



## OUTWARD BOUND SINGAPORE COURSE REGISTRATION KIT

**\*Please keep these Notes for your reference. Do contact us if you have any questions about the course information or registration procedure.**

**Important note:** You should have a total of 12 pages.




You should have the **Course Registration Notes** (03 pages), **Notes for the Parent/Guardian** (04 pages), **Notes for the Medical Examiner** (01 page) and **Course Registration Form** (04 pages). Please contact us if you are missing any of these sections.





**Outward Bound Singapore** is part of *Outward Bound International*, a worldwide network of adventure education centres devoted to leadership training, character-building and values formation. OBS is not a physical training centre, a survival school or holiday resort. We use the outdoors as the 'classroom' for learning and development.

An Outward Bound® course is mentally and physically challenging, but you may discover strengths and resources you never knew you had. What an Outward Bound® course can do for you depends on you; you may benefit more when you have an open mind to learn and enthusiasm to try (and sometimes try again) and to help others learn.



Do prepare yourself physically and mentally. OBS activities are within most people's capabilities. If you haven't been exercising, start with light conditioning exercises such as jogging, swimming or cycling. The key is to get your body used to physical activity and to enjoy exercise.

IMPORTANT POINTS TO NOTE	
<p><b>'Back to basics' &amp; communal living</b></p>	<p>At OBS, you will live and work in a group (called a 'Watch') of up to 16-20 people, stay in non-air-conditioned dormitories and/or tents, depending on the course you are attending. There are limited power points in the dorms, nor is there Internet access. Telephone calls from your family or friends will not be entertained except in emergency, so you can concentrate fully on the course.</p> 
<p><b>Medical matters</b></p> 	<ul style="list-style-type: none"> <li>▪ You need not be super-fit to come to OBS; you just need to be <b>medically</b> fit – during your medical examination, tell your doctor as much as possible.</li> <li>▪ Please do the medical examination <b>not more than 3 months</b> before the course starts.</li> <li>▪ A tetanus immunisation is <b>compulsory</b>. If you haven't had one in the last 10 years, or can't remember when you were last immunised, tell your doctor you need one.</li> <li>▪ Tell the doctor and your OBS instructor if you are taking regular medication. Bring along your medication and inform your OBS instructor on the first day of the course.</li> <li>▪ On the first day of the course, if you have a Medical Certificate or Light Duty (of any duration), you will not be permitted to enrol in the OBS course. This is to promote your recovery or to prevent the risk of spreading illness to other participants.</li> <li>▪ We have a medical centre to deal with minor ailments or injuries. During the course, if you need to consult a doctor, we will accompany you to a nearby polyclinic. Medical fees will be borne by you.</li> </ul>
<p><b>Can I smoke and drink in OBS?</b></p>	<p>OBS is strictly a <b>no-smoking</b> facility. We ask you to challenge yourself to abstain from smoking throughout the course. You might be pleasantly surprised at the results at the end of the course! There is also a <b>no-alcohol</b> policy in all Outward Bound® courses.</p> 

