



# Outdoor Adventure Camp Guide

OCT 2021 — MAR 2022

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# WELCOME

*Think back to your childhood school holidays - what were they like?*

*Kids in the wilderness rain or shine, making new friends, exploring, inventing, and bonding over shared experiences, chatting around the campfire, toasting marshmallows and drinking hot chocolate, playing games and learning from each other, expanding comfort zones and taking risks?*

*Welcome to our Wildlings Outdoor Adventure Camps*

*Despite the need for on-going safe management measures to minimize the impact of the Covid-19 Pandemic, your child will have a week of thrilling adventures and new experiences with our skilled camp leaders and new friends.*

*Being physically active outdoors is good for children. There are multiple benefits to health;*

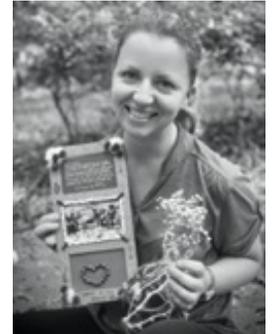
- *Exposure to the UVB rays from the sun boost vitamin D production, a key element of the body's immune response, particularly in responding to respiratory diseases.*
- *Studies show that time spent outdoors in a natural environment reduces levels of stress and allows the mind to relax and recover.*
- *Exposure to nature has been linked to a boost in T-cells; natural killer cells, which are the immune response to viruses and cancer cells.*
- *Time outdoors helps to re-set our body clocks to a natural circadian rhythm essential for sound sleep.*
- *Bright natural daylight helps to develop the eyesight and the outdoors provides the opportunity to stretch the distance vision helping to fight off myopia.*
- *Children who attend a Forest School session are 2.2 times more physically active than a child is during a normal school day which includes a P.E. lesson. Physical activity whilst young is important for tackling a rise in childhood obesity and a potential life of ill health.*
- *The outdoors contains a wealth of good bacteria, microbes and even viruses which children need to be exposed to in order to stretch and build their immune systems and develop a microbiome in their bodies which will help them to fight off more serious illness.*

*This guide includes the essential information for the smooth running of our camps and to help your child to get the most out of their experiences with us. Please read the guide carefully and please contact us if you have any questions at all.*

*Warmest Regards,*

*Claire*

CLAIRE SEABROOK | MENVSCI | ENVIRONMENTAL EDUCATOR | FOREST SCHOOL LEADER |



# THE SIX PRINCIPLES OF FOREST SCHOOL



FS is a long-term process of regular sessions, rather than one-off or infrequent visits; the cycle of planning and preparation, observation, reflection and review, and adaptation links each session.



FS uses a range of learner-centred processes to create a community for being, development and learning.



FS promotes the holistic development of all those involved, fostering resilient, confident, independent and creative learners.



FS offers learners the opportunity to take supported risks appropriate to the environment and to themselves.



FS takes place in a woodland or natural environment to support the development of a relationship between the learner and the natural world.



FS is run by qualified practitioners who continuously maintain and develop their professional practice.

These six principles of Forest School underpin all our programmes, including our camps. We take each day as it comes, observing the children and watching how they experience their world and those in it. As our sessions evolve, using these observations and through conversations with the children, we begin to formulate a plan for the next session and so on. In this way your child's camp experience will be unique to them.

Camp Leaders will be responsible for providing the children with choices of experiences throughout the week which match their level and interests, facilitating these experiences and crucially, working to keep the children safe outdoors. We respect the choices of the children and never force participation. We will introduce processes and rituals which will help children to develop a sense of belonging at camp.

Each camp offers multiple opportunities for holistic development. To FS Practitioners this means socially, physically, intellectually, linguistically, emotionally, and spiritually. Over time, Forest School can be an integral part of a child's life experiences which build character, healthy beliefs and values and a passion for learning and the natural world throughout their lives.

At Forest School we support the children to take supported risks which are appropriate for them and the environment in which they are in. Nature provides opportunities for risky play every session such as balancing on logs or sliding down slopes. We also provide planned opportunities for learners to participate in activities that could be considered risky, such as building a rope swing, lighting and maintaining a campfire, and using age-appropriate tools, when these things serve a purpose. Taking appropriate supported risks builds confidence and judgement.

