



SPORTS
運動

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LEARN WITH
 DRAGONFLY



Outdoor Adventure Camps

Course date: 2-day camps / 3-day camps / 5-day camps

Course location: Mui Wo, Sai Kung and Cheung Chau

Age range:

Meetup & Dismissal:

Mui Wo/ , V O D Q G V Camp

Meetup: Central Ferry Pier #6 (All days), \$UULYDO DQG 'LVPLVVDO WLPH SOHDVH
WDEOHV & DIOV ZFLSDQWV QHGH WR WUDYHO E\ SXEOLF IHUU\

Sai Kung Camp

Meetup: Sai Kung Tang Shiu Kin Sports Ground, Meetup: 8:45 am, Dismissal: 4:00 pm

Activity Schedule

Mui Wo/Islands (Age 10-12)

Date: 3-7th , 10-14th April

Program: 2 / 3 / 5 - Days

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	**FRIDAY
Raft Building Survival Skills Lost in the Wild	Stand Up Paddle Boarding	A-Frame Great Race	Kayaking	Coasteering
Arrival: 8:30am Dismissal: 4:45pm	Arrival: 8:30am Dismissal: 4:45pm	Arrival: 8:30am Dismissal: 4:45pm	Arrival: 8:30am Dismissal: 4:45pm	Arrival: 8:30am Dismissal: 4:30pm

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Activity Descriptions for Spring Adventure Camps

Mui Wo

Raft Building:

Raft-building employs many of the same skills as other Dragonfly improvised building activities, but introduces more complexity and a high-dynamic element. Students are shown how to tie a series of knots, lashings and hitches, then given time to design a raft that will transport 4-8 teammates across a span of water. They then have up to an hour to build their raft using bamboo, rope and innertube. Once they have created their raft, they put on their PFD's and take it on the water for a test run. If time permits, student may participate in some raft races and other competitions.

Lost in the Wild:

Participants will engage in a survival scenario in which they find themselves stranded in the wilderness and then obtain the basic elements needed for survival. In this activity, students will learn some combination of survival skills, such as water purification, fire making, shelter building, wildlife identification, archery, animal (or fish) trapping, orienteering, and water filtration. The skills Dragonfly chooses for the students will depend on the length of the activity (full day or half day) and the activity location.

SUP:

At the introductory level of stand-up paddleboarding, students will begin to build water confidence, learning basics of SUP and water safety, how to properly put on and adjust a PFD, the parts of an oar and SUP, how to board an SUP both on and off the water, the steps required to reach a standing position on the board, and the essential paddle strokes (forward, backward, turns). After acquiring the essential skill set, participants will engage in series of games and challenges designed to develop the skills they have just learned.

A-Frame:

This activity involves building a structure that can transport team members from one point to another. Like other improvised building activities at Dragonfly, students will be given a set of materials, and provided demonstrations of the various knots, lashings and hitches needed to build an A-frame structure. The structure must be strong enough to support a teammate as the rest of the team uses ropes to assist him/her in "walking" the structure to a designated location. The activity requires ingenuity, creativity, teamwork and a bit of know-how to be completed successfully.

Great Race:

A fun and engaging activity, where the participants get to learn and discover some of the culturally significant and scenic areas of the activity location. Students receive a map with clues and a sheet of questions, and have to navigate their way around the area to find the answers. Groups of 6-8 students will travel with either a Dragonfly instructor or a teacher chaperone. The great race is designed to help the participants develop effective communication, collaboration, and navigational skills.

Kayaking:

Students will begin to build water confidence at this introductory level, learning basics of kayaking and water safety, how to properly put on and adjust a PFD, the parts of a paddle and kayak, how to board a kayak both on and off the water, and essential paddle strokes (forward, backward, turns). Students will practice these techniques as they engage in a set of games and challenges to help them gain confidence. After acquiring the essential skill set, participants will set off on a short journey around the area.

