

CG/015/04/1



The Duke of Edinburgh's Award



© **BCU Coaching Service**
Adbolton Lane, West Bridgford, Nottingham NG2 5AS
Tel 0115 9821100 e-mail coaching@bcu.org.uk





Advice To Coaches on: The Duke of Edinburgh's Award

Published and Distributed By:

*The British Canoe Union
UK Coaching Service
John Dudderidge House
Adbolton Lane
West Bridgford
Nottingham
NG2 5AS*

Tel: 0115 9821100

Fax: 0115 9821797

e-mail coaching@bcu.org.uk

www.bcu.org.uk/youth/youngpeoplesprogramme.html

© BCU Coaching Service 2004

This document is the copyright of the British Canoe Union Coaching Service. All rights are reserved. No part of this publication may be reproduced, stored in any form or by means electronic, mechanical, film or otherwise without the prior permission of the copyright owner. Update and Upgrade material is protected on the same basis.

For full details of the Duke of Edinburgh Scheme visit the website at www.theaward.org

*The Duke of Edinburgh's Award
Gulliver House, Madeira Walk, Windsor Berks SL4 1EU
Tel: 01753 727400*



The Duke of Edinburgh's Award

The Award offers young people a challenging programme of activities that will help you to learn new skills, help others, experience adventure and give you a great sense of achievement.

- The Award must be undertaken in the participant's leisure time.
- It is non-competitive, being based on individual improvement and achievement, reflecting personal choice, initiative and perseverance.
- The Award is available to all. There is no discrimination on grounds of sex, cultural background, ability, religion or political affiliation.
- Participants can develop existing interests or try something new. Whatever they choose to do for their Award, they can find enjoyment, excitement and satisfaction.
- The success of the Award is based on a partnership between adults and young people. Adults are needed to help in many ways including supervision, instruction or assessment.
- For adults, the Award provides an opportunity to share their skills and experience with young people. This can lead to better understanding between the young and not-so-young, and strengthen co-operation within the community.

There are **four** Sections of the Award which must be completed;

- | | | | |
|----------|----------------------------|----------|--------------------|
| 1 | Service | 2 | Skills |
| 3 | Physical Recreation | 4 | Expeditions |

In addition, at Gold level, a Residential project must be completed

The Award offers progression through its three levels:

Bronze for those over 14

Silver for those over 15

Gold for those over 16.

The upper age limit for completion of all Awards is the 25th birthday.

The Award Programme demands more time and an increasing commitment and improvement - as the participant progresses through the levels. At Bronze level, participants need strong support from adult helpers; but at Gold, they should be largely responsible for organising their own Award Programme with the guidance of adults.

The British Canoe Union has become a National Access Organisation for The Duke of Edinburgh's Award, which means that it can issue Credit Notes and Certificates of Prior Learning to young people who have completed an Award-accredited activity. If the young person has not yet started their Duke of Edinburgh's Award, they should be signposted to an Operating Authority where they can count the activity they have completed with the British Canoe Union towards their Award, when they get their Record Book.

For further details please refer to The Duke of Edinburgh's Award Handbook, 5th edition 2004 and to the Expedition Guide Edition 2000



EXPEDITIONS

The aim of this section is to encourage a spirit of adventure and discovery by preparing for and carrying out an adventurous journey as part of a Team.

The Venture demands:

- Enterprise and imagination in concept.
- Forethought, careful attention to detail and organisational ability in preparation.
- Preparatory training, both theoretical and practical, leading to the ability to journey safely in the chosen environment.
- Shared responsibility for the venture, leadership from within the team, self reliance and co-operation among those taking part.
- Determination in execution.
- A review and presentation related to the Aim of the qualifying venture and the Aim of the Expeditions Section.

Ventures must present participants with an appropriate challenge. The desirability to encourage more water based - rather than land based - ventures has been identified within the Award. Such ventures may be made in kayaks (closed or open cockpit) open canoes or sea kayaks. The requirements for canoeing ventures are:

Bronze:

Duration - two days with one overnight-camp, four hours planned activity during the day
Environment - rivers, canals and other Inland waterways.

Numbers – minimum of two craft, four paddlers; maximum eight paddlers.

Preliminary Training - BCU 2 star, plus minimum of one practise venture.

Silver:

Duration: three days with two overnight camps, seven hours of planned activity during the day.

Environment - the water must present an appropriate challenge to the participants and must be unfamiliar to them. Rivers, canals, or other inland waterways and lakes in rural areas should be used.

Numbers - minimum of two craft, four paddlers; maximum eight paddlers.

Preliminary Training - BCU 2 star, plus minimum of one practise venture.

Gold:

Duration - four days with three overnight camps, eight hours of planned activity during the day.

