

# ST Photo Story 17072017: Teenage Rite of Passage



Video Link:

[www.go.gov.sg/moeobschallengeprogramme-etdvideo](http://www.go.gov.sg/moeobschallengeprogramme-etdvideo)

QR Code  
(a)



<http://www.straitstimes.com/singapore/teenage-rite-of-passage>

# MOE-OBS CHALLENGE PROGRAMME 2022 2D NON-RESIDENTIAL

## Kuo Chuan Presbyterian Sec Sch

Briefing for Parents/ Guardian



Ministry of Education  
SINGAPORE



# KCPSS

**OBS course dates:**

**Wed 10 Aug - Thurs 11 Aug**

**Teacher Co-ordinators:**

Patrick Goh (Year Head)

Kenneth Khoo (HOD PE/CCA)

Eunice Yeo (Teacher IC)

**Email of Teacher Co-ordinators:**

[goh\\_boon\\_loon@schools.gov.sg](mailto:goh_boon_loon@schools.gov.sg)

[khoo\\_kian\\_seong\\_kenneth@schools.gov.sg](mailto:khoo_kian_seong_kenneth@schools.gov.sg)

[yeo\\_xiao\\_si\\_eunice@schools.gov.sg](mailto:yeo_xiao_si_eunice@schools.gov.sg)



# Content

- 1** What is the 2022 MOE-OBS Challenge Programme?
- 2** What is the OBS course about?
- 3** How does OBS ensure my child's safety?
- 4** How do I register for my child?
- 5** How can I help to prepare my child?



**1**

**What is the 2022  
MOE-OBS Challenge  
Programme?**

# A Holistic Education

- Develop **well-rounded** individuals
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom and helps our students to develop holistically, building up their **resilience and ruggedness**
- **Authentic learning experiences** help our students to develop 21st century competencies as well as competencies for **sustainable, active and healthy living**



# Outdoor Adventure Learning Experiences for all

| Lower Primary   | Upper Primary                              | Lower Secondary                            | Upper Secondary             |
|---|--|--|-----------------------------|
| Outdoor Education in Physical Curriculum  |  |  |                             |
| Active and healthy lifestyle<br>Social and emotional competencies               |  |  |                             |
| Programme for Active Learning<br>(Outdoor Education)                            | 1 Outdoor Adventure Learning<br>(OAL) camp | 1 Outdoor Adventure Learning<br>(OAL) camp | MOE-OBS Challenge Programme |
| Social and emotional competencies<br>Resilience, ruggedness and social cohesion |  |  |                             |

# Outdoor Adventure Learning

1. As part of the SG United message of 'Together, We Can Brave The New', Singaporeans are encouraged to stay strong together.
2. Outdoor Adventure Learning (OAL) experiences provide opportunities where students learn to navigate and “brave the new” together by:
  - a) building camaraderie through working together in unfamiliar yet authentic situations;
  - b) be resilient, have empathy and maintain a positive attitude when faced with adversity
3. Through overcoming challenging obstacles with their peers, participants learn that it is possible to be innovative and to adapt despite the constraints posed by the pandemic.





**2**

**What is the MOE  
OBS Programme  
about?**

“In time to come,  
OBS will be a rite of passage  
and a shared experience for  
all young Singaporeans,  
regardless of race, religion,  
or background.”

———— PM Lee Hsien Loong ————



# What will my child learn from the Programme?

## **Confident Person & Resilience**

Be able to deal with challenges positively through self-directed learning and making right choices to influence their circumstances.

## **Concerned Citizen**

Commit to play an active role in the improvement of community and environment.



# What is the MOE-OBS Challenge Programme?

## 3 Components



**Pre-course lessons and preparation**



**OBS 2-day course**



**Post-course lessons and reflections**

# Pre-Course lessons and preparation



**Outdoor Education in PE Lessons**



**Pre-course Lesson with Form Teacher**



**School Briefing to Students**

**Pre-Course  
Lessons and  
Preparation**

**Sample  
2-day Course**

**Post-Course  
Lessons and  
Follow-Up**

## **Programme**

### **Land/ Water-Based Adventure Activities**



**Building  
competence &  
confidence**



**Raise awareness  
on environmental  
issues**



**Develop resilience as individuals,  
surmounting challenges and  
achieving a sense of  
accomplishment as a team**



### **Debriefing / Journaling**

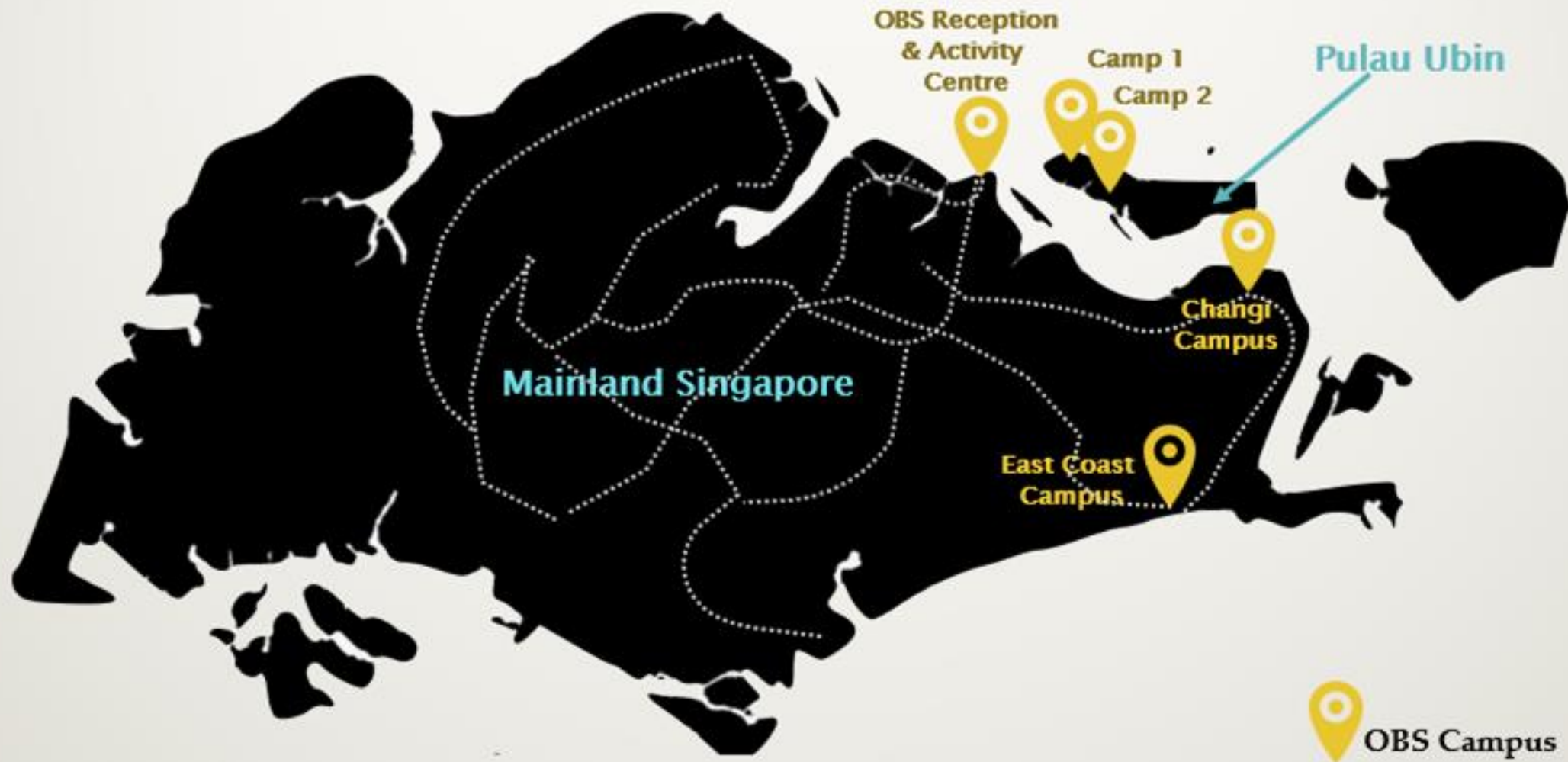
**Reflect on meaningful learning experiences and establish action plans for  
the transfer of learning**

