

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. You can find details of the aims, principles, benefits and sectional categories in the *Handbook for DofE Leaders*.

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 the other for 12 months.

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

Bronze 14+ 3–6 months

The participant needs to do one of their Volunteering, Physical or Skills sections for 6 months, the others for 3.

Silver 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.

Gold 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.

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

NB: All programmes should be considered with regard to the Licensed Organisation's health and safety policies and procedures.

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