



## Leader's checklist

The checklist below helps you decide whether the young people in your group have chosen a programme activity which meets DofE criteria.

### Aims of the sections

**Volunteering:** To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.

**Physical:** To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.

**Skills:** To inspire young people to develop practical and social skills and personal interests.

**Expedition:** To inspire young people to develop initiative and a spirit of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.

**Residential:** To inspire participants through a concentrated involvement with people they don't know, who are usually from different backgrounds, and bring alternative views to the challenges they will face. The Residential section broadens their experiences by empowering them to make a difference in a team-based residential setting.

### Age and Timescale requirements:

| Level         | Age | Minimum time | Notes  |
|---------------|-----|--------------|--|
| <b>Bronze</b> | 14+ | 3-6 months   | The participant needs to do one of their Volunteering, Physical or Skills sections for 6 months, the others for 3.   |
| <b>Silver</b> | 15+ | 6-12 months  | If the participant hasn't achieved their Bronze Award then they need to extend their Volunteering or the longer of their Physical or Skills sections to 12 months. |
| <b>Gold</b>   | 16+ | 12-18 months | If the participant hasn't achieved their Silver Award then they need to extend their Volunteering or the longer of their Physical or Skills sections to 18 months. |

A quick checklist is below. For reference of the aims, principles, benefits and sectional categories, please see the *Handbook for DofE Leaders (sixth edition)*.

| Questions for all sections  | Tick if 'Yes' |
|---|---------------|
| Does it meet the <b>aim</b> and <b>principles</b> of the section?   |               |
| Does it enable the young person to meet some or all of the <b>benefits</b> of the section?  |               |
| Does the activity fit into one of the sectional <b>categories</b> ?   |               |
| Does it meet DofE requirements of <b>age</b> , <b>timescales</b> and undertaking a DofE programme in <b>voluntary time</b> ?  |               |
| Has the young person chosen the programmes based on their <b>personal interests</b> and <b>circumstances</b> ?  |               |
| Does the activity form part of a <b>balanced</b> and <b>varied</b> programme of activities?   |               |
| Is there someone to <b>support</b> and <b>assess</b> the young person doing this activity?  |               |
| Has the young person set themselves goals which are <b>challenging</b> and <b>achievable</b> ?  |               |
| Is the young person improving <b>existing skills</b> or <b>gaining new talents</b> ?  |               |
| Is the young person likely to <b>enjoy</b> and <b>complete</b> this activity?   |               |
| Has the young person told their Assessor what they need from them and what their <b>goals</b> are?  |               |
| Are you happy that the activity will be appropriately managed and that responsibility for the <b>safety</b> and <b>welfare</b> of the young person is clearly understood? |               |
| <i>NB: All programmes should be considered with regard to the Operating Authority's health and safety policies and procedures.</i>  |               |

| Questions specific to each section   | Yes/no |
|--|--------|
| <b>Volunteering:</b> Will training needed for the activity take no more than a quarter of the section duration?  |        |
| <b>Physical:</b> Is it a genuine physical activity that will improve the participant's fitness?  |        |
| <b>Skills:</b> Will the activity focus on a specific theme?  |        |
| <b>Expedition:</b> Will the expedition meet the 20 conditions (refer to the <i>Handbook for DofE Leaders</i> )?  |        |
| <b>Residential:</b> Please see the Guidance for DofE Leaders – advising on residential activities <a href="http://www.DofE.org/leaders">www.DofE.org/leaders</a> |        |