



# Primary 5 3-Day Outdoor Residential Camp 2025

Parents' Briefing  
(5G, 5H, 5I, 5J, 5K, 5L)

20 February 2025

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# 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

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## 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.





# Dates & Venues

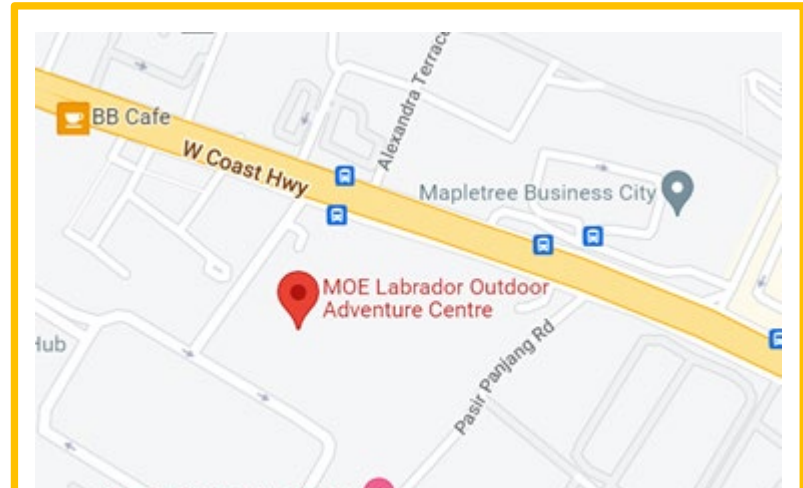


## Group 2: 5G, 5H, 5I, 5J, 5K, 5L

Date	Time	Activities	Venue
13 Mar 2025 (Thu) [T1W10]	0715 – 2230	<ul style="list-style-type: none"> <li>▪ Low Element</li> <li>▪ High Element</li> <li>▪ Rock Climbing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Labrador Outdoor Adventure Learning Centre (MOE LOALC)</li> <li>▪ Singapore Botanic Gardens</li> </ul>
14 Mar 2025 (Fri)	0715 – 2230	<ul style="list-style-type: none"> <li>▪ Tent Pitching</li> <li>▪ Outdoor Cooking</li> <li>▪ Nature Walk</li> </ul>	
15 Mar 2025 (Sat)	0715 – 1230	<ul style="list-style-type: none"> <li>▪ Reflections</li> <li>▪ Camp Fire</li> </ul>	

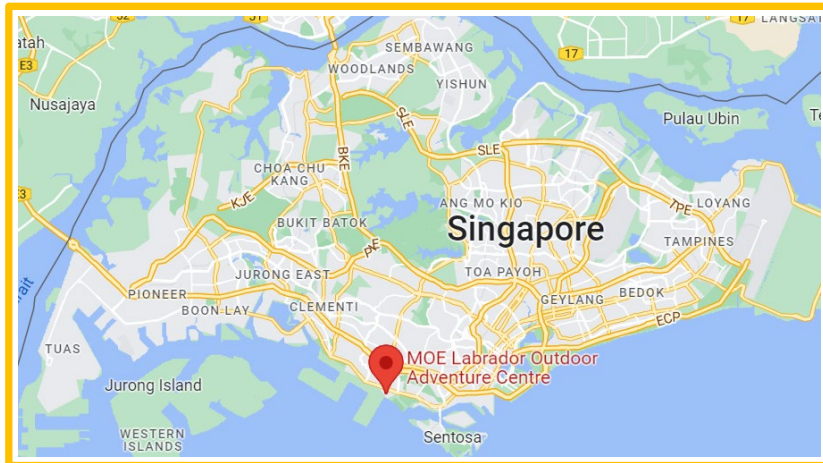


# Labrador Outdoor Adventure Learning Centre (MOE LOALC)



45 Pasir Panjang Road, S(118505)

Owned and maintained by MOE





# Camp Programme

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# Camp Programme – Day 1 @ MOE LOALC – 13 Mar (5G – 5L)

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 Nature Walk		High Challenge Course (upper & lower tier)	Rockwall / Abseil	Tent Pitching	Outdoor Cooking
1530 – 1545	Afternoon Tea Break					
1545 – 1745	Hike @ Botanic Nature Walk		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					

The camp schedule is subject to change due to unforeseen circumstances, including but not limited to weather conditions or logistical adjustments.

# Camp Programme – Day 2 @ MOE LOALC – 14 Mar (5G – 5L)

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	Nature Walk		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	Nature Walk	
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 – 15 Mar (5G – 5L)

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



# Camp Activities

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## Camp Activities

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





# Low Walls

MOE LOALC



# Nitro Crossing



MOE JBOALC



## Rock Wall



## Abseiling





# High Challenge Course





# Team Building Activities





# Outdoor Cooking



# Student Dormitories



Act as insulation



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



# Meals





## Meals

- All meals will be served in Bento-set formats.
- Choice of Non-vegetarian or Vegetarian meals.
- Snack breaks will be provided.