# Integrating the blue and green spaces on mainland Singapore



OBS Heads to Mainland Singapore - Lianhe Zaobao

# Where will my child be during the 2-day OBS Course?



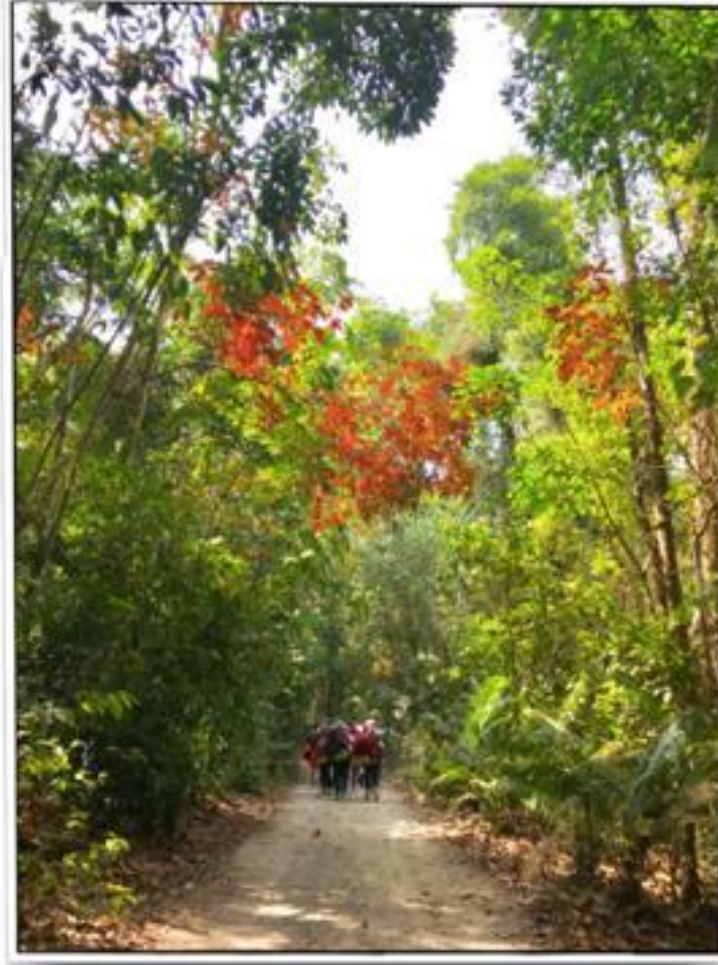
\*Adhering to Safety Management Measures



# Outdoor Classroom



Develop character and learn values and skills through doing and reflection



Classroom is the outdoors



Learning in the outdoors

# Post-Course lessons and follow-up



Journaling



Post-course Lesson with Form Teacher



Sample CCE Lesson Reflection Activity

**3**

**What are the safety measures?**



# OBS safety and operations

## Track record



- Pioneer in Singapore's outdoor adventure education delivering quality outdoor adventure programmes
- Professional practices in risk management and safety

## Medical Post



- 24-hours Medical post manned by registered nurses
- Medical SOPs in consultation with OBS Medical Advisory Panel doctors

# OBS safety and operations

## People



### Qualified and Experienced Instructors

- Equipped with technical, pedagogical and safety skills
- Manage a small group size of 12 - 14 students per Instructor
- Conduct daily, pre-activity and post-activity checks to ensure your child's well-being

### Outdoor Nurse Practitioners

- Full-time Outdoor Nurse Practitioners who are registered nurses

# OBS Safe Management Measures



All OBS frontline staff are fully vaccinated



Clear segregation of campuses to prevent intermingling of students from different schools



Students to be at least 2m apart while performing strenuous activities without mask



Students to wear facial mask at all times and maintain safe distancing



Staggered in-processing of students



Instructors will share with students on enhanced personal and field hygiene practices



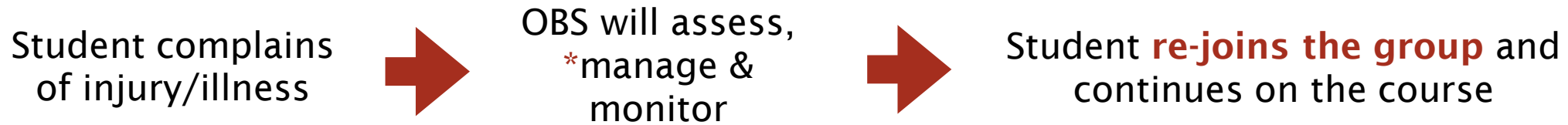
OBS will step up site, facilities and equipment cleanliness and maintenance regime

