Qualifying Activities
Service, Skill and Physical Recreation

Time Requirements

<table>
<thead>
<tr>
<th>Award Level</th>
<th>Section Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze</td>
<td>Min 3 months (or 6 if Major)</td>
</tr>
<tr>
<td>Silver (with bronze)</td>
<td>Minimum 6 months</td>
</tr>
<tr>
<td>Silver Direct Entry</td>
<td>Min 6 months (or 12 if Major)</td>
</tr>
<tr>
<td>Gold (with Silver)</td>
<td>Minimum 12 months</td>
</tr>
<tr>
<td>Gold Direct Entry</td>
<td>Min 12 months (or 18 if Major)</td>
</tr>
</tbody>
</table>

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)