

## Aims and Principles

### Aim

The aim of the award is to provide an enjoyable, challenging and rewarding programme of personal development to young people, of the highest quality and reach.

### Principles

The Programme works to a number of key principles that underpin all aspects of the award:

<b><i>Non-Competitive</i></b>	A personal challenge, tailor made programmes
<b><i>Available to all</i></b>	Equal opportunities, Available to all
<b><i>Voluntary</i></b>	Free choice to enter scheme, commit own time
<b><i>Flexible</i></b>	Individual programmes, open entry points
<b><i>Balanced</i></b>	Focus on many activities, wide ranging activities
<b><i>Progressive</i></b>	Each levels requires more commitment
<b><i>Achievement Focussed</i></b>	Goals set for activities by participant
<b><i>Marathon – not a Sprint</i></b>	Award needs persistence and commitment
<b><i>Personal Development</i></b>	Personal and social development
<b><i>Enjoyable</i></b>	Participation should be enjoyable and satisfying

### Award Levels

There are 3 Award Levels, **Bronze**, **Silver** and **Gold**. Each level requires more commitment and time from the Cadet than the previous level.

### **Minimum Starting Ages**

The minimum ages of entry are:

<b>Bronze</b>	14 Years
<b>Silver</b>	15 Years
<b>Gold</b>	16 Years

Units which have Cadets who are too young to start the award, but are part of a group starting the award who are 14 years of age, can apply for special dispensation from the Wing DEA Officer.

### **Overall Time Requirements**

The normal method is for participants to complete the Bronze Level first before progressing onto the other levels.

In exceptional circumstances however, Cadets may move directly to Silver or Gold level but will require an extra period of participation

The overall time required at each level is:

<b>Level</b>	<b>Progressive</b>	<b>Direct Entrant</b>
Bronze	6 Months	-----
Silver	6 Months	12 Months
Gold	12 Months	18 Months

### **Section Time Requirements**

For Cadets working through the Award levels in a progressive manner, the overall minimum time requirement on each Section at each level is:

#### **Bronze Award**

<b>Service</b>	<b>Skills</b>	<b>Physical Recreation</b>	<b>Expeditions</b>	<b>Residential Project</b>
3 Months	3 Months	3 Months	Plan, prepare + undertake a 2 day, 1 night venture	Not required at Bronze
<b>All participants must undertake a further 3 months in either the Service, Skills or Physical Recreation sections.</b>				

**Silver Award**

<b>Service</b>	<b>Skills</b>	<b>Physical Recreation</b>	<b>Expeditions</b>	<b>Residential Project</b>
6 Months	One Section for 6 months and the other for 3 months		Plan, prepare + undertake a 3 day, 2 night venture	Not required at Bronze
<b>Direct Entrants must</b> undertake a further 6 months in Either the Service, or the longer of the Skills or Physical Recreation sections.				

**Gold Award**

<b>Service</b>	<b>Skills</b>	<b>Physical Recreation</b>	<b>Expeditions</b>	<b>Residential Project</b>
12 Months	One Section for 12 months and the other Section for 6 months		Plan, prepare + undertake a 4 day, 3 night venture	Not required at Bronze
<b>Direct Entrants must</b> undertake a further 6 months in Either the Service, or the longer of the Skills or Physical Recreation sections.				

## **Award Sections**

### **General**

The ideals and reasons for the five different Sections of the Award are described here. For Staff and Cadets wanting more practical descriptions of individual activities should turn to Chapter 5.

### **Service**

This Section encourages service to individuals and the community.

Cadets should identify the voluntary service to gain some knowledge of the needs of the individuals or community they are assisting and then receive a briefing and training on the skills that are required before giving practical service.

<b>1. Initial Briefing</b>	<i>An initial briefing to discuss the nature of the Service, what training is requirement and details of the practical involvement</i>
<b>2. Training</b>	<i>Training should be provided. This can be further briefings, a course and/or gaining a related qualification</i>
<b>3. Practical Service</b>	<i>Related to the Training received</i>
<b>4. Final Review</b>	<i>The Practical Service, progress and quality of experience are reviewed. Assessor + Cadet complete Log Book.</i>

### **Skills**

The aim of this Section is for Cadets to discover and learn a new skill.

Participants should follow an activity and show progression and sustained interest, leading to a deeper knowledge of the subject and the attainment of an increased degree of skill.

<b>1. Initial Briefing</b>	<i>An initial briefing with the instructor/assessor/supervisor</i>
<b>2. Monitoring Progress</b>	<i>Goals + progress should be monitored regularly and modified or revised if required.</i>
<b>3. Final Review</b>	<i>The skills, progress and quality of experience are reviewed. Assessor and Cadet complete Log Book</i>

### **Expedition**

The Expedition Section encourages a spirit of adventure. The section requires training, practice and qualifying expeditions. Expeditions or Explorations can be undertaken.

Timescales for these are:

Level	Days	Planned activity	Walking Expeds	Cycling, Canoeing, Horse Riding, and Rowing Expeds	Sailing Expeds	Explorations (all modes of transport)
Bronze	2 days 2 nights	6 Hours minimum per day	24km (15 Miles)	At least 4 hours journeying a day	12 hours planned activity over 2 days	At least 5 hours journeying over 2 days
Silver	3 days 2 nights	7 hours minimum per day	48km (30 Miles)	At least 5 hours journeying a day	21 hours planned activity over 3 days	At least 10 hours journeying over 3 days
Gold	4 days 3 nights	8 hours minimum per day	80km (50 miles)	At least 6 hours journeying a day	32 hours planned activity over 4 days	At least 10 hours journeying over 4 days

The planning process is:

<b>1. Initial Briefing + Training</b>	<i>Cadets plan a venture in terms of purpose, mode, environment, etc and undertake appropriate training</i>
<b>2. Practice Journeys</b>	<i>Participants undertake sufficient practice journeys to enable them to complete their planned venture</i>
<b>3. Qualifying Venture + Debriefing</b>	<i>Qualifying venture with a purpose to be undertaken with a group of between 4 + 7 Cadets. This is followed by a debrief.</i>
<b>4. Review</b>	<i>All participants provide a presentation or account related to the purpose of the venture</i>

### **Physical Recreation**

This Section encourages participation and improvement in physical activity.

Assessment is based on achievement and individual progress in the chosen activity.

<b>1. Initial Briefing</b>	<i>An initial briefing with an appropriate instructor/assessor</i>
<b>2. Monitoring Progress</b>	<i>Goals + progress are monitored and adapted or modified if required</i>
<b>3. Final Review</b>	<i>The activity, progress, standards gained, etc are reviewed prior to both the Assessor and Cadet completing the Log Book</i>

**Residential Project (Gold Level only)**

This Section broadens young people's experiences through involvement with others in a residential setting by undertaking a shared activity or specific course away from home and in an unfamiliar environment.