# When will I be informed if my child requires medical attention?

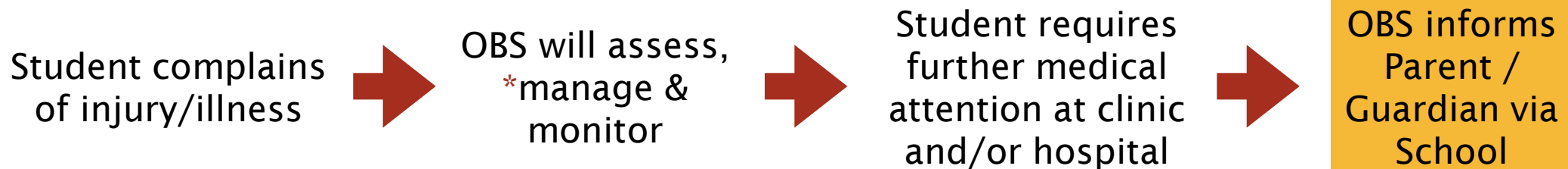


You will be informed when your child requires further medical attention, e.g. sent out to clinic or hospital.

## Scenario 1: OBS maintains status quo, and will **not** inform School / Parent / Guardian



## Scenario 2: OBS informs Parent via School



\* OBS Instructors and Nurses may provide **over-the-counter medication** to treat the injury/illness

# Communication Channel

Please remain contactable always during the 2 days programme.





**4**

**How do I register  
for my child?**

# Registration

- <https://go.gov.sg/2022moeobs-kcpss>
- **Mon, 25 Apr 22 till Fri, 13 May 22**

# How do you register for your child?

## 1. Have the following ready:



d. Child's latest height and weight

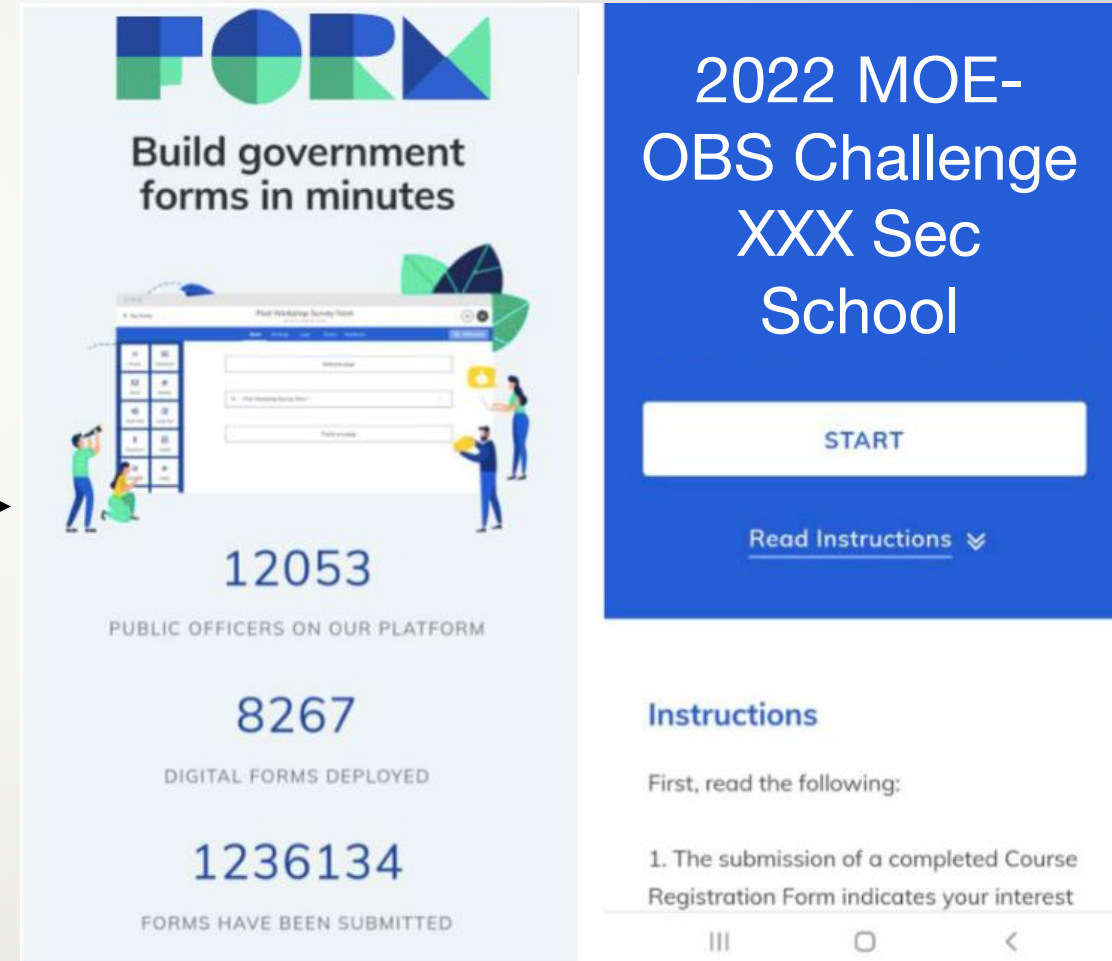


e. Child's tetanus vaccination date at [www.nir.hpb.gov.sg](http://www.nir.hpb.gov.sg)

c. Child's school and class information

f. Child's Email address

## 2. Submit your child's e-registration



The screenshot displays the FORM platform interface. At the top, the FORM logo is shown with the text "Build government forms in minutes". Below this, there is a dashboard with several statistics:

- 12053 PUBLIC OFFICERS ON OUR PLATFORM
- 8267 DIGITAL FORMS DEPLOYED
- 1236134 FORMS HAVE BEEN SUBMITTED

An arrow points from the registration requirements to the FORM interface. On the right side of the screenshot, there is a blue banner for the "2022 MOE-OBS Challenge XXX Sec School" with a "START" button and a "Read Instructions" link. Below the banner, there is an "Instructions" section with the text: "First, read the following: 1. The submission of a completed Course Registration Form indicates your interest".

# What happens after registration?



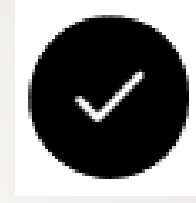
1. Submit registration form



2. MOE/OBS reviews or assesses the medical information



3. MOE/OBS may contact parent directly to clarify on your child's medical information



4. OBS informs school of the application status (Accepted or Non-Admission)



5. School informs your child and his/her grouping



Students with certain medical conditions will not be accepted for their safety  
e.g. exempted from PE lessons

# Registration

**Tetanus vaccination:** A valid tetanus vaccination is compulsory for participation in this programme (tetanus vaccination is valid for 10 years from the date of vaccination).