Environment - the water must present an appropriate challenge to the participants and must be unfamiliar to them. Rivers, and certain inland waterways and lakes should be used but sheltered coastal waters may also be used.

Numbers - minimum of two craft, four paddlers, maximum seven paddlers.

Preliminary Training - BCU 3 star, plus minimum of one practise venture.

Practice ventures - sufficient practices should be undertaken so that the supervisor is confident that the group is competent to undertake the assessed venture. At least one practice journey must undertaken **at each level of the award**.

Supporting adults: Instructors, Supervisors and Assessors are strongly recommended that where suitable national qualifications exist these should be obtained.

Instructors

Should have extensive experience in the kind of environment in which the proposed venture is to take place so that they will have a realistic appreciation of the problems which the participants may encounter. The instructor must plan the training sessions to enable the participants to become increasingly more self-reliant and dependent on their own resources.

Supervisors

The Supervisor is the agent of the Operating Authority responsibility for the safety and wellbeing of the Team. They must supervise all ventures, including practise journeys. An adult except in very special circumstances must not accompany Teams undertaking their qualifying venture. The Supervisor must be in the area of the venture and should make daily contact with the Team.

Assessor

The Assessor must be an adult, either working for a Wild Country Panel or approved by the Operating Authority and should liaise closely with the Supervisor.

NOTE

- 1 The preliminary training indicated is the minimum and further training may be necessary depending on the environment chosen for the Expedition. Advice from qualified and experienced helpers is recommended.
- 2 This leaflet is a guide only and the Award Handbook **MUST** be consulted for the full conditions and requirements.

SERVICE

Participants are required to train for, and where possible, to give service to others. Examples of Paddlesport include:

- **Bronze:** BCU Canoeing Safety Test, Cadet Leader Award
- **Silver:** BCU Rescue Test, Assistant Lifeguard Award, Cadet Leader Award
- **Gold:** BCU Lifeguard, Level 2 Coach Training



SKILLS

Participants are encouraged to discover and develop practical skills and personal interests. Participants should choose an activity and set themselves an appropriate challenge.

Workshop Crafts - Canoe and Paddle Building

This activity should include as much practical work as possible during the stipulated period. Those participating at any level should be given adequate instruction in the safe use of tools and equipment.

Craftwork provides an alternative and equally satisfying pursuit for those who find little motivation from other recreational activities. Like these, it serves to balance more academic efforts, yet, if reinforced with reading in its historical background, it can assist an understanding of the social structure and cultural development of our society.

Socially and in terms of speed and efficiency it is better to learn craftwork as part of a group. Once reasonable proficiency has been achieved, it is possible to accelerate social development through participation in group projects.

For assessment, each individual is to produce evidence of regular application to the interest over the required period. This should normally take the form of finished articles, or certificates of attendance at instruction classes.

At all stages a study should be made of canoes as a form of transport and of other forms of canoe and paddle building in different countries.

PHYSICAL RECREATION

The aim of this section is to encourage participation in Physical Recreation and improvement of performance. It should provide opportunities to:

- enjoy keeping fit by choosing an activity which is in itself enjoyable, and which leads to the establishment of a lasting, active lifestyle;
- improve fitness by taking part in an activity on a regular basis to improve physical health and well-being;
- discover new abilities by following an activity which presents a challenge;
- raise self-esteem through improvement of performance and reaching the minimum requirements,
- extend personal goals by involvement in different experiences and meeting new people;
- respond to a challenge by extending physical fitness and performance to the limit of ability;
- derive a sense of achievement from meeting a physical challenge

Participation: Participants take part on a regular basis averaging an hour per week for the appropriate period of time. National Governing body qualifications may be attempted if the participant wishes.

Time Scales for Each Section

Bronze Award (14+ years)

Service	Skills	Physical Recreation	Expeditions
3 months	3 months	3 months	Plan, prepare for and undertake a 1 night venture.

All participants must undertake a further 3 months in either the Service, Skills, or Physical Recreation Section

Silver Award (15+years)

Service	Skills	Physical Recreation	Expeditions
6 months	One section for 6 months	and the other section for 3 months	Plan, prepare for and undertake a 3 day, 2 night venture.

People who do not have the Bronze Award must spend a further 6 months in either the Service, or the longer of Physical Recreation Sections

Gold Award (16+ years)

Service	Skills	Physical Recreation	Expeditions	Residential
12 months	One section for 12 months for 6 months	and the other Section	Plan, prepare for and undertake a 4 day, 3 night venture.	Undertake a setting away for 5 days an

People who do not have the Silver Award must spend a further 6 months in either the Services of the longer of Physical Recreation Sections.