

Temporary program changes to Award requirements

A guide for Participants on the temporary changes to Award requirements

We want to support you and hope that the Award is helping to create a sense of community and connection. To support you during this challenging time and to encourage you to stay active, we have made some temporary changes to our Award requirements. These temporary changes are to help you continue with your Award journey during the COVID-19 pandemic. It is important to us that you are still able to experience the Award the way it was intended and continue achieving your goals!

These changes are designed to be helpful, specific and temporary. All changes will be in effect from May 1 - December 31, 2020.



CHANGE TO THE MAXIMUM AGE LIMIT

If you are celebrating your 25th birthday between May and December 2020, you now have an extension to finish your Award. We know that social distancing measures are beyond your control. That's why you will now have until December 31, 2021 to continue logging and completing your Award activities on the ORB (or offline). When possible, we encourage you to continue your Award activities without interruption but understand currently that might not happen.



VOLUNTEERING AT HOME

You can now volunteer for family members as part of your Award activities.

If you are unable to volunteer with an organization outside your home or online, you can now volunteer at home for family members. For example, you can coach or mentor a younger sibling. **Regular household chores don't count.** When volunteering at home for a family member, remember that your service hours still need to be structured and logged. You will have to find an Assessor who is not a family member to sign off on the activity. Remember you must set a SMART goal for the service you will be doing at home!

ADVENTUROUS JOURNEY (AJ) TEMPORARY CHANGES



Continue to Silver without completing Bronze AJ.

You can start your Silver Award without finishing your Bronze AJ. Your Silver Practice Journey can be counted as your Bronze Award Qualifying AJ once completed.



Adventurous Journeys in a familiar / alternate environment.

During social distancing and once it is lifted, it may be difficult to travel to complete your AJ. For example, you can do your AJ in an environment with which you are familiar and use a large yard as your campsite, especially if you do an urban exploration.



Virtual Bronze Exploration (VBE).

We have developed a Virtual Bronze Exploration (VBE) to help you complete your Bronze Award. This is a virtual team experience that can be completed from home online and will ensure you learn all the AJ teaches! To participate contact your Award Leader or Division.

Existing Award Requirements - A refresher!

Did you know that your Award is flexible and that we have requirements already in place to support you? We've always recognized that sometimes life happens and that you may need to adjust parts of your Award journey. Now more than ever, these flexibilities can support you during these challenging times. Here is a refresher so you can continue and complete your Award.



Assessors and Section Assessors

You often know your Assessors, but they must not be a relative.

This requirement remains. We wanted to remind you that some of the following might help right now!

- Anybody, other than a family member, who knows what you are doing for the section better than you can act as Section Assessor.
- The Section Assessor does not have to be present in the room while you're doing your activity.
- The Section Assessor doesn't have to be giving you instruction on your activity.
- The Assessor can keep track of your progress remotely, with updates from you. In this case, keep photo / video / diary evidence of you doing your loggable hours of activity.
- You can change your Assessor mid-way through a section if you have lost contact with them.
- If you change your section activity mid-way through, you will likely need to change your Assessor too.
- In some cases, your Award Leader may be able to act as Assessor themselves if appropriate
- Award Staff from your local Award Office may be an Assessor



Continuing to the next level

You are currently allowed to register for and move on to the next Level of the Award without completing all sections of your current level as long as you have completed some of the sections:

We encourage you to complete all sections of your current Award level before progressing to another level, but understand that sometimes it might be difficult to complete your whole Award in a reasonable time. You may start a section at the next level as long as you have met the following:

- have completed that section in your current level;
- have reached the minimum age of entry for the new level, and;
- are not working on all three levels at the same time.

If you desire to do so, this must be discussed and approved by your Division office. With the COVID-19 affecting so much of our daily life routine, you may be unable to complete some sections of your Award. We want to encourage you to register for the next level of the Award and start logging activities. You can return to finish those activities that were put on hold when it is safe to do so.



Minimum age requirements

The minimum age requirements for beginning each level of the Award are 14, 15 and 16 years respectively. However, there is some flexibility on when you can start the levels:

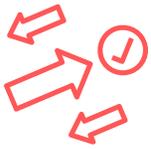
- Bronze level - If you are younger than 14 and part of a group where most people are 14, you can start the Bronze so you can do the Award with your peers.
- Silver level - If you've completed your Bronze level, you can start your Silver without having to wait until you turn 15.
- Gold level - No activities can be counted before your 16th birthday to ensure it is more of an adult challenge.



Taking a break from your Award activities

Did you know you can take a break from your Award activities?

- Subject to the maximum age limit (25 years old), you can take as long as you want to complete your Award. On average, Participants must spend at least one hour in a single period per week on their chosen activity. If you take a break for an extended period of time due to illness, studies or other important reason, then you will need to extend the minimum overall time it takes to complete your Award. **Remember, the Award is referred to as a marathon, not a sprint!**



Changing Activities

You are allowed to change your choice of activity mid-way through a section if your current activity becomes unsuitable or difficult to complete. You can choose another activity, and the time you spent on your previous activity will still count towards your Award.

Due to social distancing, if your current activity is not available, you can switch activities to do something that can be done from home, and then once social distancing/lock down is over, you can switch back to your original activity. This allows you to continue working towards your goal for that section!



Changing of a Major Section for Direct Entrants

If you are doing your Bronze level or are a direct entrant to Silver or Gold (meaning you haven't done the Award before), you may change your choice of major section. A Major is where you dedicate a little more time to one of the sections as stated below:

- Bronze: You must do an extra 3 months in one of the following: Physical Recreation, Skills or Voluntary Service
- Silver / Gold: You must do an extra 6 months in one of the following: Physical Recreation, Skills or Voluntary Service

Due to social distancing, you may not be able to complete your current Major selection. You have the flexibility to change it so you can continue working towards completing your Award.



Adventurous Journey Preparation and Training

The AJ section requires months of preparation and training! Your training can be done online so you can continue prepping for your AJ during isolation and/or social distancing. The development of technical skills relating to the chosen route, journey type and mode of transport as well as universal skills such as planning, teamwork and leadership can be facilitated using online resources or through remote group work. We have linked some online AJ prep courses at our #awardathome portal. www.dukeofed.org/covid19



Urban Exploration

Did you know that the Adventurous Journey does not always need to take place in a rural environment?

Urban environments are suitable for AJs, especially where Participants choose to conduct an Exploration, which is a purpose with a journey.

During an Exploration, your primary focus is on observing and collecting information relevant to your Adventurous Journey aim. The journeying aspect remains significant with approximately one third of time spent dedicated to the journey, and the remaining two thirds spent on exploring/researching. To break it down, here is how the time would be divided between the journey and exploration/research for an Urban exploration:

The minimum hours of purposeful effort per day are:

- Bronze level - 6 hrs per day over 2 days. For an exploration, this would mean 4 hours of exploring/ researching, with 2 hours of journeying per day.
- Silver level - 7 hours per day over 3 days. For an exploration, this would mean 4 hours 40 minutes of exploring/researching, with 2 hours 20 minutes of journeying per day.
- Gold level - 8 hours per day over 4 days. For an exploration, this would mean 5 hours 20 minutes of exploring/researching, with 2 hours 40 minutes of journeying per day.

An Urban Exploration may be an appropriate AJ to undertake under social distancing conditions.