



Xinmin Secondary School



 *Outdoor Education
Prospectus 2014*



INTRODUCTION

This prospectus aims to give teachers, who wish to organise adventure-based activities for your co-curricular activity group or want to bring the classroom outdoors, an overview of the possibilities. This list is not exhaustive. Neither is it cast in stone; we encourage discussion that results in a programme that is customised to your students' needs.

If you are interested in any of the activities listed in the prospectus, please discuss your ideas with a member of the outdoor education team—Hardev, Belinda, Jeremy, Jenny, Lillian or myself. Do approach us with sufficient time to spare—two months before your planned activity is ideal.

For activities that do not require technical expertise but ones that you lack the confidence and know how, we can adopt a 'train the trainer' approach that aims to transform dependence to independence with respect to organising these activities.

We hope this document will serve as your stepping stone to the great outdoors.

Prepared by Michael Rodrigues & Hardev Singh



Activity	Duration	Max Capacity (pax)	Cost	Details
Climbing	½ day	30	Nil	This activity will be conducted at Xinmin's Outdoor Rockwall. The half day option means that ODAC students will provide the belay teams for participants to climb up to their own comfort levels. Moderate fitness levels are required and this activity has the potential to challenge participants mentally and physically. Qualified ODAC teachers will be on hand to oversee safety.
Climbing	1 day	30	Nil	Similar to the half day activity above but participants will be taught belay techniques for the first half of the day and will subsequently belay each other during the climb in the second half of the day. This activity has the potential to build strong bonds between participants as they have to trust and support each other. Qualified ODAC teachers will instruct and oversee safety.
Abseiling	½ day	30	Nil	Conducted at the Xinmin Outdoor Rock wall, abseiling can really build participants self-confidence and help them overcome their fears. There are 2 levels of challenge and participants can choose to abseil from the 4th floor or really challenge themselves and abseil from the 7th floor/roof top. This activity can go on rain or shine as we have an indoor variation. Qualified ODAC teachers will instruct, dispatch

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Abseil Proficiency Course Level 1	2 days	10	\$5 per pax	The course is designed for people who have no prior knowledge on abseiling. Participants will learn the basic skills to descend on ropes and have essential knowledge on the equipment required to abseil. Participants who meet the passing standards will be awarded the Singapore Mountaineering Federation Abseil Proficiency Level. This course will be conducted by ODAC teachers who are SMF Abseiling Proficiency Level 3 Certified.
Abseil Proficiency Course Level 2	3 days	10	\$10 per pax	This course is designed as a follow on from the Abseiling Proficiency Course Level 1. This course teaches a progression into acquiring advance personal proficiency skills to descend and ascend on ropes. Participants who meet the passing standards will be awarded Singapore Mountaineering Federation Abseil Proficiency Level 2. This course will be conducted by ODAC teachers who are SMF Abseiling Proficiency Level 3 Certified.



Activity	Duration	Max Capacity (pax)	Cost	Details
Kayaking Orientation Programme	½ day	20	Variable – meals , bus transport and kayak rental	This course aims to introduce kayaking to beginners and focuses on enjoying the outdoors and basic safety and self-rescue. Participants will be using double kayaks which may be either sit on top or closed deck variants. Personal Floatation Devices (PFDs) will be worn by all participants at all times. This course will be conducted by ODAC teachers who are at least SCF Level 1 Coaches.
Kayak 1 Star Personal Skill Course	2 days	10	\$5 per pax for certificate Bus transport	This course aims to introduce beginners to the sport of kayaking in a safe and enjoyable way. Participants will be using single covered deck kayaks. Participants will be required to be able to swim 50 m with a personal floatation device (PFD). Successful participants will receive the Singapore Canoe Federation Kayak 1 Star Personal Skill Award. This course will be conducted by ODAC teachers who are at least SCF Level 1 Coaches.



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Kayak 2 Star Personal Skill Course	3 days	10	\$10 per pax for certificate Bus transport	This course is a progression from the Kayak 1 Star Personal Skill Course. It aims to develop a range of basic strokes for novices to manoeuvre their craft proficiently. Participants will be using single closed deck kayaks. Participants will also be taught more advanced rescue techniques. Participants who pass the course will receive the Singapore Canoe Federation Kayak 2 Star Personal Skill Award. This course will be conducted by ODAC teachers who are at least SCF Level 2 Coaches.
Kayak Expedition from Punggol Point to Pasir Ris	1 day	20	Variable – Meals, bus & lorry transport	This expedition will take us from Punggol Point to Coney Island where we'll settle down to a picnic lunch with the possibility of a swim by the beach. After lunch, we'll end the expedition with a paddle to Pasir Ris. This paddle is suitable for beginners as the kayaks are comfortable and stable double-seaters. The expedition will be led by ODAC teachers who are at least Kayak Level 1 Coaches.



