

# MOE-OBS CHALLENGE PROGRAMME

## IMPORTANT NOTE

OBS experience is packed with adventures and learning moments you will not find within a four-walled classroom. It re-connects you with the natural world and re-engages your senses, broadens your perspectives and gives you clarity of your potential. The 2021 MOE-OBS Challenge programme seeks to develop resilience and connectedness with nature. We hope to inculcate a positive mindset in managing difficult situations and promote sustainable living.

The Outward Bound experience utilises a very kinaesthetic approach to ensure optimised learning. The OBS course is set in a rugged, outdoor environment, and may comprise land- and/or water-based component(s). These may include, but are not limited to:

- a. Land activity e.g. trekking (up to 5 hours in a day) with minimal load on uneven ground;
- b. Water activity e.g. kayaking, rowing (up to 5 hours in a day), jumping into water from height (e.g. jetty jump).

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 the physical 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. Instructors and medical centre staff may administer over-the-counter oral/topical medication where necessary.

The full list of over-the-counter oral/topical medication that may be used as necessary during the Course can be found at [www.go.gov.sg/OBSOTC](http://www.go.gov.sg/OBSOTC) or you may obtain it from the teacher coordinator. You are required to inform us if the Applicant suffers any allergies, including any adverse reactions to over-the-counter oral/topical medication, or if you are aware of any other medical reason that administration of over-the-counter medication is not possible.

If necessary, participants will be referred to external medical facilities, such as the polyclinics, for a Physician's assessment. Should there be a need for emergency evacuation, it is estimated that 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/Teacher Coordinator when participants are referred to external medical facilities.

The safety of our participants is our highest priority. To make a proper assessment of the Applicant's suitability to participate in the Course, it is important that a **full and accurate disclosure** of the Applicant's medical condition is provided to OBS. This will allow OBS to provide our participants with a safe and meaningful Outward Bound experience.

Applicants with condition(s) as follow will require a Physician's recommendation of fitness:

- Any condition with exemption from National Physical Fitness Award (NAPFA); or
- Diabetes with insulin

While OBS strives to be inclusive, we are unable to enrol Applicants with pre-existing conditions as follow:

- Conditions requiring exemption from Physical Education lesson;
- Epilepsy / fits / seizures – Any episodes or on medication within the last 2 years;
- Thalassemia Major; or
- Any conditions that may impair movement and/or adversely affect safety to self or others during the course

Applicants with any diagnosed condition(s) and/or on existing follow-up for any condition not listed might be advised if they are required to provide the latest review information from their attending Physician for assessment. All information provided will be treated with confidentiality.

**For further clarification or enquiries, contact Outward Bound Singapore:**

- For medical screening matters, call Tel: 6540 0136
- For enrolment matters, email: [obs\\_programmes@nyc.gov.sg](mailto:obs_programmes@nyc.gov.sg)