Programme is as follows:

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PROGRAM MATRIX

| DAY 1 26th Mar 2008 (Wed) | Group 1 – 6 | Group 7 – 12 | Group 13 - 18 | Group 18- 22 |
|---|---|------------------------------------|---|---------------------|
| 0700 hrs to 0730 hrs | Pupils to report to school as usual for Morning Assembly | | | |
| 0730 hrs to 0830 hrs | Depart for Pongol Marina | | Depart for Changi Point | |
| 0830 hrs to 1000 hrs | Pongol Marina (ferry ride) → Marina Country Club Resort P. Ubin (MCC) | | Changi Jetty (ferry ride) → P.Ubin Jetty → Marina Country Club Resort P. Ubin (MCC) | |
| 1000 hrs to 1100 hrs | Group Briefing, Campsite Orientation & Tent Pitching | | | |
| 1100 hrs to 1145 hrs | Cheers Preparation | | | |
| 1145 hrs to 1200 hrs | Briefing by Camp Chief (Camelot) | | | |
| 1200 hrs to 1300 hrs | Lunch | | | |
| 1300 hrs to 1400 hrs | Orienteering Techniques | | Orienteering Techniques | |
| 1400 hrs to 1600 hrs | Kayaking Orientation Program (KOP) | Improvised Rafting | Problem Solving | Backwoods Cooking |
| 1600 hrs to 1800 hrs | Improvised Rafting | Kayaking Orientation Program (KOP) | Backwoods Cooking | Problem Solving |
| 1800 hrs to 1900 hrs | Dinner | | | |
| 1900 hrs to 2000 hrs | Campfire Preparation | | | |
| 2000 hrs to 2100 hrs | Night Hike | | | |
| 2100 hrs to 2200 hrs | Wash up | | | |
| 2200 hrs to 2230 hrs | Supper and Debrief | | | |
| 2300 hrs | Lights Out | | | |

| DAY 2 27th Mar 2008 (Thu) | Group 1 – 6 | Group 7 – 12 | Group 13 - 18 | Group 18- 22 |
|---|--------------------|---------------------|----------------------|---------------------|
|---|--------------------|---------------------|----------------------|---------------------|

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|----------------------|---|-------------------|------------------------------------|------------------------------------|
| 0615 hrs | Rise & Shine | | | |
| 0645 hrs to 0715 hrs | Morning Exercise | | | |
| 0715 hrs to 0800 hrs | Breakfast | | | |
| 0800 hrs to 0900 hrs | Area Cleaning and Preparation for Island Orienteering | | | |
| 0900 hrs to 1200 hrs | Island Orienteering | | Island Orienteering | |
| 1200 hrs to 1300 hrs | Lunch | | | |
| 1300 hrs to 1500 hrs | Problem Solving | Backwoods Cooking | Kayaking Orientation Program (KOP) | Improvised Rafting |
| 1500 hrs to 1700 hrs | Backwoods Cooking | Problem Solving | Improvised Rafting | Kayaking Orientation Program (KOP) |
| 1700 hrs to 1800 hrs | Campfire Preparation | | | |
| 1800 hrs to 1900 hrs | Dinner | | | |
| 1900 hrs to 2100 hrs | Campfire | | | |
| 2100 hrs to 2200 hrs | Wash up | | | |
| 2200 hrs to 2230 hrs | Supper & Debrief | | | |
| 2300 hrs | Lights Out | | | |

| | | | | |
|--------------|--------------------|---------------------|----------------------|---------------------|
| DAY 3 | Group 1 – 6 | Group 7 – 12 | Group 13 - 18 | Group 18- 22 |
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|----------------------|--|--|
| 0615 hrs | Rise & Shine | |
| 0645 hrs to 0730 hrs | Breakfast | |
| 0730 hrs to 0900 hrs | Strike Tent, Return Stores & Area Cleaning | |
| 0900 hrs to 1130 hrs | CIP (location to be set after clearance from NParks) | CIP (location to be set after clearance from NParks – Near P.Ubin Jetty) |
| 1130 hrs to 1200 hrs | Camp Evaluation & Debrief | |
| 1200 hrs to 1300 hrs | Lunch | |
| 1300 hrs to 1400 hrs | Boat Ride back to Mainland from P.Ubin Jetty | Boat Ride Back to Mainland from Marina Country Club Resort (MCC) |
| 1400 hrs to 1500 hrs | Bus Ride back to School | |
| | Home Sweet Home | |