1. Parents can access their child's vaccination records through <https://www.nir.hpb.gov.sg> or the HealthHub app.
2. Students who do not have a valid tetanus vaccination to obtain their vaccination before the commencement of e-registration.

**Students exempted from PE and NAPFA:** Students who are exempted from PE will not be allowed to take part in the course. Students exempted from NAPFA are allowed to take part in the course only if certified fit by a GP.



**5**

**How can I help to  
prepare my  
child?**

# A new MOE-OBS Challenge Programme Website page

- A customized website page specifically for MOE-OBS Challenge Programme
- For parents/guardians to keep updated on key information about the programme
- Parents/guardians can better prepare themselves and help their child/ward for the programme



**Outward Bound  
Singapore**

Inspired Individuals, Transformed Communities

Introduction

MOC  
Programme ▾

Safety

Guidelines For  
Parents ▾

FAQs

NOAE Master  
Plan

My OBS Journey



# A Rite of Passage, A Shared Experience

The MOE-OBS Challenge (MOC) programme offers a unique opportunity for the Secondary Three Students. As part of the National Outdoor Adventure Education Masterplan, the MOC programme seeks to develop ruggedness, resilience and build cohesion amongst youths. During the OBS course, students undergo a shared Outdoor Adventure Learning (OAL) experience and are provided opportunities to learn to work together in new, challenging, and authentic situations with their peers to overcome various challenges.

Find out more

## MOE-OBS Challenge Programme website page

<https://go.gov.sg/moc>



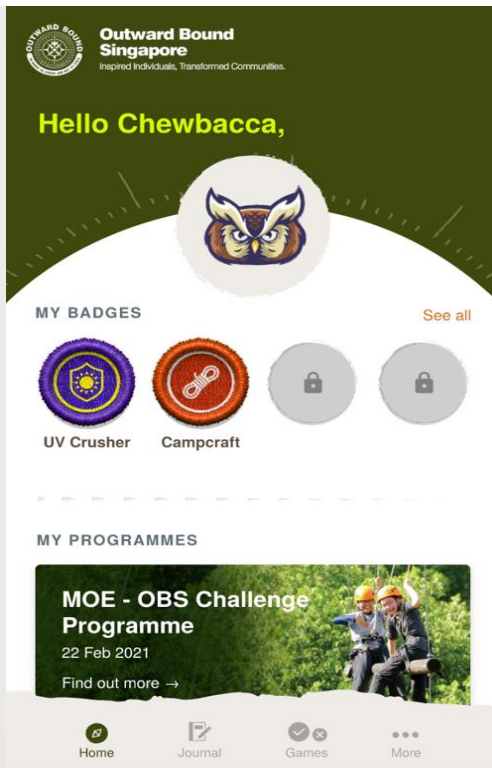
<https://go.gov.sg/moc>

\*Photo was take



# Introducing My OBS Journey Web Application

*Screenshot of My OBS Journey*



- A new web application for enrolled students
- To help students to mentally prepare for the OBS course

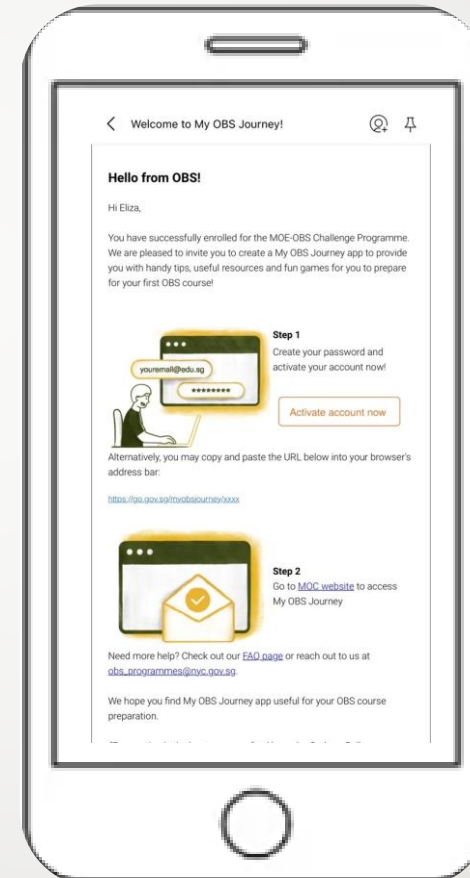
# My OBS Journey EDM

## Remind your child to Activate My OBS Journey web application!

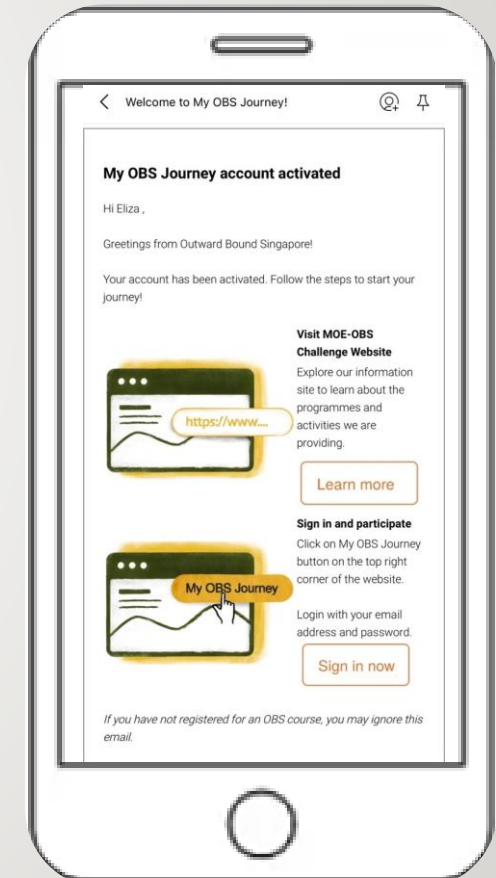
The account activation email will be sent to the student's email address which parents fill up in the e-registration form

*\* If parents input their email address instead, it will be sent to that email address.*

### 1<sup>ST</sup> EMAIL



### 2<sup>ND</sup> EMAIL



# My OBS Journey Web App Features

## What's new? (Resources)

Get yourself ready! Read this list of Resources before playing the games.



[Find out more →](#)

## What do I pack?

Start your OBS adventure and pack right.