<p><b>What sort of meals will I be getting?</b></p>	<ul style="list-style-type: none"> <li>▪ Our meals (cooked and field-type) are nutritionally-balanced. During the course, you will get cooked meals and also experience cooking meals for yourself and your group mates while on expedition!</li> <li>▪ All meals served in OBS are certified 'Halal' by MUIS. Vegetarian meals are available on request.</li> </ul> 
<p><b>Course registration and payment</b></p>	<p>You must send your completed <b>OBS Course Registration Form</b> to us <b>at least four weeks before</b> your course starts. Late submissions will not be entertained. If your OBS course is organised through your school or organisation, please get instructions from the person in charge. If you are coming to OBS as a private applicant, send your registration form and cheque payment (payable to 'Outward Bound Singapore') to:</p> <p style="text-align: center;">OUTWARD BOUND SINGAPORE c/o People's Association 9 King George's Avenue Singapore 208581</p>
<p><b>What NOT to bring...</b></p> 	<ul style="list-style-type: none"> <li>▪ Valuables like expensive watches or jewellery</li> <li>▪ Expensive clothes or footwear – they may be damaged or soiled during the course</li> <li>▪ Snacks/sweets, books/magazines/newspapers, personal music devices, electronic games, portable TV, PDAs</li> <li>▪ Mobile phones (they can be a barrier to communication with your Watch mates!)</li> <li>▪ Excessive cash</li> </ul> <p>Training equipment, food and lodging are provided (refer to the Packing List on what to bring). Money is not required during the course except at the end when you may wish to purchase OBS souvenirs. We will safekeep your money, NRIC/passport and valuables during the course.</p>
<p><b>In case of emergency...</b></p>	 <p>If there is a need to contact you while you are at OBS, the caller should speak to the <b>Course Director</b>. Please provide <b>your name</b> and <b>the course you are attending</b>. For <b>P.Ubin Campus</b>, please dial <b>65459008 ext 162</b>. For <b>East Coast Campus</b>, please dial <b>62407103</b>.</p>
<p><b>Will I be able to contact my loved ones?</b></p> 	<p>You can write letters/postcards home (do bring postage stamps!), and we will also gladly pass on mail from your loved ones. They can send mail to:</p> <p style="text-align: center;">Private &amp; Confidential [Your name] [Course you are attending] Outward Bound Singapore c/o People's Association 9 King George's Avenue Singapore 208581</p> <p>Any packages sent to OBS are subject to inspection. If there are <b>urgent</b> issues at home and you need to call home, we will do our best (when the programme allows) to enable you to do so. We encourage you to take the course instructor into your confidence and share with him/her your concerns.</p>
<p><b>How can I contact OBS?</b></p>	<p>Call 65459008 and ask to speak with someone in the <b>Outward Bound Youth</b> unit or Visit <a href="http://www.obs.pa.gov.sg">www.obs.pa.gov.sg</a> and drop us a line there.</p>

**NEXT PAGE : COURSE PACKING LIST →**

## PACKING LIST



Use this as a guide to help you pack for the course. Refer to the duration of the course in the table below for the appropriate quantities. Remember, the quantities are only suggestions, and more is usually better than less!

PACKED? <input checked="" type="checkbox"/>	ITEM	Course duration	
		3 days or fewer	4 days or more
<input type="checkbox"/>	T-shirts: long-sleeved (for sun protection and to minimise insect bites) *	2-3	3-4
<input type="checkbox"/>	T-shirts: short-sleeved *	2-3	3-5
<input type="checkbox"/>	Shorts – suitable for physical training e.g. running *	1-3	3-5
<input type="checkbox"/>	Long pants – for climbing activities/expeditions (three-quarter pants and jeans not allowed) *	2-3	3-4
<input type="checkbox"/>	Identity Card / Passport / Photocopy of birth certificate	Compulsory	
<input type="checkbox"/>	Towel – small & large	Compulsory (min. 1 each)	
<input type="checkbox"/>	Sun protection – hat/cap, sunglasses (not too expensive), gloves, sunblock cream (SPF 30 or higher), lip balm, after-sun lotion	Compulsory	
<input type="checkbox"/>	Shoes for 'wet' activities (Closed-toe for protection from underwater rocks, barnacles etc; sandals not permitted to be used)	Compulsory (min. 1 pair)	
<input type="checkbox"/>	Shoes for 'dry' activities – with sufficient cushioning for running and general outdoor activities. Do not bring shoes that are too old and may come apart easily	Compulsory (min. 1 pair)	
<input type="checkbox"/>	Reusable Plastic Bottle for drinking purposes (at least 1.5L)	Compulsory	
<input type="checkbox"/>	Sandals / Slippers	2 x 1.5L	3 x 1.5L
<input type="checkbox"/>	Hand Sanitizer for hygiene	Compulsory (min. 1 pair)	
<input type="checkbox"/>	Hand Sanitizer for hygiene	Compulsory	
<input type="checkbox"/>	Writing materials – small notebook & pen	Sufficient supply	
<input type="checkbox"/>	Other personal items:	Sufficient supply	
<input type="checkbox"/>	▪ Fork & spoon, toilet roll (for camp out purposes)	Sufficient supply	
<input type="checkbox"/>	▪ Laundry detergent, clothes pegs (for 7 days or longer courses)	Sufficient supply	
<input type="checkbox"/>	▪ Pocket knife	Sufficient supply	
<input type="checkbox"/>	▪ Spare spectacles	Sufficient supply	
<input type="checkbox"/>	▪ Spectacles retainer/hooks	Sufficient supply	
<input type="checkbox"/>	▪ Camera & film (limited/no charging opportunity for digital cameras)	Sufficient supply	
<input type="checkbox"/>	Undergarments	Sufficient supply	
<input type="checkbox"/>	Socks	Sufficient supply	
<input type="checkbox"/>	Recycled supermarket plastic bags/trash bags/Ziploc bags – for waterproofing purposes and keeping dirty/wet items	Sufficient supply	
<input type="checkbox"/>	Toiletries – incl. body powder, nail clippers, sanitary napkins	Sufficient supply	
<input type="checkbox"/>	Personal first aid items and/or prescription medication e.g. ventolin inhaler, plasters, antiseptic cream, ointment for insect bites	Sufficient supply	
<input type="checkbox"/>	Insect repellent (ozone friendly)	Sufficient supply	
<input type="checkbox"/>	Torchlight & spare batteries	Sufficient supply	
<input type="checkbox"/>	Lighter / matches (for 4-Day or longer courses)	Sufficient supply	
<input type="checkbox"/>	Postcards & stamps (for 7 days or longer courses)	Optional	
<input type="checkbox"/>	Thin sleeping bag	Optional	
<input type="checkbox"/>	Swimwear (revealing swimwear not encouraged)	Optional	
<input type="checkbox"/>	Cotton Twine – available at leading general stationary shops	N.A	1 ball
<input type="checkbox"/>	Solid fuel – sold in boxes at outdoor equipment/army supplies shops	N.A	1-2 boxes
<input type="checkbox"/>	Cash – for souvenir purchases, pay for damaged/lost equipment	Approximately \$50	

