

Record Book Supplement

Fourth Edition 2016 - International Standards



Introduction

Welcome to the Duke of Edinburgh's Award Program!

This guide is meant to supplement the Participant's Record Book by providing clarification and additional resources that may assist Participants in understanding and completing The Award.

We strongly recommend that you still read the Record Book thoroughly.

Should you have any questions that are not addressed in this guide, please contact the Division Office and we will be happy to help you.

Award Overview

The Award Program is open to anyone between the ages of 14 and 24.

There are three levels — Bronze, Silver and Gold. For each level there are four sections to be completed:

Service — Volunteer in the community
Adventurous Journey — Explore the natural environment

Skill — Develop a skill or hobby Physical Recreation — Exercise and stay active

At the Gold level, there is one additional section: the **Residential Project**. This can be completed at any level of The Award as long at the Participant is at least 16 years old, but only counts towards Gold.

The Residential Project -5 days in a new environment working with new people.

All activities counted towards The Award must be extra-curricular and voluntary. These activities are recorded in the Record Book by the Participant.

Who are Assessors?

For each section of The Award program, Participants collect Assessor signatures to show they have completed the activities.

An **Assessor** is the person who is instructing, coaching or supervising the Participant during their activities.

This person should be qualified to assess the progress and efforts of the Participant for a given section.

Ideally, there will be a different Assessor for each section.

Parents should not act as Assessors unless they are instructing or there is no other option available.

Example Activity	Example Assessor
Piano Lessons	Piano Instructor
Basketball Team	Basketball Coach
Knitting	Family friend who has knit for 15 years
Kayaking Expedition	Expedition leader
Youth Leadership Camp	Camp Leader
Student Council	Teacher Sponsor
Public Speaking	Coach / Toastmasters President
Going to the Gym	Trainer or Front Desk Attendant

Note: Dropping off and picking up Participants from activities is not considered an Assessor's qualification.

Leaders are not automatically Assessors and should not sign for activities they did not witness.

Getting Started

Groups & Independents

Participants can complete The Award in two ways - as a member of a group or as an Independent.

Groups are generally associated with larger youth organizations, such as schools, community centres, Guides, Scouts or Cadets. In this case a leader will usually help coordinate activities and support the group members as they work towards their Award.

Independents work towards their Award on their own or with friends. There is no leader, but Participants will still work with Assessors for each section. Around one quarter of Participants do the program independently.

Registration

Each youth doing the program needs to be registered through the Division Office.

Youth can either download the PDF registration form or register online with a credit card. There is a \$30 registration fee

for each level of The Award.

Activities completed before registration cannot be counted towards an Award.

Registration dates cannot be backdated.

Ves, I would like to register in The Duke of Edin burgh's Award Programme! FULL NAME PROT, MODE, LUCT) ADDROS IR STREET MAHE, ADTRI ADDROS IR STREET MAHE, ADTRI GITY PRONCE FOSTAL DISC FINANCE FOSTAL DISC FO

Age Requirements

Level	Earliest Starting Age	Earliest Completion Age	Minimum Duration
Bronze	14*	14.5	6 months
Silver	15 or after Bronze	15.5 with Bronze 16 Direct Entry	6 months with Bronze 12 months Direct Entry
Gold	16	17 with Silver 17.5 Direct Entry	12 months with Silver 18 months Direct Entry

^{*}If group Participants turn 14 between Sept 1 and Dec 31, they can start with their group at the beginning of the school year. However, they still need to be 14.5 to complete Bronze.

Participants can start at any level as long as they meet the minimum starting age requirement.

Starting at Silver or Gold is known as Direct Entry.

Submissions cannot be approved if the applicant does not meet the minimum completion age requirement.

All activities must be completed before the Participant's 25th birthday. Submissions may be received after that date, but all activities must have already concluded.

dukeofed.org/bc

Participant's

Registration Form

Record Keeping

Service, Skill & Physical Recreation

Timescales

Each section has a minimum length of time that activities need to be worked on. Youth doing Bronze or Direct Entry will choose one of Service, Skill or Physical Recreation to pursue for a longer period (a Major). It is the participant's choice which of these three sections to do for longer. They do not need to decide at the beginning of the level, but can choose as they go along.