[Find out more →](#)

## How do I feel today?

Choose an emoji and express yourself.



[Find out more →](#)

## Who are my Watch Mates?

Find out who's joining you for your OBS adventure!



[Find out more →](#)

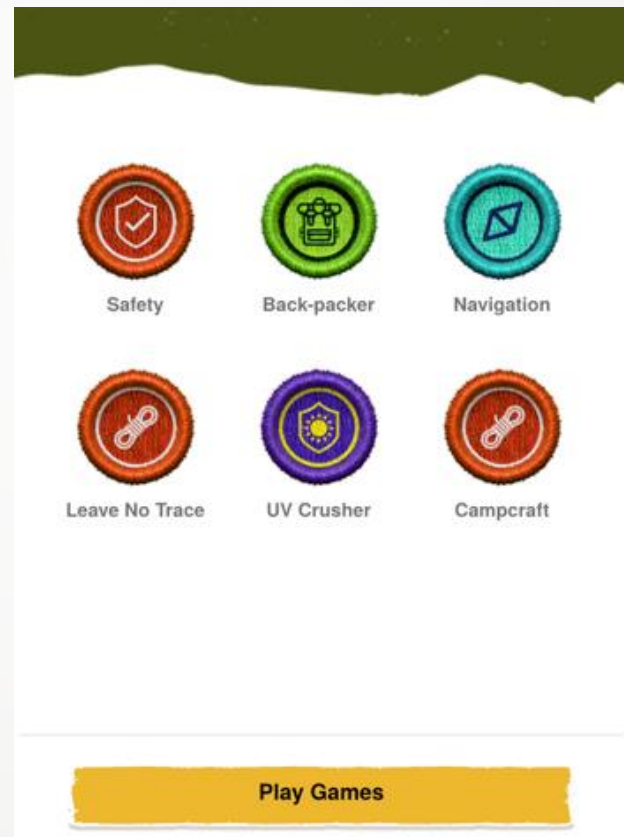
## Reporting Instructions

Get important information for your first day here!



## RESOURCES

It provides reminders for your child e.g. what to pack, countdown to their OBS course and reporting instructions for Day 1.



## GAMES

Games and quizzes for your child to learn about the outdoor knowledge in a fun and engaging way!

# Engagement with Parents - Journeying with your Child Parents Webinar

Wondering what is the OBS experience for your child?

Join us for a live webinar session!

**Date: 1 Jul 2022, Friday**

**Time: 7:30pm - 9pm**

*More details will be shared at a later date.*



# Packing List

Note: Land and water activity items and equipment such as poncho, whistles, Personal Floatation Device (PFD) etc will be provided by OBS.

Students are encouraged to borrow from family/ friends/schoolmates instead of buying.

*\*Packing list can be found on My OBS Journey web application or from the school briefing*

## MOE-OBS CHALLENGE PROGRAMME PACKING LIST (2-DAY NON-RESIDENTIAL)

- Follow this guide to help you pack for the programme
- Borrow from friends and family if you do not have the items
- Label your items and pack them into a backpack
- Keep your expensive items at home

*Reporting attire and packing list are applicable for both days*

### REPORTING ATTIRE


\* Students who are not in proper reporting attire may not be able to participate in the programme

- 1 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
- 1 pair Long Pants
- 1 pair Covered Shoes and Socks

**Long-Sleeved T-shirt & Long Pants**


Protect against insect bites, abrasion and sunburn.

\* Military or camouflage print attire is not allowed



**Socks**


Wear socks that cover the ankle to prevent blisters and protect against insect and sandy bites.



**Footwear**

Covered shoes need to be worn throughout the day for all activities.

Wear shoes that fit well, are comfortable and provide support to prevent blisters and injuries.



### PACKING LIST

- 1 set Clean Set of Clothes and Undergarments
- 1 pc Hat or Cap
- 1 pc Small Towel
- 1 pair Extra Covered Shoes and Socks

\* To be continued on the next page

### PACKING LIST

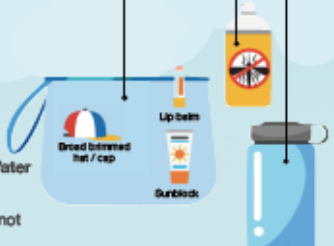
- Min. 1 pc Extra Face Mask with Resealable Bag
- 1 bottle Hand Sanitiser
- 1 pc Thermometer
- Sufficient Sun Protection
  - Sunblock (SPF 30 or higher), lip balm and after sun-lotion
- 1 bottle Insect Repellent
- 1 - 2 bottles Water Bottle(s) to hold 2 Litres of Water
  - E.g. 1x 1.5L + 0.5L water bottle
  - Sharing of personal water bottle is not allowed for hygiene purposes
- 1 set Reusable Fork & Spoon
- Sufficient Prescribed Medication In Own Name
  - e.g. inhaler, oral medication (all prescribed medication must be declared before the course starts)
  - \* OTC (over-the-counter) medication is not required
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags / Resealable Bags
- Sufficient Spare Spectacles
  - Secure with spectacles bands
  - Retainers and hooks are not encouraged
- 1 pc EZ Link Card ID

### OTHERS (OPTIONAL)

- Sufficient Essential Toiletries
- 1 pair Sunglasses
- 1 pc Rain Jacket

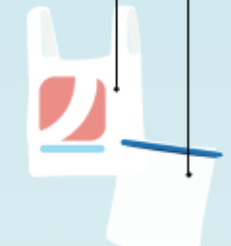
**Sun Protection, Insect Repellent & Water Bottle**

Must-haves to protect against insect bites, sunburn and dehydration.



**Plastic Bags / Resealable Bags**

To keep your items dry during activities and to pack worn clothes and shoes.



# How can I help to prepare my child Before the course?

1. Share **purpose** of the programme & motivate him/her

2. Emphasise the importance of **working together** to achieve team goals

"It's not about winning but working together"



3. Help your child to **set goals**



- What does he/she **want to achieve** from programme?

- What are his/her **strengths** that can be tapped on?