**\* Do not bring military or camouflage-print attire.**



## OUTWARD BOUND SINGAPORE NOTES FOR THE PARENT/GUARDIAN

**\*To the Applicant: Show this page to your parent/guardian when you get their endorsement in Part 6 of your Course Registration Form.**

### Dear Parent/Guardian,

Your child wishes to attend an adventure education course in OBS. Please refer to the notes below. This is to address some of your concerns and give you a clearer picture of the OBS.



Outward Bound® is an adventure in life and learning. It is about dealing with challenges. And it's about learning. Learning about oneself, about others and, most of all, about one's potential. It is about developing character, values, mental fortitude and realising the untapped potential within everyone.

The OBS was started in 1967 to provide opportunities for such an adventure for young Singaporeans. It is part of an international Outward Bound fraternity which comprises over 54 centres worldwide in five continents. Although its activities are physically and mentally challenging, the OBS is **not** a survival school, military institution, physical training school, recreational centre or holiday camp.

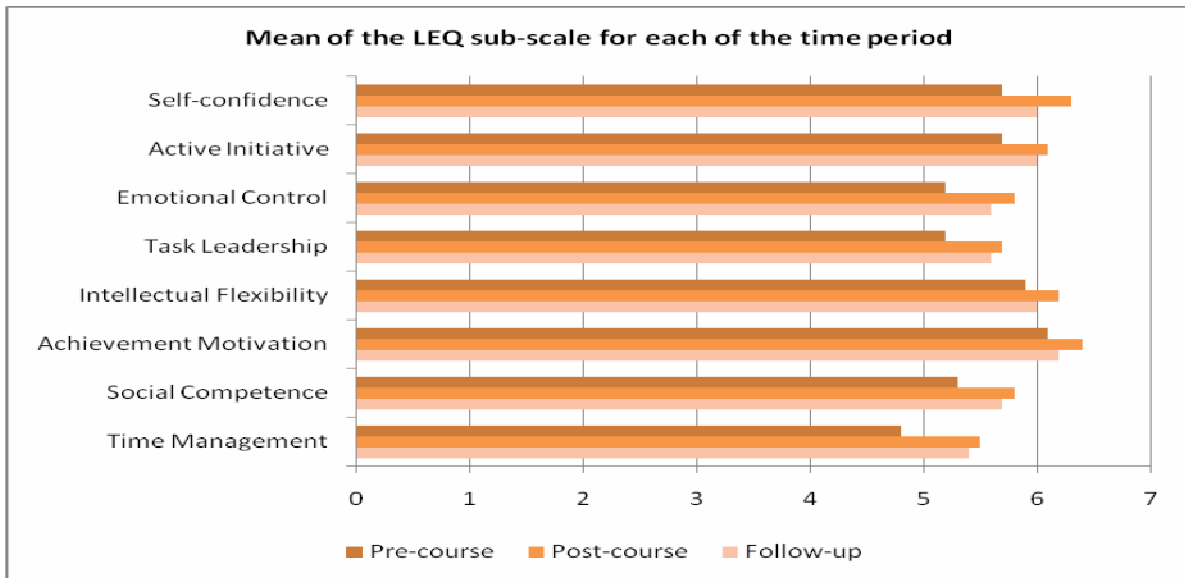
We are an educational institution that makes use of a unique "learning by doing" methodology to achieve desired learning outcomes. Working hand in hand with the Ministry of Education, the OBS has integrated the "Desired Learning Outcomes" outlined by the Ministry into its courses. The course will help students develop their leadership skills and character to complement their academic achievements for a more well-rounded education.

