



Outdoor Activities Club
National University of Singapore

<http://www.nusodac.net>

Activity Information Sheet

Basic Tree Climbing Course at Kent Ridge Park

Come experience outdoors near to NUS by joining us for the Basic Tree Climbing Course at Kent Ridge Park. In this course, you will learn basic tree climbing safety, practices and ethics, followed by a tree climbing session for everyone to enjoy the nice view on top of a tree. It will also serve as a head start for people who are planning to continue to higher level Tree Climbing Certifications. So join us to reach out for the highest point in Kent Ridge Park by climbing trees.



Organizer:

Name	Designation	Role	HP No.	Email Address
Kenneth Chan	President	Trip Leader	96855626	Kenneth@nusodac.net
Low Kok Seong	Honorary General Secretary	Trip Leader	92344220	Kokseong@nusodac.net

Cost: \$40 (inclusive of)

- o Course fee
- o Club Administrative Fee (\$5.00), which is **non-refundable**

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

Duration of Expedition: 3-4 hours

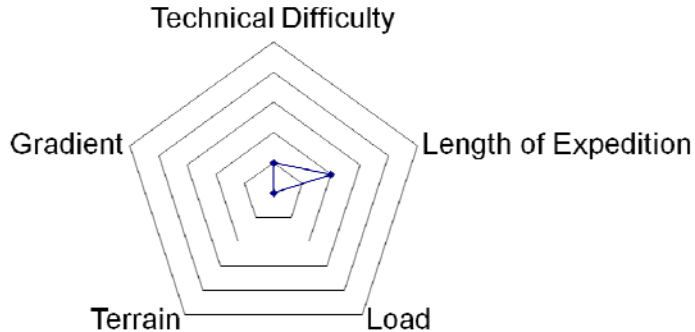
Dates of expedition: 13th Mar 2010

Meeting Time & Venue : 13st Mar 2010
PGP main entrance
2.15 pm (Tentative)

Difficulty Level: ★★☆☆☆

See Appendix A for further definition on the level of difficulty

Expedition Grading System (EGS):



- See Appendix B for a detailed guide to EGS.

Terrain and Physical Requirements:

- NIL

No-go Criteria:

1. Social/Political unrest
2. Forest fire (within 100km of trek region)
3. Floods (if we are already at the location and there is a flood, we will only camp at the base camp and not proceed up to the summit of the mountains)
4. Participants fails to submit all relevant documents (Activity Registration Form, Medical Declaration and Indemnity Form), which have to be duly completed and signed before leaving on departure day
5. Participant is certified medically unfit prior to the expedition
6. Presence of bird flu cases

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 for an Administrative fee of \$5 and 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 for an Administrative fee of \$3 and 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, excluding the \$3 admin fees.

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.
- All participants are strongly encouraged to be immunized against tetanus.
- **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.**

Draft Itinerary

Day 1	Activity
1415	Meet at Prince George Park (PGP) Main Entrance
1445	Arrive at Kent Ridge Park
1500	Tree Climbing Course Commences
1800	Tree Climbing Course Ends
1830	Move back to PGP

Note: The itinerary is subject to change based on actual conditions and the discretion of the Expedition Leader. A more detailed elaboration on the itinerary, terrain and such will be made during the briefing.

Personal Equipment List

Equipment	Qty	Remarks	√ list
Rain Gear / Poncho	01		
Shoes	01		
Water Bottle / Water Bag	01		
Personal Medication	01	To inform First Aider if under medication	
Hat / Cap	01	Optional	
Insect Repellant	01	Optional	
Spare Spectacles	01	Optional	
Camera	01	Optional	
Spare Cash		Optional	

Note:

- 1) Participants are to bring their own medication and inhalants.

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.

Appendix B

Technical Difficulty

- 1-2: No or limited technical skill required
- 3: Some technical skill such as roping required
- 4-5: Mountaineering skill required

Trekking Duration

- 1: 1-3 hr / day
- 2: 4-5 hr / day
- 3: 6-7 hr / day
- 4: 8-10 hr / day
- 5: >10 hrs / day

Load (includes personal items and group stores)

- 1: <5 kg
- 2: 5-7 kg
- 3: 8-10 kg
- 4: 11-14 kg
- 5: >14 kg

Gradient

- 1: Minimal ascending (<10 degrees)
- 2: Gentle ascending with undulating slope to be expected (10-30 degrees)
- 3: Moderate ascending with up and down slope expected (30-50 degrees)
- 4: Moderate continuous ascending (30-50 degrees)
- 5: Steep ascending to be expected (>50 degrees)

Terrain

- 1: Road
- 2: Well-defined Trail
- 3: Rocky
- 4: Muddy
- 5: Slippery / Bashing Required / Crossing of River / Night Trekking Required