

# 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 screening, contact:

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

Non-Admission	
1	<b>Epilepsy / fits / seizures</b> – Any episodes within the last 2 years
2	<b>Unavoidable allergens resulting in severe allergic reaction</b> – e.g. traces of allergen, insect bites, unknown allergens
3	<b>Thalassemia Major</b>
4	<b>Diabetes condition requiring Insulin injections</b>
5	<b>Mitral valve prolapse with regurgitation</b>
Condition(s) of Concern <i>(applicants are encouraged to see their own attending/family doctor for the conditions listed below)</i>	
6	<b>Breathing problem</b> e.g. exercise induced asthma
7	<b>Blood disorder</b> e.g. anaemia
8	<b>Severe obesity</b> – Body Mass Index (BMI) above 35
9	<b>Severe Behavioural and/or psychological conditions</b> e.g. Attention Deficit Hyperactivity Disorder (ADHD) / Autism Spectrum Disorder (ASD)
10	<b>Any condition requiring administration of injections (by self or with help) or medical equipment support</b> – e.g. Epipen
11	Any conditions that may impair movement and/or adversely affect safety to self or others during the course