

Sai Kung				
Age: 7-11 Date: 3 July - 11 August Program: 2 / 3 / 5 - Days				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lifeguard Junior	Stand Up Paddle Boarding	Kayaking	Canyoning	Snorkeling
Raft Building	Catapult Clash			Beach Battles
Arrival Time: 8:45am Dismissal Time: 4:00pm				
\$2,450		\$3,350		
\$5,250				
📍 Location: Sai Kung Tang Shiu Kin Sports Ground				

Lifeguard Junior: This activity exposes participants to a range of water rescue techniques, safety interventions and rescue scenarios, and they will learn how to safely assist an endangered swimmer from both the shoreline and in open water. The activity involves some fun relay races, some light lifeguard endurance testing, and actual rescue practice.

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.

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.

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.


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.



Canyoning: 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.

Snorkelling: Students will snorkel in Hoi Ha Wan Marine Park, exploring the corals and marine life, trying to identify as many species as possible. At the outset of this activity, they will receive instruction on proper snorkelling techniques and basic water safety, in addition to receiving background information on the marine species they may encounter as they explore this undersea environment. Attention will also be paid to the environmental issues surrounding preservation of reefs and mangroves, and the critical role they play in marine ecosystems.

Beach Battles: This activity is designed to be a fun way to wrap up a program. Participants are divided into 4-6 teams that will compete in several events, accumulating points for their team as they go. There is a lot of flexibility as to what the games and activities can be, but generally they will be related to the skills that the participants have practiced during the program. Chants, team names, face paint & costumes can all be part of the mix, as teams compete in a series of fun, beach-based competitions and games.


 WHAT TO WEAR Recommended daily attire	
	Long-sleeved shirt or T-shirt worn with arm sleeves Lightweight and quick-drying fabric
	Trousers or knee-length shorts No denim – must be lightweight and quick-drying fabric
	Sturdy trainers No part of the feet should be exposed – must be closed-toe, closed-heel , with sturdy soles
	Wide-brimmed hat or cap, with neck cover To shade face, ears, and neck
	Swimwear (For water activity days, please arrive with swimwear already on/under clothes) Long-sleeved rash guard or swimsuit top, with long leggings

Shoes and Swim wear for the activities					
	Monday	Tuesday	Wednesday	Thursday	Friday
Activities	Lifeguard Junior Raft Building	SUP Catapult Clash	Kayaking	Canyoning	Snorkelling Beach Battle
Swimwear (*Long sleeved*)	✓	✓	✓	✓	✓
Water shoes	✓	✓	✓	✓	✓
Trainers	✓	✓	✓	✓	✓
Spare clothes for changing	✓	✓	✓	✓	✓

The Hong Kong sun is VERY intense. Participants should cover as much of their skin as possible!



Sturdy Trainers	No Crocs	No Flip-flops	No Sandals	Water Shoes
				
				

	WHAT TO BRING Please use a dry-bag or light backpack with padded shoulder straps (<i>no drawstring bags</i>)
	Spare clothes, shoes and towel Full change of top, bottoms, underwear, and a pair of water shoes or old trainers
	Packed lunch and snacks (<i>no nuts or seafood allowed</i>) All food should be stored in secure airtight containers with eating utensils
	Two x 1-liter refillable water bottles Filled with water
	Sunscreen SPF 30 or above, preferably waterproof and non-scented
	Insect repellent Preferably non-scented
	Lightweight rain jacket (<i>no ponchos</i>) Hooded and shower-proof
	Spare face masks & hand sanitizer
	Prescription medicines (<i>if needed</i>) Personal emergency medications such as EpiPen (please bring two) or inhalers

****Please ensure the backpack has enough room for packed lunches, snacks, etc, and not carried separately. Participants will need both hands to carry out tasks safely during activities.**

Sunscreen advice

In addition to wearing protective clothing, it is important for participants to apply sunscreen correctly:

- Apply to all exposed areas of skin 20 minutes before heading outside.
- Apply generously to arms, legs, front and back of body and face (including neck and ears). One full body application should be equivalent to about 7 teaspoons (35ml) depending on how much of the body is covered by protective clothing.
- Re-apply sunscreen every two hours, immediately after swimming, sweating or towel drying.



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 - 11 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 medical reasons (Including COVID)

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.

If a participant is a close contact of someone who has Covid, they are required to notify us and take an at-home RAT every morning of the program. They will be allowed to continue participation if they test negative, however if they test positive they will not be allowed to continue participation and the above medical cancellation terms will be applied.

Cancellations due to adverse weather

See previous question.



10. Is there any insurance policy for participants?

During activities, participants will be covered by Dragonfly Limited's insurance policies.

11. How can I contact Dragonfly?

E-mail: enquiries@learnwithdragonfly.com

WhatsApp: +852 5345 7235

Phone: +852 2111 8918 / 2111 8917