



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

CAMPUS GUIDELINES - NALS KSIRS, Chinnavedampatti, Coimbatore TAMILNADU

General Guidelines / Information to Participants

Welcome to NALS KSIRS Campus and we sincerely hope your visit will be exciting and memorable. With your active support and cooperation, we believe the program will be beneficial and safe.

General Information

1. Kindly note that NALS camp is inside an educational institution, hence, please maintain decorum and discipline.
2. Outdoor programs require participants to sacrifice some of their comforts and adjust to environment that may be hot / cold / rough or wet.
3. Outdoor weather is unpredictable and one can expect penetrating sun as well as sudden rains.
4. Burning of firewood for entertainment is not permitted by Government of India. Thus, campfire is not part of our programs.
5. Smoking / Alcohol consumption are strictly not permitted. NALS may expel persons indulging in this.
6. We have a "Leave No Trace" policy and request visitors to respect the bio-diversity.
7. NALS may be forced to reschedule or even cancel a program due to onset of adverse weather condition, lack of access roads, social unrest or other disturbances over which we have little or no control. Late arrival or early departure of participants will also affect program schedule.

Do's & Don'ts

1. Fingernails MUST be trimmed, without which activity will not be allowed
2. Long hair should be made into a tight bundle to avoid fouling with safety rope.
3. Do remember that this is an exciting outdoor activity. Take care of your personal safety
4. Do adhere to safety instructions; else it may put you or your colleague in danger.
5. Do understand your limits and feel free to express your fears / inability to accomplish a task. There is no compulsion to push yourself and strain your muscles.
6. Do extend a helping hand to someone in need of it.
7. Do not smoke / consume drugs or alcohol as they will affect your performance and safety.
8. Do not bring plastics / other waste and litter them on this campsite or enroute.
9. Do not make noise or display unruly behaviour.
10. Do not indulge in friendly pranks and mischief as this will surely invite trouble and derail the objectives of the program.

<u>Head Office:</u> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in	<u>Regd. Office:</u> 36A, Bhooma Nivas, 4 th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
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Safety Measures

1. State of the art equipment and strict adherence to procedures.
2. Primary Health Centre + Hospital available within 8 kms
3. Trainers are certified and experienced in Mountaineering and First Aid.

Things to Bring

Hiking or Trekking shoes, water bottle, small backpack to stow phones and valuables. T-Shirt + half pants or track pants are recommended. Ladies – please avoid saree, skirts as seat harness cannot be worn. Sun cap and glasses are considered essential to beat the sun. Climbing shoes are optional

Risk Awareness

Trekking, Mountaineering, climbing and any outdoor activity carry serious risks and hazards due to various factors, both manmade and natural. Obstacle course and wall climbing can cause minor injury such as bruises, bumps or friction burn due to accidental contact with nylon ropes and structures. Such activities require certain degree of fitness and endurance. Hence, participants must make themselves aware of their physical and mental limits. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition in the outdoors.

Common risks possible: Muscle strain, ankle sprain, bruises, insect bite, dehydration and the like – all of which can be handled on the spot and participant can go on to complete the program successfully.

All adult participants are required to fill and sign a registration form as part of the registration process. In case of minor participant, parent consent and signature is mandatory for participation in our programs.

TAKE AWAY FROM EXPERIENTIAL LEARNING PROGRAMS

1. Improved Self-awareness, Self Discipline, self control, building self confidence & attitude
2. Enable awareness of team spirit, Enhance communication & interpersonal
3. Enable problem solving skills and decision making through consensus
4. Improved Leadership and Survival skills
5. Ability to face adversities and challenges head on / Improved risk taking ability
6. Intra & Inter Group Dynamics, Cooperation, Coordination to Create Synergy
7. Trust Building and Bonding, Retrospective Analysis
8. Enhanced awareness of Environment and Social Issues
9. Improved Humility, Concern and Compassion for fellow human beings

Address: C/o K'sirs International School, Chinnavedampatti, Coimbatore, Tamilnadu

Other Information

NALS / **KSIRS** (Chinnavedampatti) Guidelines / 24 Jan 2019

Page 2 of 3

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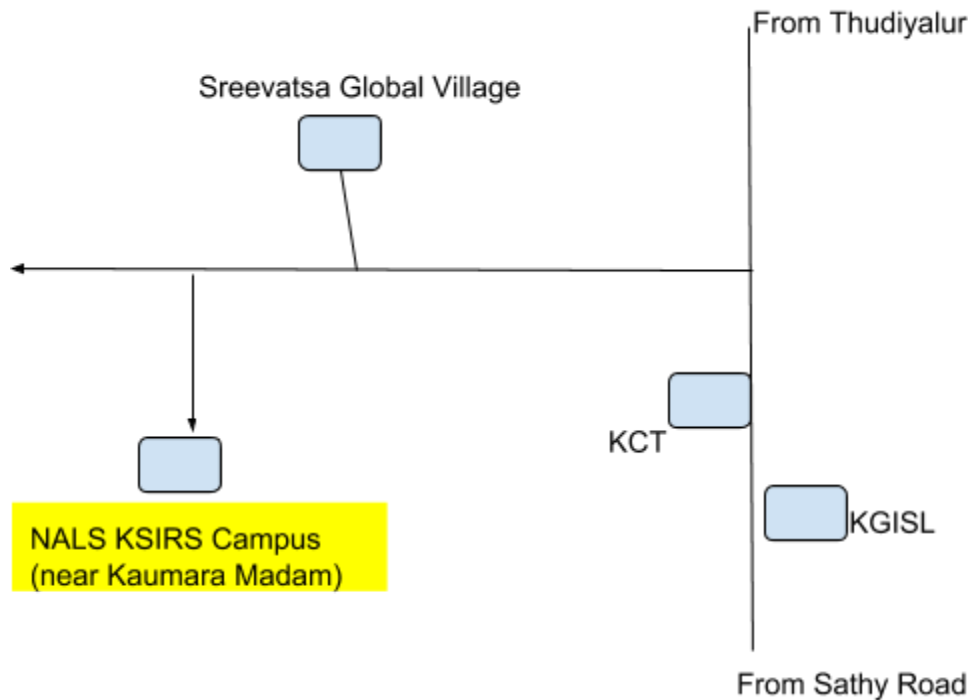
1. Vehicles are not allowed inside school premises. Park them outside at your own risk.
2. Nearest railway station / airport - Coimbatore
3. Weather:

Summer: Apr ~ Oct
 Maximum Day Temperature : 38 Deg C
 Minimum Night Temperature : 28 Deg C

Winter Nov ~ Mar
 Maximum Day Temperature : 31 Deg C
 Minimum Night Temperature : 21 Deg C

Rainfall Dense rainfall during Oct ~ Nov
 Sparse rainfall during Mar ~ Aug

ROUTE MAP TO NALS KSIRS CAMPUS – Chinnavedampatti, COIMBATORE



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