### Impact & Effectiveness

OBS commissioned an independent research team to conduct a research survey in 2007 on the impact and effectiveness of OBS youth programmes. A combination of quantitative and qualitative survey methods were used to gather feedback from the respondents. A comparative analysis from *pre-course*, *post-course* and *three-month follow-up* was done to investigate the life effectiveness and impact of OBS programs on the perceived personal development in the youth following a 5-day OBS experience. The respondents represented a cross-section of students from various schools. A total of 1,091 participants participated in this research survey.

The test materials used in the research were Life Effectiveness Questionnaire (LEQ, Neil and Richard 2003), Rosenberg Self Esteem Scale (Rosenberg, 1965) and structured open-ended questions by the research team.

The research analysis showed that the scores for the eight LEQ factors increased from pre-course to post-course with a slight decrease from post-course to the three-month follow-up. What is significant however was that all scales showed an increase from the pre-course and three-month follow-up. This indicated that there is positive impact and the effect lasted even after the three months period. Please see chart below for graphical representation of the research findings.



## FREQUENTLY ASKED QUESTIONS

### 1) What does my child do at an OBS Course?

The OBS uses the outdoors as its classroom. Your child will "discover and learn by doing". Our unique outdoor curriculum will provide a safe environment for him/her to engage in a variety of activities that will help him/her not just to discover, but also test himself/herself. The array of activities featured in our programmes includes problem-solving activities and physical challenges such as rope courses, rock-climbing, abseiling, and land/sea expeditions. These activities are not an end by themselves.

Through them, young people are faced with challenging situations, which develop their confidence and call out their courage and determination. Concepts like compassion, trust, teamwork and a positive, "can-do" spirit are also cultivated. Our experienced instructors facilitate the learning so that these concepts become real and meaningful.

### 2) Who are the Outward Bound instructors? What is the instructor-to-participant ratio?

OBS instructors will be role models, mentors, counsellors, safety officers and outdoor educators for your child. Their work is not merely the transfer of skills or knowledge, but more importantly, of life values such as teamwork, perseverance, mental tenacity and commitment.

Our instructors undergo rigorous training and certification before they are allowed to take a group on a course. They go through a stringent process of selection, training, skills and safety certification before they are operational. All our instructors are trained and certified to the Leaders Wilderness First Aid standard, which is more advanced than the normal first aid qualification most people hold. They also receive continual training and development to ensure that they keep up to date with the latest outdoor education methods, skills and equipment.

For good safety supervision, we run on an instructor-to-participation ratio of max 1:16. For 3 days Camp Discovery however, the ratio is 1:20.

### 3) Will my child be safe?

In Outward Bound Singapore (OBS) courses, safety is always our top priority. Activities are carefully planned, tested and constantly supervised by qualified and experienced instructors. The equipment we use is subjected to regular, thorough on-site safety inspections by external certifying bodies. Operating procedures are established to ensure that safety standards are strictly adhered to. OBS has been rated "above excellence" for its high safety standards in the last four reviews conducted once every two years (last review in 2007). Your child will also be trained in basic safety procedures, which will contribute towards his/her overall safety and enjoyment of the course.