Level	For all sections	For one of Service/Skill/Physical Recreation
Bronze	3 months (13 weeks)	An additional 3 months (26 weeks total)
Direct Entry Silver	6 months (26 weeks)	An additional 6 months (52 weeks total)
Direct Entry Gold	12 months (52 weeks)	An additional 6 months (78 weeks total)

Participants who are continuing on through the program will do all three sections for the same length of time

Level	For all three sections
Silver (from Bronze)	6 months (26 weeks)
Gold (from Silver)	12 months (52 weeks)

These time requirements are <u>minimums</u> rather than maximums. Participants can set their own pace and may need more time to complete each section, but they cannot complete a section in less than the time specified.

Frequency of Activity

Youth should participate in their activities on a regular basis. The Record Book recommends an average of one hour per week for each of Service, Skill and Physical Recreation.

This average does not mean that participants must record an hour every week. If, for example, a participant is sick and misses a week of activities, the next week he or she could do 2 hours to make up for it and still have an average of 1 hour per week. Short gaps can be made up, but such gaps cannot be longer than 4 weeks.

If the gap between activities is longer than 4 weeks, these weeks cannot be made up. Additional weeks will need to be added at the end to make up for the missed time. When the participant returns to the activity, he or she picks up from where they left off.

For example, a Bronze Award may look like:

Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8
Service		Servic	e				
Skill	Sick	Skill (Major)				Vacation	Skill
	Sick	Physical Recreation					
				Journey			

You will find an example of a completed section of the Record Book on the next page.

Filling in the Record Book

SERVICE (refer to page 16 for full information)		-	-		Book for the Service	
THIS SECTION TO BE COMPLETED BY THE PARTICIPANT	of th	e Bronze Awai	rd. It sh	ows 13 weeks	(3 months) of activi	ty.
List service activities: event set-up and basketball	Skill	and Physical R	ecreation	on will follow t	the same structure,	with one
_coaching, fundraisers, library volunteer	of th	e three includ	ing an e	xtra 13 weeks	(3 months) of activ	ities (for
Note: Start date and date of completion must be a minimum of 6 months apart.	Bron		J		,	,
Date Started: Mar 3 2014 Date Completed: May 29 2014	5.0					
Total Hours: 22						
THE FOLLOWING SECTION IS TO BE FILLED OUT BY THE PARTICIPANT'S ASSESSOR OR OTHER PERSON IN CHARGE:						
Assessor's Report (Give details of practical service given, training completed, any qualifications	Shor	t description of	f the			
nained and general performance): SOZU WOS	activ	rities and effort				
areat helping me cooch]		
bosket ball at the local					person is chosen as th	ie
community centre					all Assessor if several	
lame of Assessor (Please print):				— I · · ·	rent activities were u	ın-
ualification or Experience: Youth Worker		tion or experier		derta	aken	
at Community Centre	dem	onstrating this	person is	5		
ddress: 555 Main St, Victoria	qual	ified to assess				
elephone: 555-555-555						
mail: COLO/QOOR @ emoil. com	Asse	ssor signature				
is certified that this participant has made a regular commitment, acquired the necessary inderstanding and, where applicable, taken part in introductory training.	/					
More 2014 a. Wildle Correction	WEEK	DATE (mm/dd/yyyy)	HOURS	SERVICE PROVIDED TO	TYPE OF SERVICE	ASSESSOR'S SIGNATURE
ate: Signature: Signature:	1	06/16/2013	1	School	SRC Meeting	
	1	3/3/2015	1	Centre	event	1
The first and last date in the table are sepa-	2	3/11/2015	ı	School	library	G
rated by at least the minimum time require-	3	01100.0		C.DO.	VO PARTOS	
ment (in this case 13 weeks for Bronze)	4	_				
ment (in this case 15 weeks for Bronze)	5	4/2/2015	3	Community	coaching	0
	4			centre	basketball	1.
	7	4 9 2015	3			1
In this example, missed weeks have		4/16/2015	3		liboru "	1
been made up because extra hours	8	4 23 2015	١	School Cancer.	library	GUT
were done the week after the gap.	9	4130/2015		Societu	fundraiser event	and
	10	5/8/2015	1	Community	set-up	
Assessor initials/signatures are present	11	_	1			
for each entry	12	5/15/2015	2)	5chool	volunteer	G
	13	5/22/2015	l	community	fundraiser	e
Entries without a initial/signature will	14					
not be counted	15					
	16					
	17					
Check out our Paperwork Hacks video at:	18					
www.dukeofed.org/bc/participants	19					
**************************************	20					
	20					The second

