



Outdoor Activities Club
National University of Singapore

<http://www.nusodac.net>

Activity Information Sheet

Seletar Island Kayaking Expedition

Seletar Island is one of Singapore's offshore islands at the Northern coast. It is said to be one of the best place to string a hammock and camp. Flagging off from Sembawang beach, we will kayak east along the northern coast towards Seletar Island. Along the way, you may be able to see Malaysia shore, Kelongs and even other interesting encounters! Upon reaching Seletar Island, we will have our wonderful lunch by the sea and on the beautiful sandy shore before making our journey back to Sembawang Park. Get intimate with the outdoors! So, what are you waiting for? Come join our fun-filled expedition now and explore one of Singapore's uninhabited island!

Organizer:

Name	Designation	Role	HP No.	Email Address
Li Peixin	Asst. Hon Gen Secretary	Trip Leader	97562863	peixin@nusodac.net
Brandon Leong	Marketing Head	Trip Leader	98445906	brandon@nusodac.net
Dorcas Koo	Asst Marketing Head	Trip Leader	94369088	dorcas@nusodac.net

Cost: \$40 (inclusive of)

- Rental of Kayak and power boat
- Food during expedition

Non NUS ODAC members have to pay an additional \$6.00

Duration of Expedition: 1 Day

Dates of expedition: 27th Mar 2010

Meeting Time & Venue : 27th Mar 2010, Sembawang Park 930am (tentative)

Other Important Procedures

Please prove kayaking proficiency with your certificate to our expedition leaders or alternatively, through electronic means. (Scan your cert, or take a clear image of your cert and send it to peixin@nusodac.net)

Difficulty Level: ★★☆☆☆

See Appendix A for further definition on the level of difficulty

Length of Expedition: 4 Hours of kayaking with rest

Technical Difficulty: Some technical difficulty: minimum 1 star kayaking certified

Terrain: Rough waters, Exposure to sun

No-go Criteria: (Please Read!)

1. Adverse weather with thunderstorm and lightning
2. Participants fail to submit all relevant documents (Activity Registration Form, Medical Declaration, Swimming declaration form and Indemnity Form), which have to be duly completed and signed before leaving on departure day
3. Participant is certified medically unfit prior to the expedition
4. Participants must be at least 1 star certified.
5. Full payment not made.

Refund policy:

Full refund will be given should the organizer cancel the activity

Otherwise, the following applies:

Case 1: From Sign-up until 8 days before start of expedition

All money paid will be refunded **except all expenses that have already been incurred.**

Case 2: Within 7 days to start of expedition

There will be no refund.

Case 3: Medically unfit with production of Medical Certificate

All money paid will be refunded **except all expenses that have already been incurred.**

In the event that the expedition is aborted, the amount to be refunded will be based on the amount of unexpended expedition funds.

Any other cases will be considered on a case-by-case basis and refund will be subjected to the approval of the organizer.

Medical Indemnity:

- All participants are to declare any existing medical conditions to the organizer.
- **NUS ODAC and its leaders shall not be held responsible for any consequences arising from existing medical condition(s) caused by the participant's failure to be immunized as recommended by the club.**

27th Mar 10	Activity
0900	Meet at Sembawang Park bus stop
0945	Pre-expedition Briefing and Proficiency Tests
1015	Launch off from Sembawang Beach
1215	Beaching at Seletar Island
1230	Lunch and Fun in the Sun
1400	Launch off from Seletar Island
1600	Arrival at Sembawang Beach
1630	Expedition Debrief

Note: The itinerary is subject to change based on actual expedition conditions and the discretion of the Expedition Leader.

Personal Equipment List

Equipment	Qty	Remarks	√ list
Daypack	01	For carrying your stuff	
Waterproof/ Ziploc Bags		Sufficient to keep your belongings dry	
Clothing	01	For changing out	
Sandals /Shoes/ Booties	01	Compulsory	
Water Bottle / Water Bag	01	Compulsory: Minimum of 1.0L Capacity	
Whistle	01	Compulsory	
Slippers	01	Comfort Item (Strictly not for kayaking)	
Personal Medication	01	To inform First Aider if under medication	
Rain Gear / Poncho	01	Optional	
Hat / Cap	01	Optional	
Insect Repellant	01	Optional	
Spare Spectacles	01	Optional	
Toiletries		Optional	
Camera	01	Optional	
Field Chair	00	Optional	
Jack Knife	01	Optional	
Spare Cash			
EZ-link card			

Note:

- 1) Waterproof all items in backpack using Ziploc bags/trash bags.
- 2) Strictly **no slippers** allowed when kayaking.
- 3) Use of contact lens in the outdoors is strongly discouraged.
- 4) Participants are to bring their own medication and inhalants.

Recommended Footwear:

- Sandals or booties or old track/sports shoes or the like are recommended as we would rest at Seletar Island which has elements of sharp edges. Proper footwear will help prevent any possible cuts or injuries from the sharp edges.

Final Note: Do constantly check your emails for any updates

Presented to you by NUS ODAC 25th Executive Committee

Appendix A**Easy ★**

Activity can be completed easily by person of average fitness.

Moderate ★★

Some physical exertion may be expected.

Moderate to Strenuous ★★★

Participants should be in good fitness condition. Those who have not been exercising regularly may need to undergo some pre-conditioning.

Strenuous ★★★★

Extensive physical activity involved. Participants should undergo additional fitness training prior to trip.

Demanding ★★★★★

Not for the weak hearted. Prior experience needed. Participants are required to undergo a series of training prior to expedition.