One of the things that makes our camps unique is that all of this occurs in nature. Nature is a classroom without the boundary walls. There are abundant loose parts and endless possibilities, its mysteries inspire and fire the imagination and create a rich environment for play, learning and creativity. Nature provides an antidote to the toxicity of the urban environment and boundless studies show the benefits of nature exposure to emotional, mental and physical wellbeing.

All of our camps are led by at least one qualified Forest School Leader, with group leaders who are experienced in outdoor education, forest school, scouts or other similar programmes. All have experience working with children and multiple staff during each camp will hold an up to date first aid qualification.

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"Teaching, in my estimation, is a vastly overrated function.... I see the *facilitation of learning* as the aim of education".

— **Carl Rogers, Freedom to Learn, 1969**

# WHAT TO EXPECT AT CAMP



Fire lighting



Campfire Cooking



Den, knots and shelter building



Nature Arts and Crafts



Mud and Sand Play



Water play



Foraging



Ecology



Using tools



Exploring and chances to be brave



Risky play



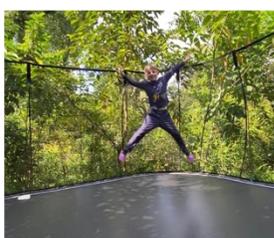
Fantasy and role play



Spiritual and cultural experiences



Team games



Physical development



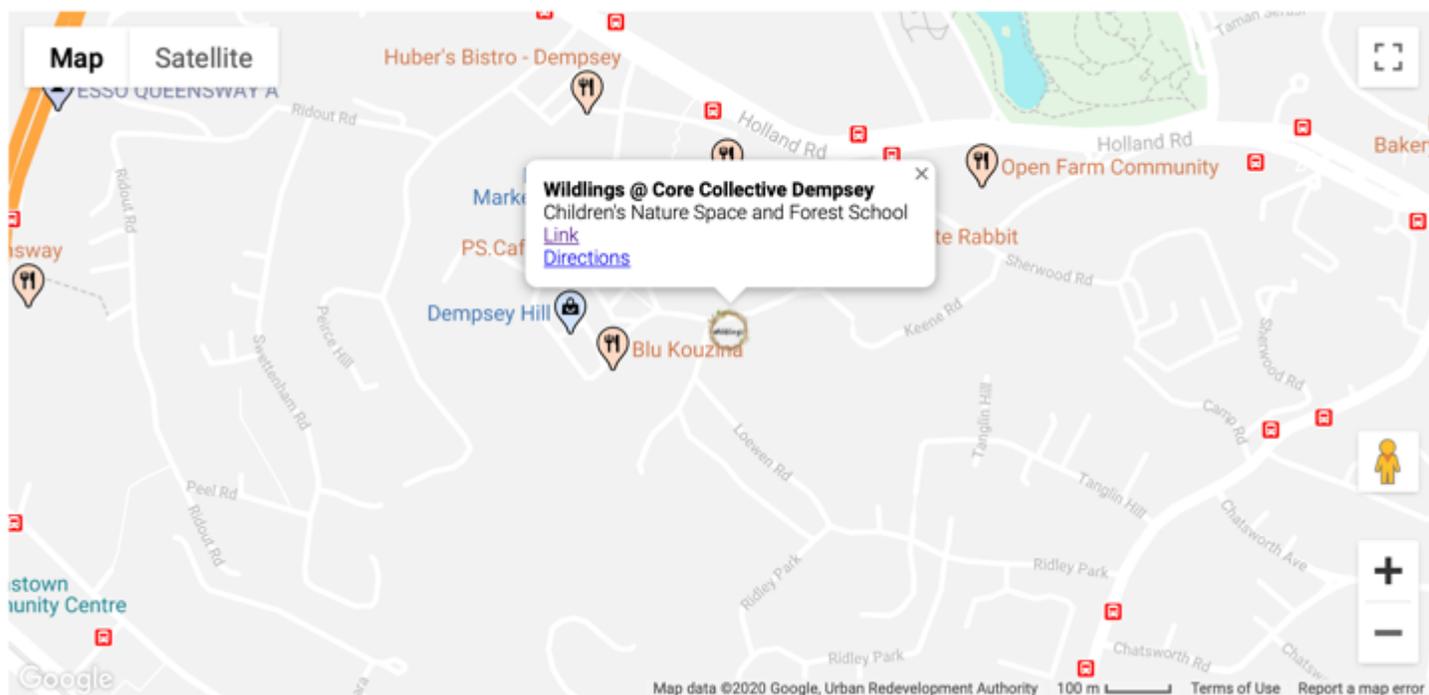
Farming and gardening

# LOCATION

*"An old Indian saying: 'It's better to know one mountain than to climb many'"*

— Richard Louv, **Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder**

Pick-up and drop-off is at our premises in Dempsey. The address is 27A Loewen Road, Singapore, 248839. We occupy part of the Core Collective fitness and wellness hub. The location boasts an excellent cafe, pizza restaurant, Swiss swimming pool, fitness and wellness services and the nearby Trimmings Spa.



You can find the entrance to our space at the end of the car park, up the path to the right of the swish swimming pool.

The car park is often full and busy at this time. Alternative parking can be found in front of 72 Loewen Road.

Our premises are a short 10-minute walk from the bus stops along Holland Road.

# A DAY AT CAMP

## **ARRIVAL**

Please arrive at 9.00am for the prompt start of camp. If there are changes to the camp start time due to larger camps requiring staggered drop-off and pick up due to Covid-19 safe distancing, we will include these changes in the camp guide distribution email.

If you see that our gate is busy, please keep to a large distance from others and approach when the gate is quieter – we have had comments from safe distancing ambassadors to avoid crowding at our entrance.

Check-in will involve:

- Check-in with trace together app (parents), or your child's trace together token
  - Checking your child's details with us are complete
    - Temperature taking
  - Check for signs of ill-health
    - Hand washing