21 22

6 months is 26 weeks	18 months is 78 weeks

12 months is 52 weeks

3 months is 13 weeks

Qualifying Activities

Service, Skill and Physical Recreation

Time Requirements

Award Level	Section Requirements
Bronze	Min. 3 months (or 6 if Major)
Silver (with Bronze)	Minimum 6 months
Silver Direct Entry	Min 6 months (or 12 if Major)
Gold (with Silver)	Minimum 12 months
Gold Direct Entry	Min. 12 months (or 18 if Major)

Service

Service includes any activities that contribute to the community.

Example Activities:

- Student Council
- Assisting seniors
- Community fundraisers/events
- Volunteering with non-profits
- Organizing an activity at school
- Volunteering at the library
- Volunteering at a sporting event
- Volunteering at the church/mosque/

What DOESN'T count?

- Paid activities
- Babysitting for relatives
- Regular Scout/Cadet/Guide meetings
- Internships (i.e. unpaid work for a for-profit company)

Physical Recreation

Physical Recreation includes any kind of physical activity.

Skill

The chosen skill can be something new or the continued development of a previous skill. One skill is chosen to practice for the duration of this section.

Example Activities:

- Playing a musical instrument
- Learning a language
- Woodworking
- Gardening
- Webpage design
- Computer programming
- Drawing or painting
- Historical studies
- Public speaking
- Creative writing
- Officiating or refereeingVehicle maintenance
- Video editing
- Various collections
- Dispute resolution
- Business Communications
- Jewelry making

- Cooking
- Sewing
- Knitting
- Pottery
- Singing
- Chess
- Fishing
- Driving
- Accounting
- Debating
- Braille
- Acting
- Piloting
- Calligraphy
- Graphic Design
- Marksmanship
- Photography

What DOESN'T count?

- Physical activities (dance, martial arts, sports)
- School classes for which school credits are earned (e.g. art class, band, cooking class)

Skills worked on at school can count as long as substantial extra-curricular effort is made in addition to the course requirements.

A school activity that is not counted for credit can also count.

Example Activities:

- Basketball
- Soccer
- Volleyball
- Baseball
- Football
- · Tootball
- Lacrosse
- KayakingSkiing

- Hockey
- Tennis
- Swimming
- Yoga
- Martial arts
- Running/jogging
- Going to the gym
- Free weights

- Dance
- Wrestling
- Aerobics
- Cycling
- Karate

What DOESN'T count?

Physical Education (PE) class

Adventurous Journey

Award Level	Practice Journey	Qualifying Journey	Hours of Activities
Bronze	1 Day	2 Days, 1 Night	6 hours per day
Silver	2 Days, 1 Night	3 Days, 2 Nights	7 hours per day
Gold	2 Days, 1 Night	4 Days, 3 Nights	8 hours per day

An Adventurous Journey entails learning about and respecting the natural environment. Each Journey must be preceded by Preliminary Training and a Practice Journey. Participants are responsible for ensuring their own training and safety.

Preliminary Training includes:

- Safety Precautions & Emergency Planning
- First-Aid
- Map Reading
- Compass Work
- Wilderness Code of Behaviour (see Record Book)
- Cooking and menu planning
- Knowledge of equipment
- Site selection
- Reading over the appropriate sections of the Record Book
- Any additional training as needed

This training must be completed before the Qualifying Journey. The Participant should seek out a knowledgeable and experienced adult for this training, which can be completed all at once or in several different sessions.

It is the Participant's responsibility to ensure this requirement is met.

TIP! Where necessary, an extra day (bronze) or two days (silver and gold) can be added on to the Qualifying Journey to be counted as the Practice Journey.

