



## 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 activity that contributes 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 sporting events
- 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

#### Example Activities:

- Basketball
- Soccer
- Volleyball
- Baseball
- Football
- Lacrosse
- Kayaking
- Skiing
- Hockey
- Tennis
- Swimming
- Yoga
- Martial Arts
- Running/jogging
- Going to the gym
- Free weights

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

- Dance
- Wrestling
- Aerobics
- Cycling
- Karate

#### What DOESN'T count?

- Physical Education class

### 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 musical instrument
- Learning a language
- Woodworking
- Gardening
- Webpage design
- Computer programming
- Drawing or painting
- Historical studies
- Public speaking
- Creative writing
- Officiating or refereeing
- Vehicle maintenance
- Video editing
- Various collections
- 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 (i.e. art class, band & cooking class)