Your child will then be directed to their home base to meet their leader and the other children in their group.

Please visit the bathrooms before dropping your child off.

## **WARM-UP**

Camp starts on Monday with getting to know each other activities, then each day will start with a warm-up game which will usually be a physical activity such as completing an obstacle course, team races or a game like capture the flag.

## **EXPLORATION TIME**

The children will proceed to a zone for their first exploration of the day. This could be to the potting shed for a planting activity or to the tool area to learn how to use our Forest School tools.

## **SNACK TIME**

Children will return to their home base for their substantial snack (provided by you). For eating, children will be able to remove their face coverings and there is space for them to sit with a 1 meter distance. This is a chance to have a chat, relax, and get to know one another.

## **EXPLORATION TIME**

After snack and a visit to the bathroom the children will proceed to a second zone in our space for further experiences. This can continue until 11.30-12.00pm.

## **FREE PLAY**

After this time there will be time for free play and for the children to continue with their projects of games which they naturally embark upon at our camps.

## TIDY UP AND CLOSE

We will tidy up together and return to our home base for the session close. For younger children this may be mindfulness and a story, for older children we will use other reflection methods.

Our youngest campers aged four and five will be ready for collection at 12.00pm. In our experience a three-hour morning outdoors is the right length of time for this group.

All other children will be ready to be collected at 12.30pm for most camps. Any changes to the pick-up time will be included in the camp guide distribution email. Please collect your children on-time to avoid causing anxiety to the children and to allow our staff time to pack-up and end their shift on-time. Our camps require a significant daily effort of preparation and clean-up due to the outdoor nature and size of our space.

We will have regular water breaks throughout the morning.

## WHAT TO PACK IN YOUR CHILD'S BAG

- Spare clothes – larger sizes, stretchy, easy to change into
- Spare plastic sandals or flip-flips for your child to wear if they get their main shoes wet and no longer want to wear them, or to wear them home.
- Small towel
- Insect repellent (applied before camp as well please). Please do not use mosquito patches. These fall off and pollute our nature space.
- Spare face shield or several spare face masks as these tend to get sweaty and dirty outdoors (for children wearing these)
- Large water bottle
- A substantial snack packed in a sealed container to help prevent ants. We don't have bins onsite so please remove all disposable packaging
- Waterproof coverall, such as a poncho, that your child can be dressed into with speed
- A plastic bag for wet mucky clothes

Please label items and provide spare face coverings in a zip-lock style bag to keep them clean and hygienic.

