

General Guidelines



For All Sections

When picking your Award activities remember the 3 C's:

Any activities for which you are paid are not acceptable (**no cash**)

Compulsory academic activities are not acceptable (**no credit**)

Assisting family members with household tasks is not acceptable (**no chores**)

The same activity cannot be used for more than one section of The Award (**no double dipping**)

You must have **an assessor** for each activity who is an objective (**no family members**) adult who is **knowledgeable** and **experienced** in the activity who **monitors** and **verifies** your participation in **each activity**

Skill Development Guidelines

The skill must be passive in nature and non-athletic (**no physical activities**)

You should pick one skill and commit to it for the duration of the Award level

Community Service Guidelines

The activity undertaken must be for the benefit of others

You can volunteer at a variety of different places or commit to a single activity

Physical Recreation Guidelines

The activity must be active and/or physical in nature

You can participate in various physical activities or commit to a single activity

You cannot use school gym class

Adventurous Journey Guidelines

You must complete the following three steps **in order**

Step 1- Preliminary Training, Step 2 -Practice Journey Step 3- Qualifying Journey

Both the Practice and Qualifying journeys must involve 6 hours of purposeful effort a day at the Bronze level, 7 hours at the Silver level, and 8 hours at the Gold level. Purposeful effort is the time spent physically moving and navigating as well as camp set-up and take down, and meal preparation.

Your practice journey and qualifying journey must use the same mode of **physical travel**. Participants must carry all gear on both the practice journey and qualifying journey.

For both the Practice and Qualifying Journey, you must submit a short report with a map, menu, equipment list, and group list.

Bronze Award



Minimum time of completion for the Bronze Award is 26 weeks

Hour/Time Requirements

Pick one of the Sections (Skills, Service, and Physical Recreation) to be your Major

Complete **26 hours** of activity over no less than **26 weeks** for your Major

Complete **13 hours** of activity over no less than **13 weeks** for each of your other two Sections

Consistency Requirements

In order to achieve your Award, in the Skills, Physical Recreation and Service sections, you are required to participate regularly in your chosen activities. **Aim to complete one hour per week, per section**

Adventurous Journey

Step 1) Preliminary Training

Step 2) Practice Journey: **1 day – 6 hours of purposeful effort per day**

Step 3) Qualifying Journey: **2 days/1 night – 6 hours of purposeful effort per day**

Age Requirements

Minimum start age: 14 years (13.9 years with a group)

Minimum completion age: 14.5 years

Maximum completion age: 25 years

Silver Award



Minimum time of completion for Bronze Achievers is 26 weeks

Minimum time of completion for Direct Entry Silver participants is 52 weeks

Hour/Time Requirements

Direct Entrants; pick one of the Sections (Skills, Service, and Physical Recreation) to be your Major

Complete **52 hours** of activity over no less than **52 weeks** for your Major

Complete **26 hours** of activity over no less than **26 weeks** for each of your other two Sections

Bronze Achievers complete 26 hours of activity over no less than 26 weeks for all Sections.

Consistency Requirements

In order to achieve your Award, in the Skills, Physical Recreation and Service sections, you are required to participate regularly in your chosen activities. **Aim to complete one hour per week, per section.**

Adventurous Journey Requirements

Step 1) Preliminary Training

Step 2) Practice Journey: **2 days/1 night - 7 hours of purposeful effort per day**

Step 3) Qualifying Journey: **3 days/2 nights - 7 hours of purposeful effort per day**

Age Requirements

Minimum start age: 14.5 years for Bronze Achievers; 15 years for Direct Entrants

Minimum completion age: 15.5 years for Bronze Achievers; 16 years for Direct Entrants

Maximum completion age: 25 years

Gold Award



Minimum time of completion for Silver Achievers is 52 weeks

Minimum time of completion for Direct Entry Gold participants is 78 weeks

Time/Hour Requirements

Direct Entrants; pick one of the Sections (Skills, Service, and Physical Recreation) to be your Major

Complete **78 hours** of activity over no less than **78 weeks** for your Major

Complete **52 hours** of activity over no less than **52 weeks** for each of your other two Sections

Silver Achievers complete 52 hours of activity over no less than 52 weeks for all Sections.

Consistency Requirements

In order to achieve your Award, in the Skills, Physical Recreation and Service sections, you are required to participate regularly in your chosen activities. **Aim to complete one hour per week, per section.**

Adventurous Journey Requirements

Step 1) Preliminary Training

Step 2) Practice Journey: **2 days/1 night - 8 hours of purposeful effort per day**

Step 3) Qualifying Journey: **4 days/3 nights - 8 hours of purposeful effort per day**

Residential Project

5 days and 4 nights

Age Requirements

Minimum start age: 16 years for both Silver achievers and Direct Entrants

Minimum completion age: 17 years for Silver achievers; 17.5 years for Direct Entrants

Maximum completion age: 25 years