



YUAN CHING SECONDARY SCHOOL

耘青中学

103, Yuan Ching Road, Singapore 618654. Telephone: 62612489 Fax: 62616275
Email: ycss@moe.edu.sg School Website: <http://www.yuanchingsec.moe.edu.sg>

2020 MOE-OBS CHALLENGE PROGRAMME

IMPORTANT NOTE

An Outward Bound Course is an outdoor experiential learning experience. Outdoor adventure learning is important to develop youths who are confident about taking on challenges that push their limits, resilient and able to work closely together. OBS Courses facilitate self-discovery, social awareness, confidence, team communication skills and responsible decision-making. Just as importantly, they advocate responsibility for the environment and inspire participants to play a role in the community after an OBS Course.

The participants will be exposed to physical, mental, social and emotional challenges that are intended to build physical ruggedness and mental resilience. The experience is set in a rugged, outdoor environment, and may comprise land-and/or sea-based component(s). These may include, but not limited to, kayaking/sailing in the sea, trekking with load on uneven terrain, traversing at heights on high rope courses which require use of limbs to climb, travelling at a distance with bicycles, kick-bikes which require balancing and coordination skills, and camping outdoors in tents. These activities may be conducted in all weather conditions, over prolonged duration in the day.

A typical group consists of participants from diverse social backgrounds. Besides coping with the physical challenges, courses often result in intense emotional experiences. Participants may find themselves confronting personal fears or self-imposed limits while adjusting to a newly formed group, unfamiliar environment, and changes from their normal routine that differ from school based camps and activities.

Instructors are proficient in outdoor skills and trained in Wilderness Advanced First Aid to stabilise injuries and manage illnesses when they surface. In the event where more medical care is required, OBS has a medical centre staffed by Outdoor Nurse Practitioners (ONP) who are Registered Nurses. If necessary, participants will be referred to medical facilities, such as the polyclinics, for Physician's assessment. Should there be a need for emergency evacuation, the full evacuation process could take up to two hours, depending on the location of the patient, weather and other factors beyond our control. Next-of-Kin will be informed via the organisation/school coordinator when participants are referred to the medical facilities.

Applicants with any diagnosed condition(s) and/or on existing follow-up for any condition will need to provide the latest review information for assessment. Recommendation of fitness should be based on Physician's assessment of the Applicant's ability to participate in an OBS Course. All information provided will be treated with confidentiality.

The safety of our participants is our highest priority. It is important that a full and accurate disclosure of the individual's medical condition is provided to OBS for us to make a proper assessment. This will allow our participants to have a safe and meaningful Outward Bound experience. While OBS strives to be inclusive, we are unable to enrol applicants with certain pre-existing conditions for now.

For further clarification or enquiries on the medical examination, contact:

Medical Services & Training | Outward Bound Singapore | Tel: 6540 0136

Conditions of Non-admission	
1	Epilepsy / fits / seizures – Any episodes within the last 2 years
2	Unavoidable allergens resulting in severe allergic reaction – e.g. traces of allergen, insect bites, unknown allergens
3	Thalassemia Major
4	Diabetes condition requiring Insulin Injections
5	Mitral valve prolapse with regurgitation
Condition(s) of Concern <i>(applicants are encouraged to see their own attending/family doctor for the conditions listed below)</i>	
6	Breathing problem e.g. exercise induced asthma
7	Blood disorder e.g. anaemia



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8	Severe obesity – Body Mass Index (BMI) above 35
9	Severe Behavioural and/or psychological conditions e.g. Attention Deficit Hyperactivity Disorder (ADHD) / Autism Spectrum Disorder (ASD)
10	Any condition requiring administration of injections (by self or with help) or medical equipment support – e.g. Epipen
11	Any conditions that may impair movement and/or adversely affect safety to self or others during the Course



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Sample 5-Day Course Learning Activities

Students will be put into different groups, or watches. Although the activities for each watch may differ, the activities are selected and designed such that the learning outcomes remain comparable.

Please refer to the table below for a sample of the learning activities for a watch.

Day	Programme
Day 1	<ul style="list-style-type: none">Team/ Problem Solving Activities <i>Getting to know you and team socialisation</i>
Day 2	<ul style="list-style-type: none">Adventure Activities,Preparation for Expedition <i>Building competence and confidence</i>
Day 3 & Day 4	<ul style="list-style-type: none">Single/ Multi-Mode¹Land/ Water-Based Expedition² <i>Developing resilience as individuals, surmounting challenges and achieving a sense of accomplishment as a team</i>
Day 5	<ul style="list-style-type: none">Commitment ActivityPeer FeedbackActive Planning <i>Peer feedback, transfer of learning</i>
Debriefing / Reflection Time / Peer Appraisal / Journaling	

¹ Multiple modes of expedition which can include, cycling, hiking, kayaking, kick-biking, rowing etc.