**4) Does my child need to be in great physical shape to take a course?**

Although Outward Bound courses are meant to be physically and mentally challenging, your child need not be an athlete or have any prior outdoor experience to participate. Our courses are designed to be well within the capabilities of anyone who is able-bodied. What is more important is a positive attitude, a willingness to try and a commitment to work together. Your child should, however, be certified by a doctor as 'medically fit' before he/she can enroll in our programme.

**5) Why is there a need to obtain medical certification (for 4 days & above course) from a doctor to attend the course?**

It is in the best interest of your child to seek medical examination. It is important for the instructor taking care of him/her to take note of any medical history so that the instructor can pay extra attention when necessary. Our experience has indicated that participation in the course may be affected if participants have past medical history as stated in Part 5 of the Course Registration Form.

If an applicant contracts any illness or sustains an injury between the submission of the Medical Declaration Form and the commencement of the course, he/she must consult a doctor and keep OBS informed.

You may wish to visit your family doctor for the medical certification. Please note that we only accept certification from Registered Medical Practitioners, i.e TCM and Chiropractics are not allowed. Please also note that polyclinics **no longer** do the medical certification.

**6) Is it advisable for my child to attend an OBS course if he/she has a medical condition (for e.g. eczema)?**

Only applicants who have been certified 'fit' by a doctor will be admitted to our courses. All medical conditions will be subject to evaluation by our staff from the Medical and Health Services Unit. The applicant concerned will be admitted on a case-by-case basis and advised on his/her level of participation, depending on the nature and severity of the medical condition. The instructors will also be informed of such cases so they can pay extra attention when necessary.

**7) Are there doctors at OBS? What happen if my child falls sick during the course?**

There are no doctors in OBS. However, we have a medical centre operating 24 hrs daily with full-time nurses on duty. We also have a medical advisory panel which consists of a group of Medical Practitioners and Specialists. If your child happens to fall sick during the course, he/she will be kept under observation in our medical centre. If necessary, your child will be referred to a Polyclinic for minor cases or Changi General Hospital for major cases.

**8) Why is there a need to fill in the indemnity form?**

We need parents and guardians to acknowledge that any outdoor activity contains inherent risks and requires awareness and cooperation on the part of the participant. The well being of all participants will always be our top priority, as it goes along with our safety standard. Procedural requirements entail that we seek parents'/guardians' consent if the participants are below the age of 21. It is important that the participants adhere strictly to the instructions of the instructors.

**9) Are there any water activities during the course? What if my child cannot swim?**

Water activities do form part of the component of our programme. Our instructors strictly supervise all water activities and take a progressive approach to ensure that the participants are confident before they engage in the activities. It is compulsory for all participants to wear life vests whilst doing the water activities. All instructors are certified in water safety and lifesaving. Briefing and instructions on safety procedures will be given before doing any activities.

**10) What happens if my daughter has her monthly menstruation at OBS? Is she still required to go through the activities?**

She can still participate in the activities as per normal. The topic on maintaining hygiene will be covered in the standard First Aid Briefing. Girls will be advised on how they can do proper cleaning and disposal if they are out in the field. Participants who are expecting their menstruation during the course should bring extra supply of sanitary napkins, dark coloured shorts/pants, and extra plastic bags for the disposal of soiled napkins.

**12) Will my child be forced to go through an activity that she is not confident in?**

Besides ensuring physical safety, our instructors constantly seek to provide a supportive environment for the participants at all times. Your child will not be forced to participate in any activity, although he/she will be strongly encouraged to participate in all the activities during the course and at a level that he/she is comfortable with. This is to maximize the opportunities for learning and self-discovery.

**13) What kind of food does my child get during the course?**

We have appointed Stamford Catering Services Pte Ltd to cater food for us. The quality and quantity has been reviewed and approved by the company's nutritionist. All food provided is Halal and served in accordance to the schools'/MOH's guidelines. Special diets subjected to medical or religious reasons may be provided upon request. During the field trip, the participants will have a chance to experience outdoor cooking under the supervision of our instructors. All food and rations are under strict quality and hygiene control.

