



# 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

Supporting individuals or giving back to the community.

### Physical

Improving in an area of sport, dance or fitness.

### Skills

Developing practical and social skills and personal interests.

### Expedition

Planning, training for and completing an adventurous journey.

### Residential (Gold only)

Doing a shared activity away from home with people you do not know.

## Age and timescale requirements

Timescales			
Level	Age they can start	Length of time	Minimum length of time if they have achieved the previous level
Bronze	14 years*	6 months	n/a
Silver	15 years**	12 months	6 months
Gold	16 years	18 months	12 months.

During their programme they'll need to do each activity for an average of at least an hour a week over this time. They have until their 25th birthday to complete any programme and achieve an Award.

\* Those who aren't 14 yet but are in the school year in which their peer group turn 14 may be able to start a Bronze DofE programme.

\*\* Those who aren't 15 yet, but are in the school year in which their peer group turn 15 may be able to start a Silver DofE programme.

Questions for all sections	Tick if 'Yes'
Does it meet the <b>aim</b> and <b>principles</b> of the section?	<input type="checkbox"/>
Does it enable the young person to meet some or all of the <b>benefits</b> of the section?	<input type="checkbox"/>
Does the activity fit into one of the sectional <b>categories</b> ?	<input type="checkbox"/>
Does it meet DofE requirements of <b>age</b> , <b>timescales</b> and undertaking a DofE programme in <b>voluntary time</b> ?	<input type="checkbox"/>
Has the young person chosen the programmes based on their <b>personal interests</b> and <b>circumstances</b> ?	<input type="checkbox"/>
Does the activity form part of a <b>balanced</b> and <b>varied</b> programme of activities?	<input type="checkbox"/>
Is there someone to <b>support</b> and <b>assess</b> the young person doing this activity?	<input type="checkbox"/>
Has the young person set themselves goals which are <b>challenging</b> and <b>achievable</b> ?	<input type="checkbox"/>
Is the young person improving <b>existing skills</b> or gaining new <b>talents</b> ?	<input type="checkbox"/>
Is the young person likely to <b>enjoy</b> and <b>complete</b> this activity?	<input type="checkbox"/>
Has the young person told their Assessor what they need from them and what their <b>goals</b> are?	<input type="checkbox"/>
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?	<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
<b>Volunteering</b>	Will training needed for the activity take no more than a quarter of the section duration?	<input type="checkbox"/>
<b>Physical</b>	Is it a genuine physical activity that will improve the participant's fitness?	<input type="checkbox"/>
<b>Skills</b>	Will the activity focus on a specific theme?	<input type="checkbox"/>
<b>Expedition</b>	Will the expedition meet the 20 Conditions (refer to the <i>Handbook for DofE Leaders</i> )?	<input type="checkbox"/>
<b>Residential</b>	Please see the Guidance for DofE Leaders – advising on residential activities on <a href="http://DofE.org">DofE.org</a>	<input type="checkbox"/>