4. Encourage your child to maintain a **positive outlook**

- Be **receptive** to advice and feedback
- Be brave in facing the unknown and stepping out of his/her comfort zone to take on new challenges



5. Role model what it means to lead a healthy lifestyle

6. Bring your child outdoors and **exercise** with him/her



7. **Have fun** and enjoy the whole experience

# Journey with your child

## DOs

- **Do listen** to your child's concerns
- **Do set goals** with your child
- **Do affirm** your child's effort to make positive changes

## DON'Ts

- **Do not pack** your child's bag for him/her
- **Do not create anxiety** with assumptions
- **Do not frighten** your child with "horror" stories

# What advice can I give my child to help him/her have an **enriching OBS course?**



Participate actively

Immerse himself/herself in the experience and environment



Be selfless, supportive and encourage his/her teammates

Make responsible decisions





# How can I help my child to learn from his/her experiences **after the course?**

1. **Reflect** with your child on his/her **progress**

2. **Encourage** your child to **share** his/her **experiences**

3. **Acknowledge** your child's **feelings/accomplishments**

4. **Celebrate** his/her **success**

5. **Talk** about areas that **didn't go well**

6. **Encourage** your child to **share his/her feelings** on achieving or not achieving a goal

7. **Reflect** with your child on **lessons learnt** (both positive and negative experiences) during the course

8. **Help** your child to **apply what they have learnt** in daily life

9. **Affirm** your child's effort to make **positive change**

10. **Help** your child to **set new goals** and work towards achieving them

11. **Encourage volunteerism** and provide opportunities for your child to **contribute to society**

“There is more in us than  
we know.  
If we can be made to see  
it,  
perhaps for the rest of  
our lives we will be  
unwilling to settle for  
less.”

————— Kurt Hahn —————  
Founder of Outward Bound





We hope  
to see your child in OBS!



## 2022 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 2022 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).

Students will be group within the levels throughout the programme. Besides coping with the physical challenges, the course often results in intense emotional experiences. Students 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 the students 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 the students 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)

**2022 MOE-OBS CHALLENGE PROGRAMME**  
**Sample 2-Day Course Learning Activities**

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Students will be put into groups within their level, also known as 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.

| <b>Day</b>   | <b>Programme</b>   |
|--|--|
| <b>Day 1</b>   | Land/ Water-Based Adventure Activities <ul style="list-style-type: none"><li>● <b><i>Build competence and confidence</i></b></li><li>● <b><i>Raise awareness on environmental issues</i></b></li></ul>             |
| <b>Day 2</b>   | Land/ Water-Based Adventure Activities <ul style="list-style-type: none"><li>● <b><i>Develop resilience as individuals, surmounting challenges and achieving a sense of accomplishment as a team</i></b></li></ul> |
| Journaling / Debriefing <ul style="list-style-type: none"><li>● <b><i>Reflect on meaningful learning experiences and establish action plans for the transfer of learning</i></b></li></ul> |  |

## 2022 MOE-OBS Challenge Programme

### FREQUENTLY ASKED QUESTIONS

#### General

| S/N | Question   | Answer   |
|-----|--|--|
| 1   | <b>What is the MOE-OBS Challenge Programme?</b>                                      | <p>The programme consists of pre- and post-course lessons taught by our teachers and the OBS Course 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. Students are not graded for performance but are encouraged to work on goals they set for themselves.</p>                              |
| 2   | <b>What kind of activities will my child be going through during the OBS Course?</b> | <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 conducted over land and sea. It allows students to reconnect with nature, develop their resilience and connectedness with nature, while having a positive mindset in managing difficult situations.</p> |
| 3   | <b>Is the OBS course compulsory for my child?</b>                                    | The MOE-OBS Challenge Programme is part of school curriculum but parental consent is still needed for the OBS course.  |

#### 2-Day Course

| S/N | Question   | Answer   |
|-----|--|--|
| 4   | <b>How can the safety of my child be ensured during the OBS course, with such a big group of students coming together?</b> | <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 are trained in Wilderness First Aid, and have undergone rigorous training, technical skills assessments and certifications.</p> <p>Students undergo the course in groups of up to 12-14 per Instructor, to facilitate good interaction, adequate peer support and opportunities to practice leadership roles.</p> <p>In addition, OBS has a robust safety monitoring system and evacuation plan for emergencies.</p> |

|    |   |  |
|----|---|--|
| 5  | <b>What are the SMM in place for the OBS course?</b>  | MOE-OBS adopts strict adherence to safe distancing and safe management measures for conduct and participation of outdoor activities in accordance with prevailing Covid-19 situation and guidelines from national governing and advisory bodies. Some examples are:<br>i. Staggered movement will be implemented for large groups<br>ii. Face masks are to be worn at all times and must maintain a safe distance of 1 metre from each other at all times<br>iii. Maintain a safe distance of 2 metres from each other when face masks cannot be worn during strenuous activities. |
| 6  | <b>Does my child need to be certified fit by a medical doctor to attend the OBS course?</b>                         | Your <b><u>timely submission</u></b> of the online registration form with <b><u>accurate information</u></b> is important. An accurate declaration of your child's health condition will allow us to assess if your child needs to be certified fit for participation by a medical doctor and/or if your child requires any additional support during the OBS course. You may refer to the important note on page 3 of this letter for more information.   |
| 7  | <b>Will my child be forced to go through an activity that he/she is not confident in?</b>                           | OBS Instructors are trained to motivate and provide a supportive environment for the participants. Your child will not be forced to participate in any activity and will not be asked to engage in an activity without safety briefings and orientation. However, he/she will be strongly encouraged to participate in all 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'.  |
| 8  | <b>Where will these activities be conducted?</b>  | Different activities will be conducted on mainland Singapore and/or Pulau Ubin. The OBS Course is designed such that despite the different types of activities, students can achieve the same learning outcomes.   |
| 9  | <b>What happens if my child has their period during the Course? Can they still go through the water activities?</b> | Your child can still participate in all activities as per usual. 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.   |
| 10 | <b>What should my child bring for the OBS Course?</b>   | Please refer your child to the packing list. There is no need for expensive, technical gear. We encourage your child to borrow items that he/she does not have from family/friends/schoolmates to minimise unnecessary expenses. OBS discourages students from bringing along expensive items. 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.   |

|    |  |   |
|----|--|---|
| 11 | <b>If my child is unwell or injured during the Course, do I need to pick my child up? What if I cannot pick my child up?</b> | <p>If your child is sent to a clinic or hospital for further diagnosis or treatment, you may need to pick them up if the doctor issues them a medical certificate (MC), as it is best recommended for them to rest at home. We do not encourage your child to continue with the Course.</p> <p>If your child is ill, we may ask that you pick your child up to see a doctor.</p> <p>In both cases, your child will benefit from the comfort of your presence, and it is best for them to be brought home to rest, after seeking medical advice.</p> <p>If you are unable to pick your child up, you can arrange for another family member above 18 years old to do so on your behalf or request for assistance from the school.</p> |
|----|--|---|