**14) How can I, as a parent, prepare my child for OBS?**

You could provide opportunities for your child to share with you any fear or concern he/she may have prior to the course. You could show your support to his/her participation in the course. Having faith in the school and OBS to provide a safe and enriching experience for your child and conveying this to him/her would encourage him/her in his/her journey of learning and self-discovery.

**15) Will I be able to contact my child during the course?**

When a course is being conducted at OBS, a Course Director (CD) will be on duty 24 hours to manage the essential day-to-day coordination and to handle telephone calls in cases of emergency. The number to call in an emergency is found in the Course Registration Notes.

You may wish to note that in the duration of the course, participants will be handling their valuables, including the handphones, to the instructor for safe-keeping. This is for the purpose of security and to minimize disruption to the courses. Under very special circumstances, exceptions could be made for participants to call home. The participant concerned has to approach his/her instructor should such a need arise.

**For further clarification or inquiries, please contact:**

Programme Consultant (Outward Bound Youth)  
Outward Bound Singapore  
Tel: 65459008 or  
Visit our website @ <http://www.obs.pa.gov.sg>



## OUTWARD BOUND SINGAPORE NOTES FOR THE MEDICAL EXAMINER

**\*To the Applicant: Show this page to the doctor when you go for your medical examination for Part 5 of the Course Registration Form.**

### To the Medical Examiner:

The applicant wishes to attend an adventure education course in OBS. Please refer to the notes below when considering the applicant's eligibility to attend an OBS course.



Outward Bound® courses are conducted indoors as well as outdoors, in all weather conditions. Participants may be involved in water and height activities such as artificial rockwall climbing, kayaking, ropes courses and low-impact problem solving activities.

There are many participants with pre-existing medical constraints who attend our courses. OBS encourages and supports this enthusiasm, effort and commitment. However, in the interest of the applicant's safety as well as that of others, it is important that the applicant informs you and OBS of any problem area(s) the applicant may experience.

Please assist the applicant to complete '**Part 4: Your Medical Examination**' of the **Course Registration Form** with as much detail as possible. All information provided therein will be treated as confidential.

Please take particular note of any history of **bone or joint injury** and carefully assess the risk of further injury arising from participation in an Outward Bound® course. Applicants with any of the following medical conditions **will not be admitted** into an Outward Bound® course:

1	<b>Hypertension</b> – On long-term medication
2	<b>Asthma</b> – Exercise-induced
3	<b>Severe allergies</b> e.g. grass, sea-water, dust or insect bites
4	<b>Anaemia</b> – Hb below 11gm %
5	<b>Epilepsy</b> – Any attack within the last 3 years
6	<b>Severe obesity</b> – based on Body Mass Index (BMI)
7	<b>Thalassaemia major</b>
8	<b>Recurrent dislocation of shoulder</b>
9	<b>Mitral valve prolapse with regurgitation</b>
10	<b>History of Sleepwalking</b>
11	<b>Attention-deficit/hyperactivity disorder (ADHD), Autism</b>
12	<b>Any other physical or mental disability that may affect the applicant's participation or safety in the course</b>

Certification of fitness should be based on the likelihood of the applicant's ability to complete the OBS course.

**Please note:**

1. A tetanus immunisation is **compulsory** for an applicant to attend an OBS course.
2. If the applicant contracts any illness or disease between submission of the Course Registration Form and the commencement of the course, it is important that the applicant consults a doctor and keeps OBS informed.

**For further clarification or inquiries, please contact:**

Head (Medical & Health Services)  
Outward Bound Singapore  
Tel: 65400136



**CONFIDENTIAL (when filled)**

After completion, this form should be submitted to Outward Bound Singapore

**OUTWARD BOUND SINGAPORE  
COURSE REGISTRATION FORM**



**Important notes:**

1. This form has 04 pages and will take 5-7 mins to complete, not including time taken for medical examination by a doctor.
2. You will need the following information:
  - The course date and the duration
  - If you are under 21, your parent's/guardian's NRIC/passport number and signature
3. Please bring your **HEALTH BOOKLET** for the medical examination.