² Depending on the assigned programme, the watch may journey across different parts of Singapore,



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2020 MOE-OBS Challenge Programme

FREQUENTLY ASKED QUESTIONS

S/N	Question	Answer
1	What is the MOE-OBS Challenge Programme?	<p>The programme consists of pre- and post-course lessons taught by our teachers and the 5-day Course at OBS led by OBS instructors. It is designed to ensure achievement of the programme learning outcomes and transfer of learning to other areas of the students' life.</p> <pre> graph LR A[Pre-Course (school-based)] --> B[5-day Course at OBS] B --> C[Post-Course (school-based)] </pre>
2	<p>What kind of activities will my child be going through during the 5-day Course?</p> <p>Where will these activities be conducted?</p>	<p>OBS uses the outdoors as its classroom. Your child will be engaged in a variety of activities that will help him/her not just to discover, but also challenge his/her personal limits.</p> <p>Some of these activities include problem-solving activities, adventure activities and land/sea expeditions, designed to provide the platform for students to build personal competencies, develop ruggedness and resilience, as well as to develop skills for working in teams.</p> <p>Students on different expedition modes will be journeying across and camping at different parts of Singapore.</p>
3	How can the safety of my child be ensured during the five days, with such a big group of students coming together?	<p>The positive learning experience and well-being of your child is our priority. Activities are purposefully designed to meet the programme outcomes. The students are supervised by qualified OBS instructors, who have undergone rigorous training, technical skills assessments and certification including Wilderness Advanced First Aid.</p> <p>Students undergo the Course in groups of 12-14 per instructor, to facilitate good interaction, adequate peer support and opportunities to practice leadership roles.</p>
4	Will I be informed if my child is injured/unwell?	<p>You will be informed if your child requires further medical attention e.g. being send out to clinic or hospital for diagnosis or treatment. At first instance of receiving a report of an injury/illness, OBS will assess, treat and monitor. In this process, medical treatment will be given for the well-being of your child. Do note, there will not be daily progressive updates of your child's journey.</p>



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4	Does my child need to be physically fit?	<p>As part of the pre-course registration, your child is required to be <u>certified fit</u> by a medical doctor to attend the 5-day Course. Participants are encouraged to stay active to prepare for the 5-day Course.</p> <p>Your <u>timely submission</u> of the medical history questionnaire with <u>accurate information</u> is important in allowing us to assess the need for any additional support needed to facilitate your child's enrolment in the Course.</p> <p>The basic medical examination has to be done <u>within 6 months</u> of the course date.</p>
5	Will my child be forced to go through an activity that he/she is not confident in?	<p>OBS instructors are trained to motivate and to provide a supportive environment for the participants at all times. Your child will not be forced to participate in any activity.</p> <p>However, he/she will be strongly encouraged to participate in all the activities during the Course and at a level that he/she is comfortable with. This is to maximise the opportunities for learning and self-discovery, in alignment with the philosophy of 'challenge-by-choice'.</p>
6	What happens if my child is afraid of camping outdoors or being away from home?	<p>Your child will be among supportive friends and OBS staff who will provide a safe and engaging environment to have fun and benefit from the Course. OBS instructors are also trained to care for the participants' physical and emotional needs during the Course.</p> <p>Camping together in the outdoors provides students a valuable opportunity to experience nature with new friends and apply the outdoor skills learnt during PE lessons in school.</p> <p>If your child experiences any discomfort during the Course, he/she should inform the instructors.</p>
7	What happens if my child has their period during the Course? Can they still go through the water activities?	<p>Your child can still participate in all activities as per usual. At the start of the Course, female participants will be advised on how to maintain personal hygiene when out in the field. Female participants who are expecting their period during the programme should bring an extra supply of sanitary pads, dark-coloured shorts/pants, and extra plastic bags for the disposal of soiled sanitary pads. There is no requirement for them to take any medication to delay or postpone their menstruation cycle, unless otherwise stated by their doctor. Additionally, they can approach any female OBS instructor for assistance during the Course.</p>
8	I am unable to afford the \$50 payment. How should I seek financial assistance?	<p>Your child may speak to his/her form teachers about financial assistance. There are various avenues that students may seek financial assistance to participate in this 5-day Course.</p>



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9	How do I contact my child in the event of a family emergency?	<p>You may contact your child via the School Programme Coordinator.</p> <p>Your child's valuables i.e. mobile phones and wallet will be kept by OBS to ensure security of personal items and minimal distraction during the Course.</p>
10	What should my child bring for the 5-day Course?	<p>Please refer your child to the Course Information Kit provided for the list of personal items. Expedition equipment such as expedition backpack, tent and poncho will be issued to your child. We encourage your child to borrow items that he/she does not have from family/friends/schoolmates to minimise unnecessary expenses.</p>
11.	I am a Singaporean/PR, but I do not have a Singpass. How do I register my child for the programme?	<p>You may register for a Singpass via www.ifaq.gov.sg/singpass. The link also provide responses for other related Singpass queries.</p>
12.	I am a foreigner and do not have a Singpass. How do I register for the OBS Programme?	<p>Please approach the School Programme Coordinator through your child for assistance.</p>
13.	I am taking my child to see our family doctor for the medical examination. What do I need to bring?	<p>a) <u>A Medical Examination form</u> <i>You can either obtain a copy from the school through your child, or access and print out a copy that can be retrieved at www.go.gov.sg/moe-obsmedform.</i></p> <p>b) <u>Your child's e-Registration Form response (in PDF)</u> <i>You should receive an email acknowledgement from OBS upon submitting the e-Registration Form.</i></p>
14.	What are the steps involved for the medical examination?	<p>Step 1: Show the doctor the e-Registration Form response in PDF.</p> <p>Step 2: Give the Medical Examination Form to the medical doctor to certify your child fit to participate in the 5-day Course.</p> <p>Step 3: Ensure that the Medical Doctor has certified your child 'fit' on the Medical Examination Form (with medical doctor's signature and stamp of clinic details)</p> <p>Step 4: Submit the completed Medical Examination Form and doctor/specialist memo (if applicable) to the school through your child.</p>



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15.	What if I did not receive an acknowledgement email from OBS after I submitted the form online?	Please inform the school through your child's teacher if you have submitted the e-Registration Form, but did not receive an acknowledgement email from OBS. Your child's teacher will check in with OBS and advise you on how to proceed.
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