Coasteering:

Coasteering is an activity in which students traverse the rocky coastline between Ham Tin and Eagle Crag. The activity begins with a safety briefing including a harness & helmet demonstration, and students will learn to safely spot one another, help each other over obstacles, and use equipment correctly. This stretch of coastline is more technical than the introductory course in Cheung Chau, and contains more challenging elements. The terrain is slightly more difficult than that of our introductory level coasteering experience. The course consists primarily of handlines, though students scramble over rocks in some areas, and the course includes a tunnel and a mini-zipline. Pools along the way allow the opportunity to cool off during the activity, and add another fun element to round out the experience

Sai Kung

Kayaking:

Students will begin to build water confidence at this introductory level, learning basics of kayaking and water safety, how to properly put on and adjust a PFD, the parts of a paddle and kayak, how to board a kayak both on and off the water, and essential paddle strokes (forward, backward, turns). Students will practice these techniques as they engage in a set of games and challenges to help them gain confidence. After acquiring the essential skill set, participants will set off on a short journey around the area.

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First Aid and Stretcher Building:

Students are introduced to the basics of emergency response, including assessing patients and bandaging injuries. They will apply these skills to respond to a scenario in which they need to treat and transport an injured classmate. To transport the injured person, students will construct a stretcher. Instructors will provide some basic design ideas and parameters, and a set of materials from which students must build their stretcher. As with all improvised building activities, students are shown how to tie a series of knots, lashings, and hitches they can use to build their stretcher.

Catapult Clash:

Catapult building is the foundation of Dragonfly's improvised building series, requiring teamwork, problem solving and creative thinking. Students are taught 2-3 knots and hitches, and given a set of materials to construct a catapult within a given time frame. Students will first plan together by sketching in journals or building a mini-model. After initial construction and testing, students are given time to discuss their catapult and make changes. At the end of building, teams will launch sponges at each other using their catapults. They will debrief their designs, and discuss what worked well and could have been changed to make them more successful.

Mangrove Ecology:

In this nature-focused activity, students explore the nearby mangrove forests to learn about this important and unique ecosystem. During the experience, they will learn about the plants and animals that occupy the area, their adaptations, what they need to survive (food, water, air, reproduction, shelter, protection) and how they interact with one another to survive in this environment. Though the focus of the experience will be on mangroves, participants may also learn about other ecosystems and species around the world, through several fun games and activities. Activities may include a scavenger hunt, plant and animal identification, fossil making, nature art, and other nature explorations/observations.

Hiking:

After receiving information from Dragonfly staff on hiking rules, tips and safety precautions, students will hike through the forested slopes of Sai Kung or Mui Wo, refreshing and expanding upon their map skills as they go. Students will orient the map, identify land features, use the map legend to identify key features on their route, and use a compass to work out route directions. In addition to the navigation skills students will put into practice, they will engage in fun team building challenges and games, and review and discuss principles of "Leave No Trace" as they explore the beautiful natural environment of the hiking route.

Rock Climbing:

Students will work together in small groups to encourage, coach, and keep each other safe while climbing. Students at this age, if they have not done climbing on a Dragonfly program before, will work together using the Italian hitch for belaying. If they have climbed previously with Dragonfly, they will learn to belay each other individually with back-up belayers. These more advanced climbers will progress on to a more challenging wall which has a variety of climbs, allowing students to push their own limits and adapt their climbing styles to suit their comfort level.

Canyoning (Level 2):

The activity begins with a safety briefing including a harness & helmet demonstration, and students will learn to safely spot one another, help each other over obstacles, scramble over rocks, and use safety equipment correctly. Luk Wu Canyon is a technical canyon where participants are required to use equipment such as a harness, hand lines, crab claws and a mini-zipline while they navigate their way through the course, and have the opportunity to swim in the pools of the canyon.