### Communication


| S/N | Question   | Answer   |
|-----|--|--|
| 12  | <b>Will I be informed if my child is injured/unwell?</b>             | <p>At first instance of receiving a report of an injury/illness, OBS will assess, manage and monitor. Medical treatment will be given by the Instructor and/or our qualified OBS nurses for the well-being of your child.</p> <p>You will be informed if your child requires further medical attention at a clinic or hospital.</p> <p>If, after a period of rest and monitoring, our nurses and Instructors assess your child to be fit to re-join the Course, you will <b>not</b> be informed.</p> |
| 13  | <b>How do I contact my child in the event of a family emergency?</b> | <p>You may contact your child via the Teacher Coordinator. However, due to the expeditionary nature of the course, we seek your understanding that some time is needed for OBS to reach your child.</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>   |



## Registration

|    |  |   |
|----|--|---|
| 14 | I am a Singaporean/PR, but I do not have a SingPass. How do I register my child for the programme? | You may register for a SingPass via <a href="http://www.ifaq.gov.sg/singpass">www.ifaq.gov.sg/singpass</a> . The link also provides responses for other related SingPass queries.   |
| 15 | I am a foreigner and do not have a SingPass. How do I register for the OBS Programme?              | Please approach your child's teacher for assistance. Your child may still be enrolled.  |
| 16 | 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. |

## Medical Examination (applicable only to those who have been informed that they need to be certified fit for participation by a medical doctor)

| S/N | Question  | Answer   |
|-----|---|--|
| 17  | I am taking my child to see our family doctor for the medical examination. What do I need to bring? | <p><b>a) <u>A Medical Examination Form</u></b><br/><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 <a href="http://www.go.gov.sg/moe-obsmedform">www.go.gov.sg/moe-obsmedform</a> or refer to the QR code below.</i></p>  <p><b>b) <u>Your child's e-Registration Form response (in PDF)</u></b><br/><i>You should receive an email acknowledgement from OBS upon submitting the e-Registration Form.</i></p> |

|    |   |   |
|----|---|---|
| 18 | <b>What are the steps involved for the medical examination?</b> | <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 2-day Course. Any medical concerns should be brought to the doctor's attention.</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> |
|----|---|---|

**Others**

| S/N | Question   | Answer   |
|-----|--|--|
| 19  | <b>What if nationwide situations that impact your child's participation arise?</b> | <p>In the event of a nationwide situation that impacts your child's participation (e.g., haze, COVID), MOE and OBS will provide updates to schools. MOE &amp; OBS will reference requirements and standards from national agencies and apply the relevant requirements to the Course. During this time, if you have other questions regarding OBS, please check back with us at <a href="mailto:OBS_Programmes@nyc.gov.sg">OBS_Programmes@nyc.gov.sg</a></p> |

## 2022 MOE-OBS Challenge Programme - E-Registration Guide for Parents

### Step 1:

Please proceed to the FormSG link provided by the school to begin the e-registration.



*Screen shot of the E-Registration Form. The format may have changed after the production of this guide.*

### Step 2:

Please note that for security reasons, the registration form will automatically log out if it is not completed within 30mins and no details will be saved. Please **do not refresh** the page before submission as this will remove the entered details. As such, you are advised to **read the instructions** and gather the required information before logging in.

#### Instructions

1. Only a Parent/Legal Guardian of the Applicant may complete this Registration Form on behalf of the Applicant if the Applicant is below 18 years old.
2. The submission of a completed Registration Form by the Parent/Legal Guardian of the Applicant indicates your interest to enrol the Applicant into the MOE-OBS Challenge Programme (the "Course").
3. The information you have provided is taken as true and accurate to the best of your knowledge, and you are taken to have read the "Important Note" provided at <https://go.gov.sg/moeobs-importantnotes> and to have understood the Course participation requirements, including permission to administer over-the-counter medication to Applicant if necessary.
4. You will need the following information to complete the Registration Form:

*Screen shot of the instructions. Please refer to the complete set of instructions on the website link.*

**Step 3:**

Please have the following health information of your child/ward ready for submission:

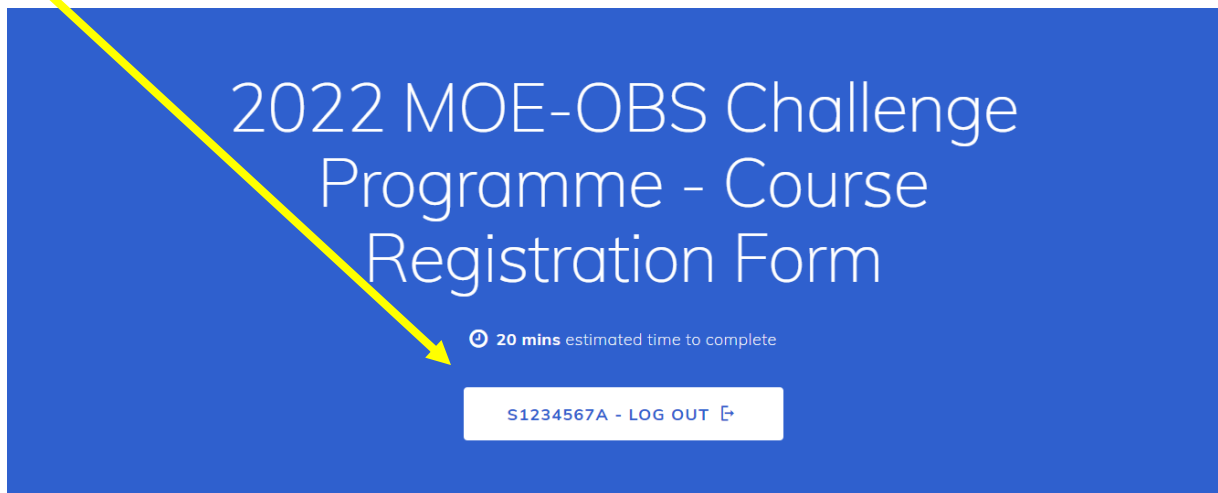
- Height (in m)
- Weight (in kg)
- Body Mass Index (BMI)  
*BMI may be calculated from <https://www.healthhub.sg/programmes/93/bmi-calculator>*
- Latest Tetanus Immunisation Date  
*Tetanus vaccination date may be obtained from student health booklet or retrieved from <https://www.nir.hpb.gov.sg/nirp/eservices/login>*