Affix your recent  
passport-size  
photograph here

**FOR OBS USE ONLY**

Accepted into course :  YES  NO      Instructor Signature: \_\_\_\_\_

Remarks : \_\_\_\_\_

Verification by MHS : \_\_\_\_\_      Date: \_\_\_\_\_

**PART 1: YOUR SCHOOL/ORGANISATION AND COURSE YOU ARE ATTENDING**

Name of school / organisation : \_\_\_\_\_      Class : \_\_\_\_\_

Course Date : \_\_\_\_\_ to \_\_\_\_\_      No of days : \_\_\_\_\_

**PART 2: INFORMATION ABOUT YOURSELF**

NAME (as it appears in your NRIC/Passport) : \_\_\_\_\_

NRIC/FIN/Passport number : \_\_\_\_\_      FIN/Passport Expiry (If applicable) : \_\_\_\_\_

Nationality :  Singaporean     S'pore PR     Others: \_\_\_\_\_

Date of birth (dd/mm/yy) : \_\_\_\_\_      Age : \_\_\_\_\_

Gender :  Male     Female

Race :  Chinese     Indian     Malay     Eurasian     Others

Occupation : \_\_\_\_\_

Home address & Postal code : \_\_\_\_\_

Contact number/s : \_\_\_\_\_     Home     Office    \_\_\_\_\_     Mobile

Email : \_\_\_\_\_     I do not wish to receive future updates/information from OBS.

Have you attended an Outward Bound® course before? :  YES    If yes, When and what type of course was it? \_\_\_\_\_  
 NO

**CONFIDENTIAL (when filled)**

After completion, this form should be submitted to Outward Bound Singapore

**PART 3: EMERGENCY CONTACT INFORMATION**

**Name of contact person** :

**Relationship to you e.g. parent, spouse** :  **Contact number/s**  Home  Mobile

**Home address & Postal code** :

**PART 4: YOUR MEDICAL SELF-DECLARATION / EXAMINATION**

Please use your health booklet to assist in the completion of this section.

**Your height & weight** :  **cm**  **kg**

**Date of tetanus immunisation (mm/yy)** :  (A **tetanus** immunisation is **compulsory for 4 days or more courses**. If you haven't been immunised, or are unsure when you last had one, ask for it at a clinic)

Do you have/require:	Pls tick		If YES, please give further information e.g. history, last known occurrence, restriction of movement etc.
	NO	YES	
a. Chest pains, high blood pressure or heart problems e.g. heart murmur, extra heartbeat, mitral valve prolapse?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
b. Asthma, bronchitis, tuberculosis, sinusitis or other lung problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
c. Fits, epilepsy, fainting spells, migraine, severe head injury?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
d. Eye problems e.g. poor vision?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
e. Ear problems e.g. hearing difficulty?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
f. Nervous illness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
g. Diabetes / Thalassaemia major / Anaemia?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
h. Allergy to medicines / food / others e.g. sea water, insect bites?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
i. Bone or joint injuries e.g. fracture / dislocation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
j. A carrier status for any infectious disease?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
k. Medical treatment within the last two years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
l. Routine medication?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
m. Special diet requirements?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
n. Any form of disability?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
o. Any other medical information of note e.g. Specialist's letter/note (pls attach); pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

**CONFIDENTIAL (when filled)**  
After completion, this form should be submitted to Outward Bound Singapore

**Important Note:**

For course duration of 1-3 days, you need only to submit your medical self-declaration. In doing so, please refer to Notes for the Medical Examiner. You need not obtain the Certification of Fitness by Medical Examiner. Proceed to Part 6/7 once done

**For 4 days and more courses, please proceed with the medical examination and certification.** Please do the medical examinations **no more than three months** prior to the course start date. Show the doctor the '**NOTES FOR THE MEDICAL EXAMINER**'. Bring along any medical specialist's note or letter if applicable. **Before leaving the clinic, ensure you have the following:**

- A tetanus immunisation.
- The doctor has clearly indicated '**FIT**' or '**UNFIT**' on the form and included **his/her name, signature, clinic stamp and date.**