FAQ

1. Who are the program instructors?

Our staff are experts in outdoor education and facilitating adventure activities. All instructors have received Dragonfly training, passed local police checks, hold first aid qualifications, and for many, possess relevant internationally recognized outdoor certifications.

2. Can children still register if they are younger or older than 7 - 12 years old?

Unfortunately, no. To give participants the best possible experience, and for safety considerations (i.e. the use of well-fitting safety equipment), we do not permit children under age 7 or older than age 12 to join the camps. We may, however, run camps for children of other age groups in the future

3. What is the instructor to participant ratio on programmes?

All activities are staffed with least one instructor per every eight participants (1:8)

4. What should participants wear or bring with them?

Confirmed registrations will receive a full packing list via e-mail, or you may download a copy of the document [here](#). We recommend that all participants wear light-weight clothing that protects them from sun exposure.

Participants should also bring their own packed lunch and snacks each day (containing no nuts or seafood), as well as two large (1 liter) filled water bottles. Water refills will be provided throughout the day.

5. Is it an overnight camp?

No. This is a day camp and participants will be dismissed at the end of each day. For the meeting and dismissal points each day, please refer to the next question.

6. Where should participants be dropped off or collected?

For Sai Kung programs, the meeting and dismissal point is **Tang Shiu Kin Sports Ground** in Sai Kung town center. From there, Dragonfly will arrange a bus to take participants to and from the activity location each day.

For Mui Wo/Cheung Chau programs, the meeting and dismissal point is **Central Ferry Pier No. 6**. From there, Dragonfly will take participants to board the ferry to Mui Wo/Cheung Chau/ Peng Chau. Please note that participants need to bring a topped up Octopus card to pay for the ferry fare themselves.

For all programs, we ask that participants arrive early, as late-comers may not be able to join the program if they miss the bus or ferry.

7. Can I request my child to be in the same group as their friends?

Where possible, we will endeavour to group friends together, however cannot guarantee that we can meet all requests due to operational and logistical needs. Dragonfly reserves the right to separate siblings or friends into different activity groups as necessary.

8. What arrangements are there for bad weather?

If Tropical Cyclone Warning Signal No. 3 or above, or Red Rainstorm Warning Signal or above, is issued by the Hong Kong Observatory before the start of the day, the program day is cancelled. Should these Warning Signals not be raised, however Dragonfly deems the weather to be unsuitable for the originally scheduled activities, we may decide to change to another activity, or to be move to a sheltered area, or cancel the program day, depending on the severity of the conditions.

If Dragonfly announces the cancellation of a program day for the above weather reasons, then parents can choose to accept a refund or course credit to be used for future Dragonfly camps. Refund: 30% of the non-discounted camp fee, pro-rata, will be retained to cover administrative costs and the remaining refunded. Course credit: The amount paid, pro-rata, will be offered as credit to be used on any Dragonfly camp within the next 12 months.

9. What are the cancellation terms and conditions?

Dragonfly reserves the right to accept or reject any refund/credit applications if supporting documents are not provided or advance notice is not given as stated below. Refunds are based on the number of day(s) missed/cancelled. Any alternative arrangements arising from cancellations are at the discretion of Dragonfly. Refunds will only be given under the following circumstances:

Cancellations due to COVID-19

Dragonfly will charge an administrative fee equivalent to 10% of the program fee (non-discounted price) and refund the remaining if:

- Dragonfly cancels the program(s) following government-declared closures arising from COVID-19
- The participant has tested positive for COVID-19 or is subject to mandatory quarantine. Valid medical proof of a positive covid test or referral to quarantine must be submitted to Dragonfly within 24 hours upon its issuance

Cancellations due to medical reasons

Dragonfly will charge an administrative fee equivalent to 30% of the program fee (non-discounted price) and refund the remaining if participants inform Dragonfly by WhatsApp before 7.00am on the program day(s) and submit a signed doctor's sick note stating the reason they are unable to participate and date(s) to be missed within 5 days.

Cancellations due to adverse weather

See previous question.

