

Getting started

- Step 1** Decide which local Fire Cadet unit you would like to join as well as the level of DofE programme you would like to complete.
- Step 2** Sign up with your local Fire Cadet Unit and talk to the Fire Cadet Instructor about registering to do your DofE programme.
- Step 3** Discuss with your Fire Cadet Instructor the activities you will be carrying out to complete each section
- Step 4** Get started! When you have completed all the sections of your DofE programme submit your Award in eDofE to your DofE Leader who will arrange for your achievement to be confirmed.
- Step 5** Attend your Fire Cadet Pass out evening to receive your DofE certificate and badge. Your DofE Leader can also advise you about starting the next level of your DofE programme, if appropriate.

How long will it take?

This will depend on how much time you commit to your DofE and the minimum number of months for each section is explained in this leaflet.

You have until your 25th birthday to complete any of the levels should you not complete it during your time at the Fire Cadets, but it takes at least six months for Bronze, 12 months for Silver, and 18 months for Gold. If you are a direct entrant onto Silver or Gold the time taken to complete will be longer.



Find out more...

Talk to your Fire Cadet Instructor or do your own research at:
www.fsyta.org.uk and www.DofE.org



www.DofE.org

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Take on the challenge of becoming a Fire Cadet with the Fire Services Youth Training Association and The Duke of Edinburgh's Award.

Doing your DofE

As a Fire Cadet you can achieve your Bronze, Silver, and Gold DofE Awards as part of your journey through the Fire Cadet programme. Carrying out Fire Service activities such as hose drills, knots, breathing apparatus search and rescue and ladder pitching will all count towards your DofE.

All sections of your DofE can be achieved through your local Fire Cadet unit where you will receive skilled training in areas of the Fire Service and your DofE programme. It is also your chance to give something back to your community.

Choosing your level

Bronze (14+ years old)

To achieve your Bronze Award, you need to complete the following sections:

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
<i>You must also undertake a further three months in the Volunteering, Physical or Skills section.</i>			

Some of the Fire Cadet activities used are:

Volunteering: Home fire safety within the community. Social action projects to better your community.

Physical: Any physical activity deemed appropriate by the DofE completed outside of school curriculum hours will enable you to achieve this section.

Skills: Completed through the attendance to the Fire Cadets training evenings where you will learn new skills such as ladder pitching and breathing apparatus, search and rescue.

Expedition: culminating in a two-day, one-night qualifying expedition completed as part of the Fire Cadet programme.



Silver (15+ years old)

To achieve your Silver Award, you need to complete the following sections:

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition
<i>If you have not achieved your Bronze Award you must undertake a further six months in either your Volunteering or the longer of your Physical or Skills sections.</i>			

Some of the Fire Cadet activities used are:

Volunteering: Home fire safety within the community. Social action projects to better your community. Assisting in the development of junior cadets.

Physical: Any physical activity deemed appropriate by the DofE completed outside of school curriculum hours will enable you to achieve this section.

Skills: Completed through the attendance at Fire Cadets sessions where you will learn new skills and develop junior cadet skills.

Expedition: culminating in a three-day, two-night qualifying expedition completed as part of the Fire Cadet programme.



Gold (16+ years old)

To achieve your Gold Award, you need to complete the following sections:

Volunteering	Physical	Skills	Expedition	Residential
12 months	One section for 12 months and the other section for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights
<i>If you have not achieved your Silver Award you must undertake a further six months in either your Volunteering or the longer of your Physical or Skills sections.</i>				

Some of the Fire Cadet activities used are:

Volunteering: Home Fire Safety and Social Action within your local community. Assisting in the development of junior cadets.

Physical: Any physical activity deemed appropriate by the DofE completed outside of school curriculum hours will enable you to achieve this section.

Skills: Completed through the attendance to the Fire Cadets training evenings where you will manage and develop junior cadets.

Expedition: culminating in a four-day, three-night qualifying expedition completed as part of the Fire Cadet programme.

Residential: Open residentials or camps, outdoor activity courses cookery courses, sailing courses.