



The Duke of Edinburgh's Award Doing the DofE at a sports club

How the DofE transforms young people's lives

The Duke of Edinburgh's Award (DofE) is a personal development programme which supports young people to set themselves new challenges and gives them skills for life and work.

Anyone aged between 14 and 24 years old can do a programme at one of the three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award. Each of the three levels take progressively more time to complete.

There are four sections at Bronze and Silver level and five at Gold:

Volunteering could include; Coaching youth teams, grounds maintenance or kit maintenance, stewarding on match days or helping with car parking.

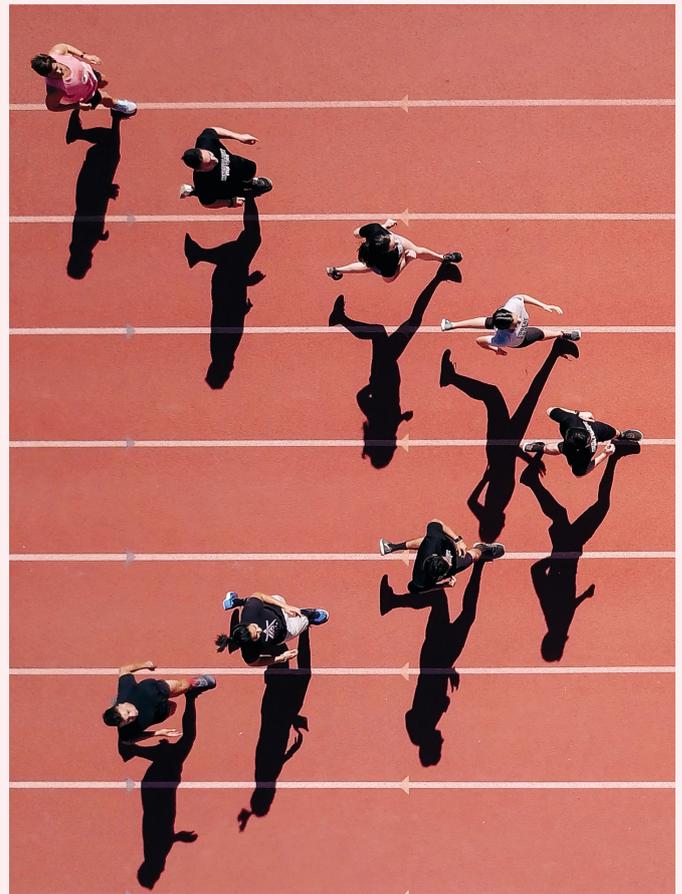
Physical In a sports club the Physical section is obviously straightforward to offer, with participants committing to their sport for a period of time, setting themselves goals for improvement and working with their coaches and mentors.

There are a lot of other activities going on in a sports club that can count for the other sections too. The key is that young people are able to carry out the activity for an average of an hour a week over a set number of months.

Skills could include; Learning to referee or umpire, undertaking a history study of the club, researching famous players or researching the history of the sport and giving a presentation.

The **Expedition** section will be delivered by those with the skills in the outdoors to support the participants.

Residential At Gold level, participants must do an additional fifth Residential section, which involves staying and working away from home doing a shared activity.



What do adults need to do?

All programmes that support young people need adult support, and the DofE is no exception. Coaches can support young people through the Physical section. Parents may have a variety of skills that they can offer, such as teaching first aid or teaching cooking for the expedition. Some may be able to help with driving minibuses, others by raising funds.

When a club takes on the running of the DofE both young people and adults in the club can benefit. The DofE recognises the achievements of young people both in and out of the sporting arena, gives them a nationally recognised certificate of achievement and supports them in gaining life long skills. Adults gain a sense of satisfaction from supporting young people to achieve their goals and objectives.

Burnley FC in the Community

Burnley FC in the Community has been a DofE Licensed Organisation since 2007 and now offer DofE programmes to over 800 young people.

DofE Manager Matthew Hargreaves acknowledges that the key to their success has been making sure all community staff have a knowledge of the DofE.

They know how the projects and activities they run can fit into a DofE Skill, Physical or Volunteering section for the young person, making the DofE embedded in the organisation.

The club has built up around 100 volunteers to help with expeditions and other aspects of the DofE.

This has been achieved by tapping into local community and voluntary services organisations and spreading the word of the DofE throughout their local networks of supporters' clubs, parents and volunteers.

The club has limited access to pupil premium and fundraises to reinvest in their DofE programme to improve the range of opportunities for their participants.

By integrating their activities with the DofE, a high number of young people in Burnley have achieved Awards that will give them a kick start in their academic, professional and personal lives.



“Taking part in my DofE has helped me develop my organisational skills, initiative and leadership.”

JORDAN BROWN,
SILVER DofE PARTICIPANT

“My DofE Award makes me stand out from other applicants going for the same job or uni place.”

SARAH HUTCHINSON,
GOLD AWARD HOLDER

For more information on your options of how to get involved with the DofE please find your local contact:

[DofE.org/offices](https://www.dofe.org/offices)

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