However, this still needs to be written up as the Practice Journey in the Journey Report.



Practice Journeys include:

- The testing of equipment
- Practicing the activity chosen for the qualifying journey (or a similar activity) to test endurance and fitness
- Risk assessment and safety planning
- Any additional training required

Practice Journeys help Participants prepare for their Qualifying Journey

Bronze Practice Journeys can be completed in one day, but Silver and Gold Practice Journeys will include two full days and an overnight stay.

	ADVENTUROUS JOURNE
Requires	FICE JOURNEY one full day of activities, but need not be overnight at Bronze. Conditions should the those anticipated for qualifying journey.
THIS	SECTION TO BE COMPLETED BY THE PARTICIPANT
	canceing
Method	of Travel (ie. Hike/Bike/Canoe):CONOE
Location	: Beautiful Lake
Purpose	to prepare for expedition
	orted: 03/27/12 Date Completed: 03/27/12 MM/DD/YYYY
Was Pre	liminary Training completed prior to the Practice Journey?
I have c	empleted an outline of my Practice Journey
ssessor'	Report (Comment on participant's venture and report):
Mot Ale Name of	lisation Superint: I may header Superint: Tancher adjusting toucher
Mot Ale Name of	had very hard and should quat
Name of Audification	had very hard and should givet disation Sussessor (Please print): I max heade (Susperience: Outdoor education teacher of camper for 15 years 444 Dine St Victure BC V9V 1P4 : 250-444-5555
Name of Address:	Red vory hard and should guat dication ssessor (Please print): I more header on or Experience: Outdoor advantion tracker of camper for 15 years 444 Pine St. Victima BC 191 1P4

There are three types of Adventurous Journeys available, depending on the interests and abilities of the Participant:

Expeditions: Focus on Journeying

During an Expedition, Award Participants are expected to journey a significant distance under their own power, whether hiking, kayaking, biking, snowshoeing or some other means. Completing the journey is the purpose of the trip and the bulk of time should be spent on achieving this. Distance guidelines can be found in the Record Book.

Explorations: Focus on Studying

For an Exploration, Award participants choose a topic they wish to study relating to the natural environment. Topics could include historical land use, invasive species, post-logging forest recovery, etc. Before the trip, they do research on this topic and then during the trip they complete a study of some kind related to it. In addition to the regular journey report, they include a summary of their research and findings. At least one third of the total active hours should still be spent journeying for an Exploration.

Other Adventurous Journey

An Adventurous Project can take many forms. This option is targeted towards those that need an extra challenge. Youth must be at least 18 years old to select this option. Adventurous Projects require pre-approval from the Division Office. (Pre-approval involves ensuring that the trip meets the general criteria for an Adventurous Journey)

For all Journeys

For all types of journeys, participants should participate in the planning of the trip wherever possible. Nights out are to be spent camping or in a simple, rural cabin. Award Participants should set up camp, cook their own meals, and spend the time immersed in the natural environment. At least 4 people, including one experienced adult must be on the trip. All preliminary training and practice journeys must be completed prior to the qualifying journey. In both cases, an average of 6 (bronze), 7 (silver) or 8 (gold) hours per day should be spent on setting up or taking down camp and either journeying or studying.

ADVENTUROUS JOURNEY	What should NOT be part of an Adventurous Journey
QUALIFYING JOURNEY Requires two full days of activities, including one night out. Must have a minimum of 6 hours of planned activities per day. Environment chosen can be familiar. THIS SECTION TO BE COMPLETED BY THE PARTICIPANT	Some elements we should <u>not</u> see include: - Travel by motorized transport
Activity: CANCEING + NKING Method of Travel (ie. Hike/Bike/Cance): CANCE + COCT Location: Great Big Lake Park Purpose: to explace the park and learn about the area. Date Started: MM/DD/YYY Duration: Number of days out Number of nights out	 (to the site and back is ok, but not during the journey) Staying in hotels or hotel-like cabins Journeying through urban environments The bulk of time spent on games or leisure activities Shopping at stores during the trip
Number of hours of planned activities per day	If you are unsure as to whether a journey will qualify, please contact the Division office for feedback.
Lad a speat attitude. ← Name of Assessor (Please print): IMA Leader Qualification or Experience: (Vitales of Education Lenctes)	Description of effort and achievement
and canyler for 15 years Address: 444 Dine St Vidoria BC V9V 1P4	Position or experience demonstrating this person is qualified to assess
Telephone: 250-444-5555 Email: Inaliaclance email. com It is certified that this participant has met the requirements of a Qualifying Journey and that the journey presented a challenge in terms of physical effort and fulfillment of its preconceived purpose.	Assessor Signature. The Assessor for the Practice Journey and Qualify journey do not have to be the same.

