




**Course Administrative Instruction**

1. **Venue/Time :** PAssion Wave @ (Sembawang)  
Kindly report 10mins prior to start of programme

2. **Attire and What to Bring :**

<ul style="list-style-type: none"> <li>• Compulsory Covered Shoes for water activities (no barefoot, slippers, sandals)</li> </ul>	
<ul style="list-style-type: none"> <li>• Sports Attire (no jeans)</li> </ul>	
<ul style="list-style-type: none"> <li>• Water Bottle</li> </ul>	
<ul style="list-style-type: none"> <li>• Sun Protection - Cap, sunglasses &amp; sunscreen (Recommended SPF above 20 – UVA and UVB protectant)</li> </ul>	
<ul style="list-style-type: none"> <li>• Change of Clothes, Toiletries, Towel</li> </ul>	<p>Shower Facilities available</p>
<ul style="list-style-type: none"> <li>• Eyewear retainers (if required)</li> </ul>	
<ul style="list-style-type: none"> <li>• Waterproof Pouch for Phone/Camera (if required)</li> </ul>	

<ul style="list-style-type: none"> <li>• Packed lunch (if required)</li> </ul>	<p>Nearest food stall is approx 2.6km away. Please pack your own lunch, if attending a Full-Day programme</p>
<ul style="list-style-type: none"> <li>• Personal Medication (if required)</li> </ul>	<p>Please inform your trainer if you are on medication</p>
<ul style="list-style-type: none"> <li>• Nose Clip (if required)</li> </ul>	<p>For Kayaking 2 Stars and above programme</p> <div style="text-align: center;">  </div>

**3. Mask policy:** Optional

Individuals are strongly encouraged to wear mask even when outdoors to protect themselves and others, especially in crowded areas.

**4. Safety Consideration:** Applicant’s ability to swim with buoyancy vest is Mandatory. The ability to swim vast distances is not essential but basic confidence in and under water without panic is fundamental to safe water sports.

**5. Transportation:** Bus 882 from Sembawang Interchange.  
Refer to appended map below.

## **PAssion Wave @ Sembawang Outlet Address:**

60 Jalan Mempurong

Singapore 759058

Phone: 6755 0225

Office Hours: 0900hrs to 1800hrs

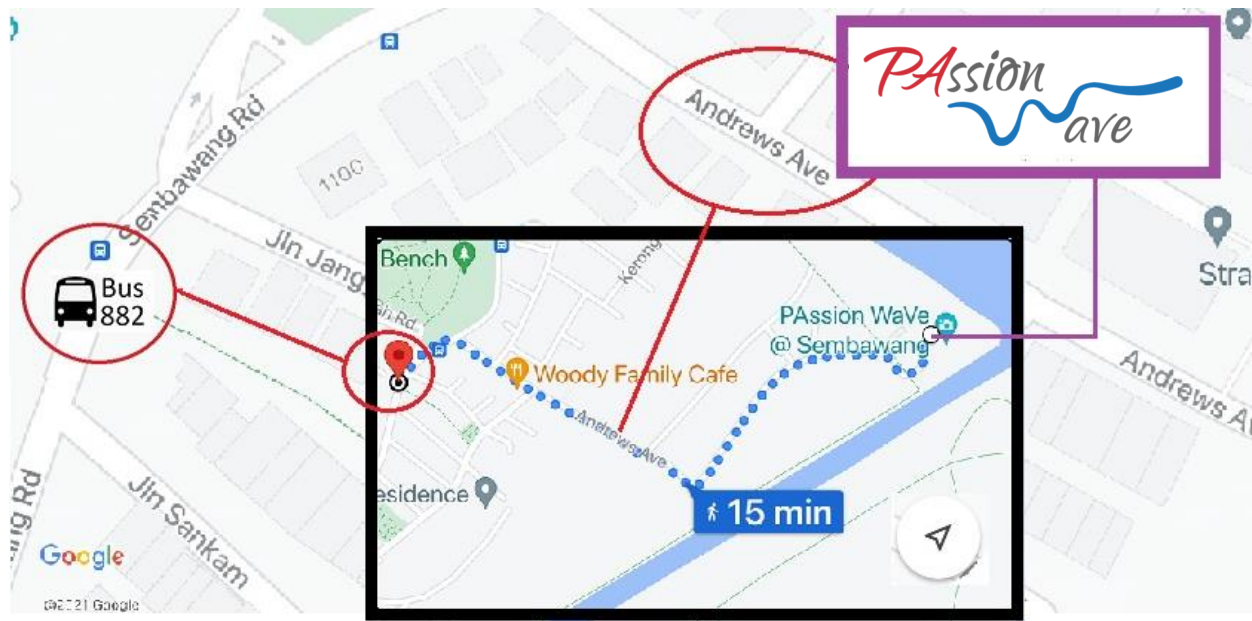
**Outlet closed on all Mondays & Public Holidays**

Email: pa\_wvsembawang@pa.gov.sg

Website: <https://go.gov.sg/pwsbcourses> (To sign-up class/Activity or PAssion Membership)

Any other questions please refer to : <https://go.gov.sg/pawv-sbfaq>

## **Location Map to PAssion Wave @ Sembawang**



## **How to get to PAssion Wave @ Sembawang :**

### **From Sembawang MRT Station :**

1. Walk to Sembawang bus interchange
2. Board Bus service 882 and alight 10 stops later Opposite Jalan Jangus
3. 10 minutes walk to end of Jalan Mempurong via Andrews Ave
4. PAssion Wave @ Sembawang is located at the end of the road

### **By Car or Taxi :**

From Sembawang Road turn to Andrews Ave, drive to the end of Jalan Mempurong. (Reference point for PAssion Wave @ Sembawang Outlet will be Sembawang Road, near Sembawang Park).