We will only change younger children (older children may change themselves) if they request to be changed so please be prepared to pick up children in a wet and muddy condition and take them to be changed in the Core Collective bathrooms. This enables us to maximise the time for play and experiences with us and minimize the time needed for changing which can be significant.

## WHAT TO DRESS YOUR CHILD IN

Our space is quite wild and children need to be protected against insects and the sun. There are also opportunities to get mucky so nice expensive clothing won't be appropriate and we want the children to feel confident to get immersed in all of the sensory experiences that nature offers. With this in mind, please dress your child in:

- A loose long sleeved top if possible, a t-shirt will normally be OK, in a big size which is easy to change if needed.
- Loose, long, non-restrictive trousers (leggings are ok too). They ideally will be stretchy, comfortable and again easy to change if needed. Avoid shorts, skirts and dresses please. If your child will only wear shorts please still encourage socks and apply mosquito repellent to the exposed legs.
- Socks, with trousers or leggings tucked in (this helps prevent ant bites).
- Clothing which is dark in colour and inexpensive as it will likely get ruined.
- Hat and sunscreen applied before camp.
- We recommend aqua shoes for all seasons, easily and cheaply available from Decathlon. Wellington boots can restrict movement and also churn up our nature space so please do not send your child to camp in Wellington Boots.

Socks will need to be worn at all times as biting insects are prevalent in the rainforest. Bites are painful and the pain not only harms the bitten child but their distress has an effect on everyone's experience. We seek your support in ensuring that your child is appropriately dressed for their comfort at camp so that they can have a positive experience.

## COMMUNICATION

You will be eager to find out what your child has been doing each day at camp. They will be able to tell you and also sometimes take home things they have created to show you. Each day you will receive a daily update from the camp leaders along with photographs.

During camp, if you need to contact us or get a message to your child, please contact the leaders listed in your pre-camp email, or our Camp Director and Safe Management Officer:

Claire Seabrook  
+65 8157 0533

Outside of camp if you need to communicate with us please contact our Business Manager:

Su-Lyn Ng  
+65 8697 9738  
[hello@wildlings.sg](mailto:hello@wildlings.sg)

## WET WEATHER PLAN

If we are experiencing a storm (high winds, torrential rain and lightning between 08.20-09.10am):

- If you don't hear from us then please assume that camp will go ahead as planned. Please check your emails for communications

- If the weather is really bad the Camp start may be delayed. You will receive a communication from us as early as possible if so, but please understand that the weather changes quickly and we often have to make last-minute decisions in the tropics. Shelter can be found at the Baker & Cook onsite, Carrot Sticks and Cravings around the corner (closed on Mondays) and alongside the main Core Collective building.
- The drop-off location will move to outside the reception of the main Core Collective building – please do not enter the building as Core Collective have their own capacity limits for Covid-19.
- Once groups are assembled we will commence sheltered activities until the weather improves and we are able to return to our site. We will rent extra space from Core Collective until the weather improves.

If we are experiencing a storm (high winds, torrential rain and lightning) between 12.15-12.35 (collection time):

- Please collect your children from outside the main Core Collective building. If we are not there then we have decided that conditions are safe and we have remained onsite.

If the weather worsens during camp:

- Camp continues.
- Children get wet or shelter as preferred. We have wet weather shelters onsite.
- Staff check weather forecasts and lightning warnings and coordinate their response.
- Wet weather kits are prepared in advance for activities under shelter.
- If we feel conditions are unsafe onsite due to the weather, we will move to the main Core Collective building and take shelter in the covered side areas and the outdoor brick pavilion or rent additional rooms from Core Collective with whom we have an arrangement for this purpose.
- We will maintain group distancing and shelter at least 1 meter apart in groups of no more than the number permitted at the time.

# SMALL PRINT

## WAIVER

Please ensure that you have signed our drop-off [waiver](#) before camp.