Adventurous Journey Report

Each Journey requires a Journey Report with the following information included:

Practice Journey Outline:

- Where did you go? When did you go?
- Did you complete your preliminary training?
- What did you learn that helped you on your Qualifying Journey?

Recommended: one or two paragraphs of writing or equivalent in another format.

Qualifying Journey:

- Where did you go? When did you go?
- How did you get there?
- Who went with you? Were they also working towards an Award?
- What did you do while you were there?
- How far did you travel (under your own power)?
- What did you learn? What did you experience?
- What was most challenging about this journey?
- What would you do differently next time?

Recommended: 1-2 pages (Br), 2-3 pages (Si), 3-4 pages (G) or the equivalent in another format.

If you did an Exploration be sure to add:

- A summary of your pre-trip research (how did you learn about your topic before the trip?)
- A description of your study (how did you explore your topic while on the trip?)
- The findings of your study (what did you discover as a result of your study?)





Also to be included:

- Personal equipment list (what you brought for yourself)
- Group Equipment List (what you shared with others)
- First-Aid kit list
 (what emergency equipment was taken on the trip. Include the contents of the first-aid kit)
- A Route Map
 (indicating where you camped, the route you journeyed and how far you travelled)
- Trip Menu (what you ate while on the trip)

Note: Lists and Map should be the Participant's own and not one provided to them.

Map Tips!

Use google maps, take a photo of the park map, check out the park's website or draw your own.

Add your route, campsites and distances by hand or add info digitally with a photo editor.

Remember your route is where you journeyed under your own power, not where you travelled by car or other motorized transport.

Reports don't have to be boring!

The format of the report is flexible. Do a PowerPoint, write a journal, make a video, create a scrapbook, design a webpage or do an audio recording. As long as all the needed information is included, you can be as creative as you want!

You are telling a story and your experiences bring it to life!

Residential Project

The Residential Project is required for Gold, but can be completed at any point in the Award process as long as the Participant is at least 16 years old.

Award	5 days and 4 nights in a new environment with new
Requirements	people. Minimum age is 16.

Participants should be immersed in a new environment with new people. They should have the opportunity to take responsibility and broaden interests.

Example Activities:

- Encounters with Canada
- Academic Exchange
- Provincial/National Sports camps
- Language immersions
- National/International Scout or Guide Jamboree
- Leadership development courses
- Forum for Young Canadians
- Cadet camps
- Outward Bound courses
- Religious conferences
- Overseas projects
- Scout Wood Badge training
- Archeological digs
- Environmental restorations
- Youth conferences
- Cultural Exchanges

What DOESN'T count?

Vacations and Tours

The Assessor will describe the participation of the of the applicant

Position or experience that shows this person is qualified to assess The 5 days may be split up over 2 or 3 weekends within a 12 month period where necessary, as long as the activity remains consistent. Please check with the Division Office if you are unsure whether something will count.

Participants who complete their Residential Project during the Bronze or Silver level can request a PDF version of this page from the Division Office.

