

Getting started

- Step 1** Decide which level of DofE programme you would like to do (this will depend on your age, time commitments etc).
- Step 2** Talk to the DofE Co-ordinator at your club and arrange to register to do your DofE programme.
- Step 3** Decide with your Leader what you are going to do for each section of your DofE programme.
- Step 4** Get Started! Don't forget to record on eDofE what you are doing and ask your Assessors to sign off each section as you complete them.
- Step 5** Once your DofE programme is complete, speak to your Leader or the DofE Co-ordinator who will arrange for you to receive your certificate and badge. They can also advise you about starting the next level of Award, if appropriate.

How long will it take?

The time it will take to complete your programme and achieve an Award is in many ways down to you.

The shortest amount of time in which you could complete your Bronze programme is six months; your Silver, six months; and your Gold, 12 months (direct entrants will take longer).

During your programme you'll need to do each activity for an average of an hour a week over this time. Don't forget – you have until your 25th birthday to complete any programme and achieve an Award!



Find out more...

Contact Lauren Turner on LTurner@smsgb.org.uk for more information or take a look at www.smsgb.org.uk and www.DofE.org



www.DofE.org



Doing your DofE

The concept of the DofE is simple – anyone aged 14 to 24 can do a programme at one of three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award.

Because DofE programmes are all about getting out there, having fun and self development, everyone can achieve something. You'll find yourself helping people or the community, getting fitter, developing skills, going on an expedition and taking part in a residential activity (Gold only).

What do I need to do to achieve my DofE Award?

A DofE programme is made up of four sections (five at Gold). Over the required time you'll need to do each activity for an average of an hour a week. You'll need to show persistence, commitment and personal development. It's not something that can be achieved in a short burst of enthusiasm.

How do the activities overlap?

The activities you'll be involved with at your SLSGB Club can be counted for your DofE programme. Find out more below:



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

*You must also undertake a **further** three months in the Volunteering, Physical or Skills section.*

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

*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.*

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

*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.*

Choosing activities

There are lots of activities which you may already be doing at your local SLSGB club, which you could count for your DofE Award. Here are a few examples to get you started:

- **Volunteering:** Helping out regularly at your club; fundraising; marshalling or officiating at club events; becoming an instructor; coaching the Nippers...
- **Physical:** Surf rescue training; board paddling; lifeguarding; sea swimming...
- **Skills:** First aid & surf safety; surf competency; surf life saving; prevention of drowning; inshore rescue boat (IRB) coaching...
- **Expedition:** This will usually be something that you will plan for, outside of your regular commitments with your SLSGB Club. It involves being in a team and completing an expedition for a set number of days. It can be done on the water but accommodation each night should be by camping.
- **Residential:** Surf Lifeguard Training Camp or coaching courses, sailing courses, outdoor activity courses, photography courses...

