



# **Secondary Three Adventure Camp 2018**

**Briefing Session  
09 January 2018**

**Mr Neelan Ganesan**

HOD PE/CCA



# Objectives

- foster teambuilding skills and bonding skills
- expose students to the elements and challenge of the outdoors



# Details of Adventure Camp

- **Adventure camp:** 15 – 17 January 2017 (Monday – Wednesday)
- **Venue:** NPCC Camp Resilience, 80 Jalan Noordin, Pulau Ubin
- **Reporting time:** 7.20 am (on 15 January 2018) at school
- **Dismissal time:** 3.00 pm (on 17 January 2018) from school



# Accompanying Teachers

- Mr Neelan
- Mr Gideon Luo
- Mr See Woon Loon
- 3A1: Mr Stephen Lim and Ms Tan Nurhafizah
- 3A2: Mrs Tan Meow Choon
- 3A3: Mrs Candy Chua
- 3A4: Ms Johara and Mdm Karen Kim
- 3A5: Mdm Jamilah and Ms Wang Wei
- Mr Mustafa, Mr Arriv, Mr Tay, Mr Seth Koh



# 3D2N Programme Outline

Mon, 15 Jan	Tues, 16 Jan	Wed, 17 Jan
7.20am: Report to school	Rise & Shine	Rise & Shine Teambuilding Run
	<b>BREAKFAST</b>	
Opening & Objective Setting Travel to “ <b>Camp Resilience</b> ” Pitch Tents & Orientation	<u>Adventure</u> Low Elements, Rock Wall, Challenge Ropes, Zipline, Jetty Jump	Strike Tents, Packing Up & Area Cleaning
<b>LUNCH</b>		
Campsite Safety Briefing  Amazing Race  Campfire Preparation	<u>Adventure</u> Low Elements, Rock Wall, Challenge Ropes, Zipline, Jetty Jump  Campfire Preparation	Debrief & Closing Travel back to Broadrick Secondary  <b>3.00pm: Dismissal from School</b>  (ALL students are expected to report to school on Thu, 18 Jan for regular lessons.)
<b>DINNER</b>		
Showers, Supper, Debrief <b>Lights Out</b>	Campfire Showers, Supper, Debrief <b>Lights Out</b>	



# Packing List

No	Items to bring along (as a guideline only)	Qty	Tick
1	PE t-shirt	2	
2	Long sleeve T-shirt	1	
3	Shorts/ Pants	3	
4	Wet Attire (Dark Colored T-Shirt & Shorts)	1	
5	Undergarments	3 sets	
6	Track pants / Long pants (compulsory)	1	
7	Shoes (Running or Track Shoes recommended)	2	
8	Socks (Recommended 1 pair per day)	3	
9	Slipper or Sandals	1	
10	Toothbrush & toothpaste	1	
11	Towel - Bathing	1	
12	Soap & Shampoo	1 set	
13	Cutleries (Plate, Fork, Spoon & Mug)	1 Set	
14	Tissue paper	1 set	
15	Plastic bags (for storing wet clothing or dirty cloths)	3	
16	Insect repellent	1	
17	Sleeping Bag	1	
18	Own medication (such as panadol, medicated oil, eye drop, asthma inhaler etc ) (Please let us know if pupil is bringing any medication. Accompanying letter from doctor is advisable)	1	
19	Water bottle (Compulsory) 1.5L	1	
20	Pens (1 blue and 1 black)	1	



# Special Note

- All activities are conducted by trained facilitators from Touch Community Services and Instructors of the SPF and NPCC
- Teachers will accompany students throughout the camp
- Some activities may be modified in the event of bad weather



# Do's and Don'ts

- Do be alert and follow all instructions given by the teachers and the instructors
- Do inform the teachers when you are unwell
- Do take care of your buddy
  
- Do not leave the group without informing the teachers (even if you are going to the toilet)
- Do not bring valuable items





# Special Note

Your child's **health** and **safety** is our concern

Students who are uncomfortable about any activity  
may opt not to participate



# Emergency Contact Numbers

**School (Office Hours)**

**63445025**

**Mr Neelan**

**84015077**



**Thank You**