Kindly also take a look at the following list of diagnosed medical conditions of concern. If any of them pertains to your child/ward, please prepare the basic information such as the name/type of condition and medication taken if any.

|   |
|---|
| ● Excuse from Physical Education (PE) lessons and/or National Physical Fitness Award (NAPFA) test.  |
| ● Breathing problems within the last 12 months (e.g. Asthma)  |
| ● Heart problems (e.g. angina / heart murmur / extra heartbeat / mitral valve prolapse)   |
| ● Blood disorder (e.g. thalassaemia major / thalassaemia minor / anaemia)   |
| ● Epilepsy, fits or seizure condition within the last 24 months   |
| ● Bone / joint / tendon injuries or condition (e.g. dislocation / fracture / slip disc)   |
| ● Diagnosed behavioural or psychological condition<br>(e.g. ADHD / ADD / ASD / OSD / eating disorders / anxiety / depression condition)   |
| ● Currently on long term prescribed medication  |
| ● Sleep walking within the last 12 months   |
| ● A carrier status for any infectious disease   |
| ● Allergy to medication(s) / environmental factor(s) / food item(s) / ingredient(s)   |
| ● Any other condition(s) not listed above that could affect Student's ability to engage in physical activities in the outdoors or interact with others in an unfamiliar social setting<br>(e.g. running, climbing, trekking with heavy load, camping, medical devices/implant.) |

**Step 4:**

Click on the login button as pictured to log in with your Singpass.



If you do not have a Singpass, you may register for a Singpass via [www.ifaq.gov.sg/singpass](http://www.ifaq.gov.sg/singpass). The link also provides responses for other Singpass-related queries.

**Step 5:**

Select enter your email address and contact number.

#### Information for Course Enrolment Review

Provide the contact details of the parent/legal guardian completing this Registration Form and/or acting as emergency contact for the Applicant during the Course

1. Name of Parent/Legal Guardian

2. Email of the Parent / Legal Guardian

An acknowledgement will be sent to the email address provided. If you do not have an email account, you may use the school's email address ([name@school.edu.sg](mailto:name@school.edu.sg)) and request for a copy of the acknowledgement from the school. Please ensure that the email address provided below is accurate.

3. Contact Number of the Parent / Legal Guardian

MOE-OBS will contact you via the number provided if required.

An acknowledgement will be sent to the email account provided. If you do not have an email address, please enter the school's email address (*provided on the form*) and request a copy of acknowledgement from the school.

**Step 6:**

Complete Part 1 by filling in all the personal particulars of the participating student.

Part 1: Applicant's Personal Information

7. Applicant's Personal Identification Document

- Birth Certificate / NRIC / Student Pass
- Passport

8. Full Name of the Applicant

as it appears in the Applicant's Personal Identification Document

9. School

**Step 7:**

Complete Part 2 by answering questions of the health information of the participating student.

Part 2: Applicant's Health Information

Note:

1. Health information provided must be comprehensive and recent for the assessment of the Applicant's participation in the Course. Physician's recommendation of fitness may be required to attend the Course.
2. A "physician" refers to a medical practitioner registered under the Medical Registration Act (Chapter 174)
3. Ensure the declaration of health information takes place within six (6) months before the start of the Course.

17. Is the Applicant medically exempted from attending Physical Education lessons?

|  |   |
|--|---|
| <input checked="" type="checkbox"/> NO | <input checked="" type="checkbox"/> YES |
|--|---|

18. Is the Applicant medically exempted from attending National Physical Fitness Award (NAPFA)?

|  |   |
|--|---|
| <input checked="" type="checkbox"/> NO | <input checked="" type="checkbox"/> YES |
|--|---|

**Step 8:**

Lastly, complete Part 3 by selecting the appropriate checkboxes for acknowledgement and consent before submitting.

If you are unable to submit, please scroll up to check if you have missed out any required information.

### Part 3: Declaration & Acknowledgement

#### 35. Information Declaration

- I declare and confirm that all the information provided is complete, true and accurate to the best of my knowledge, and there is no undisclosed information that would affect the assessment of this application for the Applicant's safe participation in the Course. I will promptly inform MOE-OBS of any change in any of the information provided. I understand that MOE-OBS reserve the right to make the final admission decision based on the information provided in the Registration Form, course intensity and other operational considerations. I understand that if the information provided is incomplete, untrue or incorrect, MOE-OBS reserve the right to reject the application or withdraw the participation of the Applicant at any time.

#### 36. Medical Declaration

- I give permission for MOE-OBS to administer any medical treatment that MOE-OBS deem necessary to maintain the Applicant's well-being during the Course. This includes administration of oral or topical over-the-counter medication. In the event of the Applicant's illness or injury, I give my further consent to MOE-OBS to seek medical treatment and

c

**Step 9:**

Please fill-in and complete the form in a single session. After submission, you should see the following screen. A PDF of the completed registration form will be sent to the email address provided.

Thank you for registering your child/ward for the MOE-OBS Challenge

An email with the submission will be sent to the email address provided. Please contact the Teacher Coordinator for more information regarding the enrollment status.

FREQUENTLY ASKED QUESTIONS

Qn.1 When will the Applicant know he/she is accepted into the MOE-OBS Course?

We will process the Registration Form and inform the Teacher Coordinator of the Applicant's enrolment status for the Course at least 3 weeks before the course. If you need more information please contact the Teacher Coordinator.

Qn. 2 Where can I find out more about OBS?

To find out more about OBS, visit <https://www.nyc.gov.sg/en/obs> or connect via our social media on

FB: [outwardboundssingapore](https://www.facebook.com/outwardboundssingapore)

Instagram: [OutwardBoundSG](https://www.instagram.com/OutwardBoundSG)

YouTube: [OutwardBoundSpore](https://www.youtube.com/OutwardBoundSpore)

(End)

**Step 10:**

A medical examination by a medical physician is not required for most participating students.

However, if you see the following pop-up note at any point during the completion of the form, the student will require a medical physician's assessment to certify the student to be fit for the programme.

Note: The Applicant is required to be certified fit by a Physician to attend the Course with the stated condition. Complete this registration and get in touch with the Teacher Coordinator for advice.

- Step 1: Obtain the Medical Examination Form from the School Teacher Coordinator.
- Step 2: Print or show the doctor the e-Registration Form response in PDF.
- Step 2: Give the Medical Examination Form to the medical doctor to certify your child fit to participate in the 2-day Programme.
- 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)
- Step 4: Submit the completed Medical Examination Form and doctor/specialist memo (if applicable) to the school through your child.