



# INFORMATION ON HOW TO CHOOSE AND REACH OUT TO AN ASSESSOR

## Who can be an Assessor?

Brainstorm on who an Assessor can be for your chosen activity. You can always ask your parent/guardian for help with this part. Often, an Assessor is someone you already know - a teacher at or outside of school, a volunteer coordinator, a trainer or coach, a community member, or a family friend. You can reach out to them via email, phone or in person. Here is an example of what you can say to your potential Assessor:

*Hello! I am currently starting on my Duke of Edinburgh Award journey and part of my plan is to reach out to an adult mentor to help guide me through my chosen activity. I wanted to ask you to be the Assessor for my \_\_\_\_\_ activity. All I am asking of you is to allow me to forward my SMART goal when it has been approved by my Award Leader so that you are aware of what I am working towards, check in with you every so often for mentorship, guidance, and any questions I might have while doing my activity. Once I have completed my required weeks, I will email you a document with my SMART goal and all my weekly logs and ask you to submit a short report on my overall progress on my activity section. If you agree, I can also send you an Assessor Information document that helps to explain your role in more detail.*

## Examples of Assessors

Swimming	Swim coach, swim instructor, adult family friend who is experienced in swimming.
Walking	Gym teacher, sports coach, neighbor, family friend.
General athletics	Personal trainer, gym teacher, adult family friend, coach.
Cycling	Neighbor, gym teacher, family friend, adult you know in a biking group.
Guitar	Guitar teacher, music teacher, adult family friend.
Cooking	Cooking class instructor, neighbor, family friend.
Gardening	Community garden committee leader, neighbor, biology teacher.
Reading	A teacher at or outside of school, local librarian, family friend.
Public speaking	Debate teacher, family friend who is a lawyer.
Volunteer hockey coach	Hockey coach, coordinator of hockey program.
Assistance in hospitals	Senior home coordinator, nurse coordinator, program coordinator.

Remember to forward the [Assessor Information Sheet](#) available on the Participant Resource Portal to your chosen Assessor.