**PART 5: CERTIFICATION OF FITNESS TO ATTEND OUTWARD BOUND® COURSE**

**To the Medical Examiner:** By proceeding with the section below, you are deemed to have read and understood the **Notes for the Medical Examiner.**

I, the undersigned, have examined the applicant named below and certify him / her as follows:

<b>Applicant's name</b>	:	<div style="border: 1px dashed black; height: 30px; width: 100%;"></div>	is	
		<input type="checkbox"/> <b>FIT</b> <input type="checkbox"/> <b>UNFIT</b>	to participate in the OUTWARD BOUND® programme and activities.	
<b>Other remarks</b>	:	<div style="border: 1px dashed black; height: 40px; width: 100%;"></div>		
<b>Doctor's Name</b>	:	<div style="border: 1px dashed black; height: 30px; width: 100%;"></div>	<b>MCR No</b> :	<div style="border: 1px dashed black; height: 30px; width: 100%;"></div>
<b>Clinic Address &amp; Postal Code</b>	:	<div style="border: 1px dashed black; height: 60px; width: 100%;"></div>	<b>Contact number</b> :	<div style="border: 1px dashed black; height: 60px; width: 100%;"></div>
<b>Signature</b>	:	<div style="border: 1px dashed black; height: 30px; width: 100%;"></div>	<b>Date</b> :	<div style="border: 1px dashed black; height: 30px; width: 100%;"></div>

**END OF PART 5**  
**Applicants, please go on to complete Part 6 or 7 of this form ⇒⇒**

**PART 6: IF YOU ARE BELOW 21 YEARS OLD, COMPLETE THIS SECTION. IF YOU ARE AGE 21 AND ABOVE, GO TO PART 7**

**Medical Declaration**

I declare that all the information provided above is true. I am currently not suffering from any acute ailments or diseases.

**Undertaking**

I shall comply with the training conditions and regulations, which include **no smoking**, and **no consumption of alcoholic drinks and drugs**. I shall also cooperate fully with the instructions and staff of Outward Bound Singapore.

**Your name** :

**Signature** :  **Date** :

**Acknowledgement & Consent of Parent/Guardian**

I, the undersigned, allow my \*child / ward to attend the Outward Bound® course as detailed above in this form. I am aware that my \*child / ward's attendance in the Course involves a certain amount of risk. I understand that my \*child / ward will have to cooperate fully with the staff and diligently comply with all safety systems. I shall therefore not hold Outward Bound Singapore or People's Association or their servants and agents responsible for any damage to or loss of property or any injury or loss of life which may be sustained by my \*child / ward during the Course or arising from any cause or in connection with the Course, where such damage to or loss of property or any injury or loss of life is not caused by the negligence or wilful act or omission of Outward Bound Singapore, People's Association or their servants and agents. I further declare and confirm that I have read and fully understood all the Parts in this course registration form and that all the information provided herein is true and ratify the Medical Declaration and Undertaking given by my \*child / ward.

**Parent's/Guardian's name** :

**NRIC/Passport number** :

**Signature** :  **Date** :

**PART 7: COMPLETE THIS SECTION ONLY IF YOU ARE AGE 21 AND ABOVE**

**Medical Declaration**

I declare that all the information provided above is true. I am currently not suffering from any acute ailments or diseases.

**Undertaking**

I shall comply with the training conditions and regulations, which include **no smoking**, and **no consumption of alcoholic drinks and drugs**. I shall also fully cooperate with the instructions and staff of Outward Bound Singapore.

**Acknowledgement of Risk**

I am aware that my attendance in the Course involves a certain amount of risk. I understand that I will cooperate fully with the staff and diligently comply with all safety systems. I shall therefore not hold Outward Bound Singapore or People's Association or their servants and agents responsible for any damage to or loss of property or any injury or loss of life which may be sustained by me during the Course or arising from any cause in connection with the Course where such damage to or loss of property or any injury or loss of life is not caused by the negligence or wilful act or omission of Outward Bound Singapore or People's Association or their servants and agents. I further declare and confirm that I have read and fully understood all the Parts in this course registration form and that all the information provided herein is true.

**Your name** :

**Signature** :  **Date** :

**END OF OBS COURSE REGISTRATION FORM – Thank you for your time!**