



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 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 on DofE.org	<input type="checkbox"/>