\*images are for illustration purposes only

## Meal Etiquette & Expectations

- Wash hands before and after meals.
- Finish your food to avoid wastage.
- Stack empty trays at bin area.
- Clean up after yourself.



# Transport Arrangements

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## Transport Arrangements

- Transport will be provided for students to and from the external camp venues.
- All bags must be stored in the bus's luggage compartment.
- Passengers are required to remain seated with their seatbelts fastened at all times.





# Good Hygiene Habits

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## Good Hygiene Practices

1. Trim your nails before the trip.
2. Wash hands with soap before and after each activity.
3. Avoid sharing personal belongings.
4. Wear buffs before wearing helmets.
5. Dispose your waste responsibly.





# Reporting for Camp

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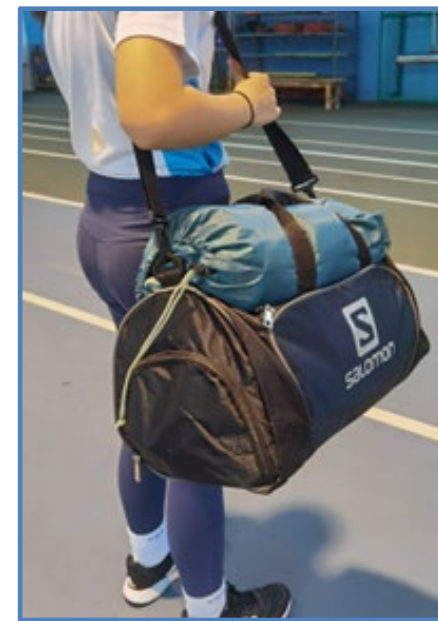
## Group 2: 5G – 5L

**Date** 13 Mar 2025 (Thu) - T1W10

**Time** By 7.15 a.m.

**Venue** Foyer A

- Attire**
- PE T-shirt and long pants
  - School shoes/sports shoes
  - No jewellery are allowed





# Dismissal Arrangements

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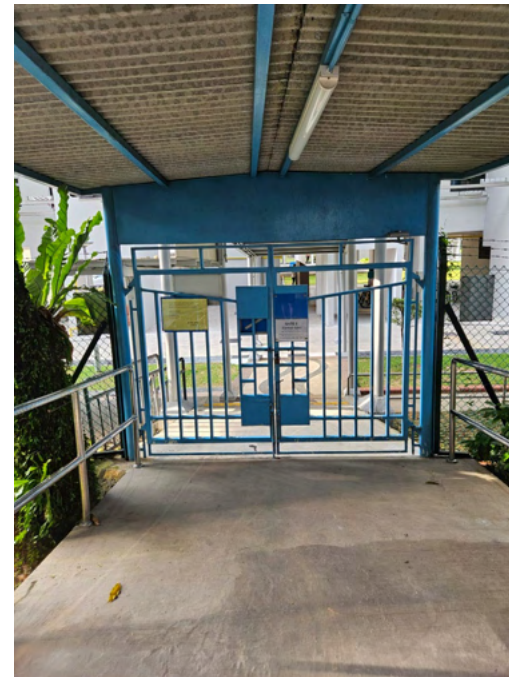
# Dismissal Arrangements for Group 2 (5G – 5L)

Date	Dismissal Timing	Dismissal School Gates
15 Mar 2025 Saturday	12.30 p.m.	<ul style="list-style-type: none"><li>• Gate 2 (Security Post)</li><li>• Gate 5 (Canteen)</li></ul>

Parents have to park their cars at nearby carparks.



**Gate 2**



**Gate 5**



# Packing List

(MOE LOALC)

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## Packing List

ITEMS	QUANTITY
PE T-shirts, shorts and long pants (no jeans)	2 - 3
Socks	2
Undergarments	3
Pyjamas	1
Home clothes (for sleeping)	2
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
Day Pack	1
Water bottle (at least 750 ml)	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 (5G – 5L)

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## Packing List (Nature Walk)

ITEMS	QUANTITY
Day Pack	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

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In case of **EMERGENCY**, call  
the school handphone @  
**98304027.**

## Remind your child/ward:

- ❑ **NOT** to bring valuables to the camp.
- ❑ Remove all jewelleries.
- ❑ Pack their bags personally.
- ❑ Label ALL items clearly.
- ❑ Take note of **Reporting Time, Venue, Attire**

## To-do-lists:

- ❑ Acknowledge PG
- ❑ Submit Student Information Form



# FAQs

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## FAQs

1. 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 heigh-based activities to oversee the 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

2. Will any activities possibly involve being in water?

No.

3. Any wet weather plans?

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

4. Why does my child need to remove earrings or any form of jewellery?

For safety reasons, jewellery can pose a risk of injury during high-element activities such as rock wall climbing or abseiling. Items like earrings, necklaces, and rings may get caught on equipment or surfaces, increasing the chance of accidents. To ensure a safe experience, all jewellery should be removed before participating in these activities.