Activity	Duration	Max Capacity (pax)	Cost	Details
Kayak Expedition from Pasir Ris to Sembawang	2 days 1 night	20	Variable – Meals, bus & lorry transport	<p>Participants who have earned the Kayaking 1 Star Personal Skill Award and are looking for the challenge of an extended kayaking expedition can test their new-found skills on a paddle from Pasir Ris to Sembawang. Along the way there is the possibility of stopping by Coney Island and Pulau Seletar for lunch or a swim. We'll spend the night on a secluded beach in tents after having dinner in the outdoors. The next morning we'll paddle into a glorious sunrise. Much of the return journey to Pasir Ris will be made in the cooler hours of the morning with the chance to spot wildlife along the coastline. Participants will be seated in double kayaks and led by ODAC teachers who are at least Kayak Level 1 Coaches.</p>



Activity	Duration	Max Capacity (pax)	Cost	Details
Hike in the Central Catchment Forest	1 day	30	Variable – Meals, bus transport	This hike allows for the exploration of any number of the numerous trails that criss-cross the Central Catchment Forest. It can be varied in terms of route, destination, distance and difficulty of the terrain taking into consideration the needs of the participants. For example, participants may want to explore the forest canopy at the Tree-Top Walk or discover the ruins of a World-War Two era Japanese Shinto Shrine in the middle of the tropical rainforest. While this activity is usually teacher-led, there is the possibility for it to be student-led where student leaders of a CCA group can be taught the necessary skills to plan and run the activity.
MacRitchie to Bukit Timah Hike	1 day	30	Variable – Meals, bus transport	This hike takes participants from MacRitchie Reservoir to Bukit Timah Nature Reserve with the possibility of side trips to the Tree-Top Walk, Jelutong Tower or the summit of Bukit Timah. During the hike, participants can discover the flora and fauna of a tropical rainforest. While this activity is usually teacher-led, there is the possibility for it to be student-led where student leaders of a CCA group can be taught the necessary skills to plan and run the activity.



Activity	Duration	Max Capacity (pax)	Cost	Details
Pulau Ubin Ramble	1 day	30	Variable – Meals, bus transport, boat ride	<p>In this 4 hour, 8 km ramble, participants will explore numerous trails and savour the rustic charm of the countryside. We'll begin with a quick look at a rocky shore habitat and attempt to become mangrove experts by identifying trees by their roots. If we are lucky, we'll be able to spot the elusive Oriental Whip Snake, scavenging wild pigs and Oriental Pied Hornbills feeding on figs. We'll also see Malay kampongs, fish ponds, coconut groves and fruit trees. The highlight will be a visit to Chek Jawa where participants can view marine life from the boardwalk and climb the tower to have a good look at the surrounding mangrove swamp. The route and difficulty of the ramble can be customised to suit the needs of the participants. There is also the possibility for it to be student-led where student leaders of a CCA group can be taught the necessary skills to plan and run the activity.</p>



Activity	Duration	Max Capacity (pax)	Cost	Details
Changi Heritage Trail	1 day	30	Variable – Meals, bus transport	Participants will learn about Singapore's historical and natural heritage as they make their way from Pasir Ris to Changi Point. The trail can be customised to centre around the Changi area omitting the hike from Pasir Ris. There is the possibility for this activity to be student-led where student leaders of a CCA group can be taught the necessary skills to plan and run the activity.
Customised Hike / Learning Journey / Field Trip	½ day / 1 day	30	Variable – Meals, bus transport	If you have a trail in mind that's not listed, for example, Southern Ridges Trail or the North South Railway, we can customise a programme around it. We can also discuss customising a learning journey or field trip at a location of your choice.
Day / Night Cycling	1 day/ night	20	Variable – Meals, bus transport, bicycle rental	Cycle from Changi to East Coast in the cool of the night along cycling-friendly tracks that stretch from Changi Beach Park to East Coast Park. The trip can end at sunrise with breakfast at East Coast Park. If you have an alternative biking trail in mind, we can always discuss it. There is the possibility for this activity to be student-led where student leaders of a CCA group can be taught the necessary skills to plan and run the activity.



Activity	Duration	Max Capacity (pax)	Cost	Details
Outdoor Cooking	½ day	20	Variable – Raw materials, gas	Participants will be given the necessary skills to plan, prepare and cook delicious meals in the outdoors.
Camping	2 days 1 night	20	Variable – Meals, bus transport	This activity is for participants who wish to experience camping outdoors in tents. The camp will be either held at Changi Beach Park or Pasir Ris Park. Participants who sign up for this experience and look forward to learning campcraft skills including outdoor cooking. This activity is suitable for participants with little or no outdoor camping
Team-Building Games Workshop	Two ½ day sessions or 1 full-day session	20	Nil	This workshop aims to train your student leaders to design and conduct team-building sessions that meet the needs of your CCA group.



*And this our life, exempt from public haunt,
Finds tongues in trees, books in the running brooks,
Sermons in stones, and good in everything.
(William Shakespeare, As You Like It, II.i.15–17)*