## REFUNDS

### Refund and Cancellations

a) An amount equal to 96.4% of the camp fee minus a \$50 admin fee to find a replacement for your child will be refunded if written withdrawal is received at least 14 days before the commencement of the camp. Alternatively, as long as withdrawal is received at least 14 days prior to camp we would be happy to give you a full credit to be used against future camp bookings, to be used within 12 months of the date of issuance, which provides you with priority booking. No full or partial refunds will be given for cancellations received within 14 days of the commencement of the camp, except for cancellations due to reasons set out in clauses b, c, or d below.

b) If the child is unable to attend camp due to sickness or injury (in either case, supported by a medical certificate) 50% of the camp fee will be refunded upon receipt of the medical certificate as long as notice is submitted at least 48hrs in advance of the start of camp (camp starts at 9.00am on Monday so notice must be received by 9.00am on Saturday).

c) If a child becomes sick or injured within 48hrs of the start of camp, and before the camp commences, a credit will be issued in the value equal to 50% of the original registration cost, upon receipt of a medical certificate.

d) If a child falls sick during camp then no credit or refund will be given as it will be impossible to find a replacement for the camp, however, you may transfer the place to a friend.

e) We reserve the right to cancel any camp due to insufficient numbers. Parents will be notified at least 7 days prior to the commencement of the camp and a full refund of the camp fee will be provided.

f) We make every effort to ensure that the children have a great time on camp. We receive many messages from satisfied parents. From time to time, however, a child may be withdrawn from the camp by their parents because they are not enjoying the camp or the camp does not meet the expectations of the parents. Please talk to us if this is the case and we will try our best to resolve any issues. However, no refunds will be made if a parent willingly withdraws a child from camp early.

f) There are no refunds for campers expelled for inappropriate behavior. Inappropriate behavior includes fighting, bullying, aggressive or inappropriate behavior towards either the camp leaders or another camper, vandalism, stealing, repeatedly displaying an uncooperative attitude or disrespect for others, running away from the leaders and/or any other action that in the Camp Director's opinion threatens the health, safety, or well-being of any person, or the operation of the Camp. Under most circumstances, campers and their parents will be warned if their behavior is unacceptable and will be given a chance to improve and change. However, if the behavior is, in the opinion of the Camp Director, too severe, they will be asked to leave camp.

## AUTHORIZED PERSON

When making your booking the primary customer is named, as well as an emergency contact, and we assume that one or the other will be dropping off and collecting the child.

If another person will be collecting your child please WhatsApp their name and telephone number to [8875 5919](tel:88755919) by 11am so that we can ensure that your child is released into the care of the correct person. We may call you to confirm if we are in any way uncertain of the authority of a person to collect your child from camp.

Please remember that the drop-off time is 9am and the collection time is 12.30pm. There is a 10-minute grace period but please do not be late to collect your child as this has a knock-on effect on staff, camp planning and may cause anxiety in children.

## BELONGINGS

Please ensure that your child's belongings have their name on them. We will do our best to keep their things together, but Wildlings accepts no responsibility for lost or damaged property. Its best to only pack what is essential for camp.

## PHOTOS

By booking a camp, the guardian or parent of the child agrees to the following:

"I permit any photos, taken at Wildlings, 27A Loewen road, to be used by Wildlings for promotional purposes unless word is received in writing explicitly stating that I do not consent.

This includes photographs or digital images, audio visual, sound or digital recordings of the child(ren) participating in the camp for media or promotional releases or articles, including newspapers, radio, television or printed publications relating to Wildlings or its activities, electronic publications and communications such as the Wildlings website, newsletters, or social media pages including Facebook and Instagram."

To protect the privacy of the children, we will never name children in captions on media online, all photographs are checked for appropriateness and used within context.

If you do not consent, please message +65 8157 0533 with written withdrawal of consent and we will not take photographs of your child.

## ACCURACY OF INFORMATION

You confirm that all information provided in the online form and in other forms of written communication to Wildlings is accurate and complete and that there is no missing information regarding your child which could affect the smooth running of the camp, including the safety of all participants.

# SEE YOU IN THE FOREST!