	(refer to pages 28 - 29 for full information) RESIDENTIAL PROJECT		
Req Awa	uires five full days (four nights away). Can be completed anytime after registering in the rd Programme.		
	HIS SECTION TO BE COMPLETED BY THE PARTICIPANT oject Description or Name: Forum for Young Canadians		
	te Started: CY/12/2012 Date Completed: CY/18/2012 MM/DD/YYYY		
	E FOLLOWING SECTION IS TO BE FILLED OUT BY THE RTICIPANT'S ASSESSOR OR OTHER PERSON IN CHARGE:		
Asse the F	ssor's Report (Comment on the following categories as they pertain to participation during Residential stay.)		
Perso	Personal Standards: responsible \$ Took on tasks		
Acceptance of Responsibility: took on new challengy			
	Initiative: easer to learn		
	General Progress: Duilt on leadership Skills		
	Other Comments: awesome example for others		
	e of Assessor (Please print): JANE DOE		
Quali	Qualification or Experience: Farum Facilitator		
Addre	ess: 123 Sesame St.		
	Somewhere Province, 141 HIH		
Telep	Telephone: 250.323.3232		
Email	Email: Name @ email. Com		
peers	certified that this participant has completed their Residential Project in the company of the majority of whom are not their usual everyday companions and that the above nents accurately reflect development during this stay.		
Date:	04/18/2012 Signature: Jan 1908		

Submitting an Award

Once all of the requirements for an Award level have been met, an Award Submission is sent to the Division Office.

This package should include:

- The Record Book
- · Application form
- Adventurous Journey Report
- Payment for the next level (if continuing) (Also fill in the Registering for the Next Level page in the Record Book)

Submission forms can be downloaded from the website at www.dukeofed.org/bc-yukon-submit-your-award

Along with the submission forms, there is a step-by-step walkthrough to help ensure the application is complete.



This form is completed by the Participant

(not the leader or parent)

Notes:

- The **completion date** for an Award Level is the date of the last activity counted towards the Award, not when the Award application is submitted or approved.
- Please do not send binders or large packages.
- If Assessors are unavailable to sign the Record Book, we can accept a signed letter or an email directly from the Assessor instead.

School Credit

The Duke of Edinburgh's Award can be counted for school credit:

Award Level	School Credits	Credit Code
Bronze	2 grade 10 credits	UDE 10
Silver	2 grade 11 credits	UDE 11
Gold	2 grade 12 credits	UDE 12

Change of Group:

If the Participant changes groups, joins a group or becomes an Independent after registering with the program, he/she does not have to inform the Division Office. Simply enter the updated information on the submission form when the next Award level is sent in and add a note of the change.

Approval Process:

Applications are reviewed by the Division Office. If there are minor problems with an application, the Participant will be contacted by phone or email to correct the mistake. Applications with major problems will be returned with a letter detailing the areas requiring attention.

Approvals for Bronze and Silver applications typically take around 4 weeks. Gold Approvals take 4-6 weeks as they must be approved at the Division and then National level. During busy periods, such as the end of the school year, approvals may take longer.

Awards and Ceremonies

At each Award Level, Participants are given a pin and certificate to honour their Achievement.

Pins are sent to the Group Leader if the Participant is a member of a group, or directly to the Participant if he/she is an Independent.

Certificates are generally presented at Award Ceremonies, but Award Achievers can indicate on their submission form if they would prefer it be mailed to them or their Leader. Only ONE certificate is issued for each Award Level.

Ceremonies

At the Bronze Level, Award Achievers can attend Division organized ceremonies or they may attend a ceremony within their group.

At the Silver Level, certificates are presented by the Provincial Lieutenant Governor or the Territorial Commissioner. These ceremonies are organized by the Division Office and generally take place a few times a year.

At the Gold Level, certificates are presented by either the Governor General of Canada or a member of the Royal Family. These ceremonies are organized by the National and Division Offices and generally occur every two or three years.

Achievers will be notified about upcoming ceremonies by email through Eventbrite, so please provide an email address that is checked often.









Transfers:

Participants who would like to participate in a ceremony in another province or country should contact the Division Office and request a transfer.

Note: Achievers can only be on one Division's waitlist at a time.

Additional Information

More great resources and information can be found on our website at: www.dukeofed.org/bc

BC & Yukon Division Office

4086 Shelbourne St Victoria, BC V8N 4P6 250-385-4232 | 604-682-5543 | 1-888-881-7788 bcyk@dukeofed.org | dukeofed.org/bc Another great way to connect with us is to follow us on:



Facebook.com/dukeofedbcyukon



Twitter.com/dukeofedbcyk